

# YELLOW BRICK NEXUS

VOLUME  
SEVEN



The Virginia Housewife  
by Mrs. Mary Randolph 1836

Miss Leslie's Cookery  
by Eliza Leslie 1853

The Kentucky Housewife  
by Mrs Peter A. White 1885

# *"Tell Me What You Eat, and I Will Tell You What You Are."*

Jean Anthelme Brillat-Savarin (April 2, 1755 – February 2, 1826 French politician and author)

## Every Recipe in Every Cookbook Has Stories to Tell

Every ingredient and every instruction reveals chapters of those stories. Outlining the “How” facet of the stories is why the cookbooks exist, but “How” is simply part of the legacy of the people, places, commerce, social conditions, weather, military or political conditions, local health issues and customs of their points of origin.

An inland cuisine that features seafood recipes indicates well established trade routes to coastal regions. A reliance on tubers can mean poor soil quality or frequent plundering. An elegant recipe is almost always an enhancement of previous “peasant” dishes that were part of a subsistence diet.

The “medicinal” ingredients (Nutraceuticals) that dominate a region’s cuisine point to common ailments of that region. In Africa, ingredients like moringa, baobab, and African mango to boost immunity, promote digestion, and support overall health hint at multiple diseases being common.

Chinese cuisine, with herbs such as ginseng and goji berries were used to boost immunity and improve vitality. In Indian households, turmeric is often added to curries and rice dishes to promote overall health and well-being. Seaweed in Japan indicate thyroid disorders and obesity were matters of local concern. With a diet rich in olive oil, fish, fruits, and vegetables, individuals in Mediterranean countries reduce their risk of cardiovascular disease and improve their overall health.

Mid Nineteenth Century cookbooks in the United States reveal an adventurous country with access to an enormous variety of ingredients and an enormous number of heirloom recipes from all over the world. That country was obviously blessed with good logistics and abundant immigration. The ambitious financial, social and political goals of “The American Dream” are reflected throughout the cookbooks of that time.

Those cookbooks democratized food in unimaginable ways. Sharing recipes and both formal and informal cooking classes helped create the foundation of women’s social networks. The middle fifty years of the Nineteenth Century were a period of great ambitions and great turmoil, and women’s networks played crucial roles in all of them. From their nearly servile presence on the fringes of movements preparing meals for gatherings or desserts for bake sales, women began inserting their opinions and building enough confidence and experience to launch protests and petitions for causes of their own that included labor, educational, health, involuntary servitude, women’s suffrage, family values, community welfare agencies and temperance.

Many women turned to writing and activism as a means of expressing their views and advancing their causes.

One of the most prominent female authors was Harriet Beecher Stowe, whose novel “Uncle Tom’s Cabin” played a crucial role in shaping public opinion about slavery. Published in 1852, the novel depicted the harsh realities of slavery and had a profound impact on the abolitionist movement. Stowe’s work helped to humanize enslaved people and inspire readers to take action against the institution of slavery.

Women such as Sojourner Truth, Harriet Tubman, and Angelina Grimké were outspoken advocates for the abolition of slavery and worked tirelessly to end the institution. Their writings, speeches, and activism helped to raise awareness about the evils of slavery and galvanized public support for the abolitionist cause.

Another influential female author of the 1800s was Louisa May Alcott, best known for her novel “Little Women” (1868). Alcott’s writing challenged traditional gender roles and encouraged women to pursue their ambitions and dreams.

Female authors also played key roles in various social movements of the 1800s, including the women’s rights movement and the temperance movement. Women such as Elizabeth Cady Stanton, Susan B. Anthony, and Lucretia Mott were instrumental in advocating for women’s suffrage and equal rights. Through their writing and activism, these women helped to lay the foundation for the women’s rights movement that would eventually culminate in the passage of the 19th Amendment in 1920.

Elizabeth Cady Stanton, a prominent women’s rights activist who co-organized the Seneca Falls Convention in 1848, which is considered the birthplace of the women’s rights movement in the United States. Stanton’s *Declaration of Sentiments* was adopted at the convention, calling for women’s suffrage and equal rights. It laid the groundwork for future feminist activism

Another influential movement leader of the 1800s was Susan B. Anthony, who worked closely with Stanton to campaign for women’s suffrage and equal rights. Anthony played a key role in organizing the National Woman Suffrage Association and dedicated her life to fighting for women’s rights. Her tireless advocacy and activism helped to advance the cause of women’s suffrage and secure the passage of the 19th Amendment.

*“What makes cookbooks interesting is to find out about the people and the culture that invented the food”.*

----- Vincent Schiavelli (November 11, 1948 – December 26, 2005 American Actor)

# The Virginia Housewife

or

*The METHODICAL COOK.*

BY MRS. MARY RANDOLPH

*METHOD IS THE SOUL OF MANAGEMENT*

STEREOTYPE EDITION, WITH AMENDMENTS AND ADDITIONS.

PUBLISHED BY JOHN PLASKITT

218 Market Street, BALTIMORE

1836

*The Virginia Housewife*

I





## Transcriber's Foreward for *The Virginia Housewife*

*The Virginia Housewife* cookbook, written by Mary Randolph in 1824, is considered one of the most influential cookbooks in American culinary history. Randolph was a prominent figure in the early nineteenth century culinary world, known for her traditional Southern recipes and innovative cooking techniques. The cookbook quickly became a bestseller and was widely used in households across the United States.

One of the key features of *The Virginia Housewife* is its emphasis on using fresh, locally sourced ingredients. Randolph believed that the quality of the ingredients played a crucial role in creating a delicious meal. She encouraged readers to take advantage of the bounty of the land, whether it be fruits, vegetables, or meats, and to prepare dishes that highlighted the natural flavors of these ingredients.

In addition to its emphasis on fresh ingredients, *The Virginia Housewife* also includes a wide range of recipes that reflect the diverse culinary influences present in Southern cuisine. Randolph's recipes draw from African, Indigenous, European, and Caribbean cooking traditions, showcasing the rich tapestry of flavors that make Southern cuisine so unique.

The cookbook is also notable for its practicality and accessibility. Randolph's recipes are written in clear, straightforward language, making them easy for home cooks to follow. She includes tips and techniques for successful cooking, as well as advice on kitchen equipment and ingredients, ensuring that even novice cooks can create delicious meals.

Another important aspect of *The Virginia Housewife* is its celebration of Southern hospitality and culture. Randolph believed that food played a central role in bringing people together and fostering community. Her recipes often reflect this belief, emphasizing the importance of sharing meals with loved ones and using food as a way to express care and affection.

Randolph's cookbook also offers a glimpse into the social and cultural norms of the time. The recipes in *The Virginia Housewife* are a reflection of the tastes and preferences of the early nineteenth-century American South, providing insight into the culinary customs and traditions of the period. Readers can learn about the ingredients that were commonly used, the cooking methods that were popular, and the types of dishes that were considered fashionable.

*The Virginia Housewife* has had a lasting impact on American cuisine and has influenced generations of cooks and chefs. Many of Randolph's recipes continue to be enjoyed today, and her approach to cooking with fresh, local ingredients remains relevant in the modern culinary landscape. The cookbook has inspired countless adaptations and interpretations, testifying to its enduring popularity and relevance.

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We transcribed the recipes in the original formatting that merged several steps into each sentence and with words whose spellings often don't correspond to modern, American spellings.

This retains the original tone of the book, but unfortunately, it may create problems for cooks who are more accustomed to directions being presented in a list or grid format.



## PREFACE

THE difficulties I encountered when I first entered on the duties of a housekeeping life, from the want of books sufficiently clear and concise to impart knowledge to a Tyro, compelled me to study the subject, and by actual experiment to reduce every thing in the culinary line, to proper weights and measures. This method I found not only to diminish the necessary attention and labour, but to be also economical: for, when the ingredients employed were given in just proportions, the article made was always equally good. The government of a family, bears a Lilliputian resemblance to the government of a nation. The contents of the Treasury must be known, and great care taken to keep the expenditures from being equal to the receipts. A regular system must be introduced into each department, which may be modified until matured, and should then pass into an inviolable law. The grand arcanum of management lies in three simple rules: — "Let every thing be done at a proper time, keep every thing in its proper place, and put every thing to its proper use." If the mistress of a family, will every morning examine minutely the different departments of her household, she must detect errors in their infant state, when they can be corrected with ease; but a few days' growth gives them gigantic strength: and disorder, with all her attendant evils, are introduced. Early rising is also essential to the good government of a family. A late breakfast deranges the whole business of the day, and throws a portion of it on the next, which opens the door for confusion to enter. The greater part of the following receipts have been written from memory, where they were impressed by long continued practice. Should they prove serviceable to the young inexperienced housekeeper, it will add greatly to that gratification which an extensive circulation of the work will be likely to confer.

M. RANDOLPH.

Washington, January, 1831.





## INTRODUCTION

MANAGEMENT is an art that may be acquired by every woman of good sense and tolerable memory. If, unfortunately, she has been bred in a family where domestic business is the work of chance, she will have many difficulties to encounter; but a determined resolution to obtain this valuable knowledge, will enable her to surmount all obstacles. She must begin the day with an early breakfast, requiring each person to be in readiness to take their seats when the muffins, buckwheat cakes, &c. are placed on the table. This looks social and comfortable. When the family breakfast by detachments, the table remains a tedious time; the servants are kept from their morning's meal, and a complete derangement takes place in the whole business of the day. No work can be done till breakfast is finished. The Virginia ladies, who are proverbially good managers, employ themselves, while their servants are eating, in washing the cups, glasses, &c.; arranging the cruets, the mustard, salt-sellers, pickle vases, and all the apparatus for the dinner table. This occupies but a short time, and the lady has the satisfaction of knowing that they are in much better order than they would be if left to the servants. It also relieves her from the trouble of seeing the dinner table prepared, which should be done every day with the same scrupulous regard to exact neatness and method, as if a grand company was expected. When the servant is required to do this daily, he soon gets into the habit of doing it well; and his mistress having made arrangements for him in the morning, there is no fear of bustle and confusion in running after things that may be called for during the hour of dinner. When the kitchen breakfast is over, and the cook has put all things in their proper places, the mistress should go in to give her orders. Let all the articles intended for the dinner, pass in review before her:

Use the butter, sugar, flour, meal, lard, given out in proper quantities; the catsup, spice, wine, whatever may be wanted for each dish measured to the cook. The mistress must tax her memory. With all this we have no right to expect slaves or hired servants to be more attentive to our interest than we ourselves are: they never recollect these little articles until they are going to use them; the mistress must then be called out, and thus have the horrible drudgery of keeping house all day, when one hour devoted to it in the morning, would release her from trouble until the next day. There is economy as well as comfort in a regular mode of doing business. When the mistress gives out every thing, there is no waste; but if temptation be thrown in the way of subordinates, not many will have power to resist it; besides, it is an immoral act to place them in a situation which we pray to be exempt from ourselves.

The prosperity and happiness of a family depend greatly on the order and regularity established in it. The husband, who can ask a friend to partake of his dinner in full confidence of finding his wife unruffled by the petty vexations attendant on the neglect of household duties — who can usher his guest into the dining-room assured of seeing that methodical nicety which is the essence of true elegance, — will feel pride and exultation in the possession of a companion, who gives to his home charms that gratify every wish of his soul, and render the haunts of dissipation hateful to him. The sons bred in such a family will be moral men, of steady habits; and the daughters, if the mother shall have performed the duties of a parent in the superintendence of their education, as faithfully as she has done those of a wife, will each be a treasure to her husband; and being formed on the model of an exemplary mother, will use the same means for securing the happiness of her own family, which she has seen successfully practised under the paternal roof.



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**THE VIRGINIA HOUSEWIFE**  
*OR Methodical Cook*

**SOUPS**

**ASPARAGUS SOUP**

TAKE four large bunches of asparagus, scrape it nicely, cut off one inch of the tops, and lay them in water, chop the stalks and put them on the fire with a piece of bacon, a large onion cut up, and pepper and salt; add two quarts of water, boil them till the stalks are quite soft, then pulp them through a sieve, and strain the water to it, which must be put back in the pot; put into it a chicken cut up, with the tops of asparagus which had been laid by, boil it until these last articles are sufficiently done, thicken with flour, butter and milk, and serve it up.

**BEEF SOUP**

TAKE the hind shin of beef, cut off all the flesh off the leg-bone, which must be taken away entirely, or the soup will be greasy. Wash the meat clean and lay it in a pot, sprinkle over it one small tablespoonful of pounded black pepper, and two of salt; three onions the size of a hen's egg, cut small, six small carrots scraped and cut up, two small turnips pared and cut into dice; pour on three quarts of water, cover the pot close, and keep it gently and steadily boiling five hours, which will leave about three pints of clear soup; do not let the pot boil over, but take off the scum carefully, as it rises.

When it has boiled four hours, put in a small bundle of thyme and parsley, and a pint of celery cut small, or a teaspoonful of celery seed pounded. These latter ingredients would lose their delicate flavour if boiled too much. Just before you take it up, brown it in the following manner: put a small tablespoonful of nice brown sugar into an iron skillet, set it on the fire and stir it till it melts and looks very dark, pour into it a ladle full of the soup, a little at a time; stirring it all the while.

Strain this browning and mix it well with the soup; take out the bundle of thyme and parsley, put the nicest pieces of meat in your tureen, and pour on the soup and vegetables; put in some toasted bread cut in dice, and serve it up.

**GRAVY SOUP**

GET eight pounds of coarse lean beef — wash it clean and lay it in your pot, put in the same ingredients as for the shin soup, with the same quantity of water, and follow the process directed for that.

Strain the soup through a sieve, and serve it up clear, with nothing more than toasted bread in it; two tablespoonsful of mushroom catsup will add a fine flavour to the soup.

**SOUP WITH BOUILLI**

TAKE the nicest part of the thick brisket of beef, about eight pounds, put it into a pot with every thing directed for the other soup; make it exactly in the same way, only put it on an hour sooner, that you may have time to prepare the bouilli; after it has boiled five hours, take out the beef, cover up the soup and set it near the fire that it may keep hot. Take the skin off the beef, have the yolk of an egg well beaten, dip a feather in it and wash the top of your beef, sprinkle over it the crumb of stale bread finely grated, put it in a Dutch oven previously heated, put the top on with coals enough to brown, but not burn the beef; let it stand nearly an hour, and prepare your gravy thus:

*Take a sufficient quantity of soup and the vegetables boiled in it; add to it a tablespoonful of red wine, and two of mushroom catsup, thicken with a little bit of butter and a little brown flour; make it very hot, pour it in your dish, and put the beef on it.*

Garnish it with green pickle, cut in thin slices, serve up the soup in a tureen with bits of toasted bread.

**VEAL SOUP**

PUT into a pot three quarts of water, three onions rut small, one spoonful of black pepper pounded, and two of salt, with two or three slices of lean ham; let it boil steadily two hours; skim it occasionally, then put into it a shin of veal, let it boil two hours longer; take out the slices of ham, and skim off the grease if any should rise, take a gill of good cream, mix with it two tablespoonsful of flour very nicely, and the yolks of two eggs beaten well, strain this mixture, and add some chopped parsley pour some soup on by degrees, stir it well, and pour it into the pot, continuing to stir until it has boiled two or three minutes to take off the raw taste of the eggs. If the cream be not perfectly sweet, and the eggs quite new, the thickening will curdle in the soup.

For a change you may put a dozen ripe tomatoes in, first taking off their skins, by letting them stand a few minutes in hot water, when they may be easily peeled.

When made in this way you must thicken it with the flour only. Any part of the veal may be used, but the shin or knuckle is the nicest.



### OYSTER SOUP

WASH and drain two quarts of oysters, put them on with three quarts of water, three onions chopped up, two or three slices of lean ham, pepper and salt; boil it till reduced one-half, strain it through a sieve, re- turn the liquid into the pot, put in one quart of fresh oysters, boil it till they are sufficiently done, and thicken the soup with four spoonsful of flour, two gills of rich cream, and the yolks of six new laid eggs beaten well; boil it a few minutes after the thickening is put in.

Take care that it does not curdle, and that the flour is not in lumps; serve it up with the last oysters that were put in. If the flavour of thyme be agreeable, you may put in a little, but take care that it does not boil in it long enough to discolour the soup.

### BARLEY SOUP

PUT on three gills of barley, three quarts of water, a few onions cut up, six carrots scraped and cut into dice, an equal quantity of turnips cut small; boil it gently two hours, then put in four or five pounds of the rack or neck of mutton, a few slices of lean ham, with pepper and salt; boil it slowly two hours longer and serve it up.

*Tomatoes are an excellent addition to this soup.*

### DRIED PEA SOUP

TAKE one quart of split peas, or Lima beans, which are better; put them in three quarts of very soft water with three onions chopped up, pepper and salt; boil them two hours; mash them well and pass them through a sieve; return the liquid into the pot, thicken it with a large piece of butter and flour, put in some slices of nice salt pork, and a large tea-spoonful of celery seed pounded; boil it till the pork is done, and serve it tip; have some toasted bread cut into dice and fried in butter, which must be put in the tureen before you pour in the soup.

### GREEN PEA SOUP

MAKE it exactly as you do the dried pea soup, only in place of the celery seed, put a handful of mint chopped small, and a pint of young peas, which must be boiled in the soup till tender; thicken it with a quarter of a pound of butter, and two spoonsful of flour.

### OCHRA SOUP

GET two double handfuls of young ochra, wash and slice it thin, add two onions chopped fine, put it into a gallon of water at a very early hour in an earthen pipkin, or very nice iron pot; it must be kept steadily simmering, but not boiling; put in pepper and salt. At 12 o'clock, put in a handful of Lima beans; at half-past one o'clock, add three young cimlins cleaned and cut in small pieces, a fowl, or knuckle of veal, a bit of bacon or pork that has been boiled, and six tomatoes, with the skin taken off; when nearly done, thicken with a spoonful of butter, mixed with one of flour.

*Have rice boiled to eat with it.*

### HARE OR RABBIT SOUP

CUT up two hares, put them into a pot with a piece of bacon, two onions chopped, a bundle of thyme and parsley, which must be taken out before the soup is thickened, add pepper, salt, pounded cloves, and mace, put in a sufficient quantity of water, stew it gently three hours, thicken with a large spoonful of butter, and one of brown flour, with a glass of red wine; boil it a few minutes longer, and serve it up with the nicest parts of the hares.

*Squirrels make soup equally good, done the same way.*

### SOUP OF ANY KIND OF OLD FOWL

*The only way in which they are eatable*

PUT the fowls in a coop and feed them moderately for a fortnight; kill one and cleanse it, cut off the legs and wings, and separate the breast from the ribs, which, together with the whole back, must be thrown away, being too gross and strong for use.

Take the skin and fat from the parts cut off which are also gross.

Wash the pieces nicely, and put them on the fire with about a pound of bacon, a large onion chopped small, some pepper and salt, a few blades of mace, a handful of parsley, cut up very fine, and two quarts of water, if it be a common fowl or duck — a turkey will require more water.

Boil it gently for three hours, tie up a small bunch of thyme, and let it boil in it half an hour, then take it out.

Thicken your soup with a large spoonful of butter rubbed into two of flour, the yolks of two eggs, and half a pint of milk. Be careful not to let it curdle in the soup.

### CATFISH SOUP

*An excellent dish for those who have not imbibed a needless prejudice against those delicious fish.*

TAKE two large or four small white catfish that have been caught in deep water, cut off the heads, and skin and clean the bodies; cut each in three parts, put them in a pot, with a pound of lean bacon, a large onion cut up, a handful of parsley chopped small, some pepper and salt, pour in a sufficient quantity of water, and stew them till the fish are quite tender but not broken; beat the yolks of four fresh eggs, add to them a large spoonful of butter, two of flour, and half a pint of rich milk; make all these warm and thicken the soup, take out the bacon, and put some of the fish in your tureen, pour in the soup, and serve it up.

### ONION SOUP

CHOP up twelve large onions, boil them in three quarts of milk and water equally mixed, put in a bit of veal or fowl, and a piece of bacon with pepper and salt.

When the onions are boiled to pulp, thicken it with a large spoonful of butter mixed with one of flour.

Take out the meat, and serve it up with toasted bread cut in small pieces in the soup.



### TO DRESS TURTLE

KILL it at night in winter, and in the morning in summer.

Hang it up by the hind fins, cut off the head and let it bleed well.

Separate the bottom shell from the top, with great care, lest the gall bladder be broken, which must be cautiously taken out and thrown away.

Put the liver in a bowl of water.

Empty the guts and lay them in water; if there be eggs, put them also in water.

It is proper to have a separate bowl of water for each article.

Cut all the flesh from the bottom shell, and lay it in water; then break the shell in two, put it in a pot after having washed it clean; pour on as much water as will cover it entirely, add one pound of middling, or flitch of bacon, with four onions chopped, and set it on the fire to boil.

Open the guts, cleanse them perfectly; take off the inside skin, and put them in the pot with the shell; let them boil steadily for three hours, and if the water boils away too much, add more.

Wash the top shell nicely after taking out the flesh, cover it, and set it by.

Parboil the fins, clean them nicely — taking off all the black skin, and put them in water; cut the flesh taken from the bottom and top shell, in small pieces; cut the fins in two, lay them with the flesh in a dish; sprinkle some salt over, and cover them up.

When the shell, &c. is done, take out the bacon, scrape the shell clean, and strain the liquor; about one quart of which must be put back in the pot; reserve the rest for soup; pick out the guts, and cut them in small pieces; take all the nice bits that were strained out, put them with the guts into the gravy; lay in the fins cut in pieces with them, and as much of the flesh as will be sufficient to fill the upper shell; add to it, (if a large turtle,) one bottle of white wine; cayenne pepper, and salt, to your taste, one gill of mushroom catsup, one gill of lemon pickle, mace, nutmegs and cloves, pounded, to season it high.

Mix two large spoonsful of flour in one pound and a quarter of butter; put it in with thyme, parsley, marjoram and savory, tied in bunches; stew all these together, till the flesh and fins are tender; wash out the top shell, put a puff paste around the brim; sprinkle over the shell pepper and salt, then take the herbs out of the stew; if the gravy is not thick enough, add a little more flour, and fill the shell; should there be no eggs in the turtle, boil six new laid ones for ten minutes, put them in cold water a short time, peel them, cut them in two, and place them on the turtle; make a rich force meat, (see receipt for force meat,) fry the balls nicely, and put them also in the shell; set it in a dripping pan, with something under the sides to keep it steady; have the oven heated as for bread, and let it remain in it till nicely browned.

Fry the liver and send it in hot.

### FOR THE SOUP

AT an early hour in the morning, put on eight pounds of coarse beef, some bacon, onions, sweet herbs, pepper and salt.

Make a rich soup, strain it and thicken with a bit of butter, and brown flour; add to it the water left from boiling the bottom shell; season it very high with wine, catsup, spice and cayenne; put in the flesh you reserved, and if that is not enough, add the nicest parts of a well boiled calf's head; but do not use the eyes or tongue; let it boil till tender, and serve it up with fried force meat balls in it.

If you have curry powder, (see receipt for it,) it will give a higher flavour to both soup and turtle, than spice.

*Should you not want soup, the remaining flesh may be fried, and served with a rich gravy.*

### MOCK TURTLE SOUP OF CALF'S HEAD

HAVE a large head cleaned nicely without taking off the skin, divide the chop from the front of the head, take out the tongue, (which is best when salted,) put on the head with a gallon of water, the hock of a ham or a piece of nice pork, four or five onions, thyme, parsley, cloves and nutmeg, pepper and salt, boil all these together until the flesh on the head is quite tender, then take it up, cut all into small pieces, take the eyes out carefully, strain the water in which it was boiled, add half a pint of wine and a gill of mushroom catsup, let it boil slowly till reduced to two quarts, thicken it with two spoonsful of browned flour rubbed into four ounces of butter, put the, meat in, and after stewing it a short time, serve it up.

*The eyes are a great delicacy.*



## BEEF

### DIRECTIONS FOR CURING BEEF

PREPARE your brine in the middle of October, after the following manner:

Get a thirty gallon cask, take out one head, drive in the bung, and put some pitch on it, to prevent leaking.

See that the cask is quite tight and clean.

Put into it one pound of saltpetre powdered, fifteen quarts of salt, and fifteen gallons of cold water; stir it frequently, until dissolved, throw over the cask a thick cloth, to keep out the dust; look at it often and take off the scum.

These proportions have been accurately ascertained—fifteen gallons of cold water will exactly hold, in solution, fifteen quarts of good clean Liverpool salt, and one pound of saltpetre: this brine will be strong enough to bear up an egg: if more salt be added, it will fall to the bottom without strengthening the brine, the water being already saturated.

This brine will cure all the beef which a private family can use in the course of the winter, and requires nothing more to be done to it except occasionally skimming the dross that rises.

It must be kept in a cool, dry place.

For salting your beef, get a molasses hogshead and saw it in two, that the beef may have space to lie on; bore some holes in the bottom of these tubs, and raise them on one side about an inch, that the bloody brine may run off.

Be sure that your beef is newly killed — rub each piece very well with good Liverpool salt — a vast deal depends upon rubbing the salt into every part — it is unnecessary to put saltpetre on it; sprinkle a good deal of salt on the bottom of the tub.

When the beef is well salted, lay it in the tub, and be sure you put the fleshy side downward. Put a great deal of salt on your beef after it is packed in the tub; this protects it from animals who might eat, if they could smell it, and does not waste the salt, for the beef can only dissolve a certain portion.

You must let the beef lie in salt ten days, then take it out, brush off the salt, and wipe it with a damp cloth; put it in the brine with a bit of board and weight to keep it under.

In about ten days it will look red and be fit for the table, but it will be red much sooner when the brine becomes older.

The best time to begin to salt beef is the latter end of October, if the weather be cool, and from that time have it in succession.

When your beef is taken out of the tub, stir the salt about to dry, that it may be ready for the next pieces.

*Tongues are cured in the same manner.*



### TO DRY BEEF FOR SUMMER USE

THE best pieces for this purpose are the thin briskets, or that part of the plate which is farthest from the shoulder of the animal, the round and rib pieces which are commonly used for roasting.

These should not be cut with long ribs and the back-bones must be sawed off as close as possible, that the piece may lay flat in the dish.

About the middle of February, select your beef from an animal well fattened with corn, and which, when killed, will weigh one hundred and fifty per quarter — larger oxen are always coarse.

Salt the pieces as directed, let them lie one fortnight, then put them in brine, where they must remain three weeks: take them out at the end of the time, wipe them quite dry, rub them over with bran, and hang them in a cool, dry, and, if possible, dark place, that the flies may not get to them: they must be suspended, and not allowed to touch any thing.

It will be necessary, in the course of the summer, to look them over occasionally, and after a long wet season, to lay them in the sun a few hours.

Your tongues may be dried in the same manner: make a little hole in the root, run a twine through it, and suspend it.

These dried meats must be put in a good quantity of water the night before they are to be used.

In boiling, it is absolutely necessary to have a large quantity of water to put the beef in while the water is cold, to boil steadily, skimming the pot, until the bones are ready to fall out; and, if a tongue, till the skin peels off with perfect ease: the skin must also be taken from the beef.

The housekeeper who will buy good ox beef, and follow these directions exactly, may be assured of always having delicious beef on her table.

Ancient prejudice has established a notion, that meat killed in the decrease of the moon, will draw up when cooked.

The true cause of this shrinking, may be found in the old age of the animal, or in its diseased state, at the time of killing.

The best age is from three to five years. Few persons are aware of the injury they sustain, by eating the flesh of diseased animals.

None but the Jewish butchers, who are paid exclusively for it, attend to this important circumstance.

The best rule for judging that I have been able to discover, is the colour of the fat. When the fat of beef is a high shade of yellow, I reject it. If the fat of veal, mutton, lamb or pork, have the slightest tinge of yellow, I avoid it as diseased.

*The same rule holds good when applied to poultry.*

### TO CORN BEEF IN HOT WEATHER

TAKE a piece of thin brisket or plate, cut out the ribs nicely, rub it on both sides well with two large spoonsful of pounded saltpetre; pour on it a gill of molasses and a quart of salt; rub them both in; put it in a vessel just large enough to hold it, but not tight, for the bloody brine must run off as it makes, or the meat will spoil.

Let it be well covered, top, bottom and sides, with the molasses and salt.

In four days you may boil it, tied up in a cloth with the salt, &c. about it: when done, take the skin off nicely, and serve it up.

If you have an ice-house or refrigerator, it will be best to keep it there.

A fillet or breast of veal, and a leg or rack of mutton, are excellent done in the same way.

### IMPORTANT OBSERVATIONS ON ROASTING, BOILING, FRYING, &c.

IN roasting butchers' meat, be careful not to run the spit through the nice parts: let the piece lie in water one hour, then wash it out, wipe it perfectly dry, and put it on the spit.

Set it before a clear, steady fire: sprinkle some salt on it, and when it becomes hot, baste it for a time with salt and water: then put a good spoonful of nice lard into the dripping-pan, and when melted, continue to baste with it.

When your meat, of whatever kind, has been down some time, but before it begins to look brown, cover it with paper and baste on it; when it is nearly done, take off the paper, dredge it with flour, turn the spit for some minutes very quick, and baste all the time to raise a froth — after which, serve it up.

When mutton is roasted, after you take off the paper, loosen the skin and peel it off carefully, then dredge and froth it up.

Beef and mutton must not be roasted as much as veal, lamb, or pork; the two last must be skinned in the manner directed for mutton.

You may pour a little melted butter in the dish with veal, but all the others must be served without sauce, and garnished with horse-radish, nicely scraped.

Be careful not to let a particle of dry flour be seen on the meat — it has a very ill appearance.

Beef may look brown, but the whiter the other meats are, the more genteel are they, and if properly roasted, they may be perfectly done, and quite white.

A loin of veal, and hind quarter of lamb, should be dished with the kidneys uppermost; and be sure to joint every thing that is to be separated at table, or it will be impossible to carve neatly.

For those who must have gravy with these meats, let it be made in any way they like, and served in a boat.

No meat can be well roasted except on a spit

Burned by a jack, and before a steady clear fire — other methods are no better than baking.

Many cooks are in the habit of half boiling the meats to plump them as they term it, before they are spitted, but it destroys their fine flavour.

Whatever is to be boiled, must be put into cold water with a little salt, which will cook them regularly.

When they are put in boiling water, the outer side is done too much, before the inside gets heated.

Nice lard is much better than butter for basting roasted meats, or for frying.

To choose butchers' meat, you must see that the fat is not yellow, and that the lean parts are of a fine close grain, a lively colour, and will feel tender when pinched.

Poultry should be well covered with white fat; if the bottom of the breast bone be gristly, it is young, but if it be a hard bone, it is an old one.

Fish are judged by the liveliness of their eyes, and bright red of their gills.

Dredge every thing with flour before it is put on to boil, and be sure to add salt to the water.

Fish, and all other articles for frying, after being nicely prepared, should be laid on a board and dredged with flour or meal mixed with salt: when it becomes dry on one side, turn it, and dredge the other.

For broiling, have very clear coals, sprinkle a little salt and pepper over the pieces, and when done, dish them, and pour over some, melted butter and chopped parsley — this is for broiled veal, wild fowl, birds or poultry: beef-steaks and mutton chops require only a tablespoonful of hot water to be poured over.

Slice an onion in the dish before you put in the steaks or chops, and garnish both with rasped horse-radish.

To have viands served in perfection, the dishes should be made hot, either by setting them over hot water, or by putting some in them, and the instant the meats are laid in and garnished, put on a pewter dish cover.

A dinner looks very enticing when the steam rises from each dish on removing the covers, and if it be judiciously ordered, will have a double relish. Profusion is not elegance — a dinner justly calculated for the company, and consisting for the greater part of small articles, correctly prepared, and neatly served up, will make a much more pleasing appearance to the sight, and give a far greater gratification to the appetite, than a table loaded with food, and from the multiplicity of dishes, unavoidably neglected in the preparation, and served up cold.

There should always be a supply of brown flour kept in readiness to thicken brown gravies, which must be prepared in the following manner:

*Put a pint of flour in a Dutch oven, with some coals under it; keep constantly stirring it until it is uniformly of a dark brown, but none of it burnt, which would look like dirt in the gravy.*

*All kitchens should be provided with a saw for trimming meat, and also with larding needles.*

### BEEF A-LA-MODE

TAKE the bone from a round of beef, fill the space with a force meat made of the crumbs of a stale loaf, four ounces of marrow, two heads of garlic chopped with thyme and parsley, some nutmeg, cloves, pepper and salt, mix it to a paste with the yolks of four eggs beaten, stuff the lean part of the round with it, and make balls of the remainder; sew a fillet of strong linen wide enough to keep it round and compact, put it in a vessel just sufficiently large to hold it, add a pint of red wine, cover it with sheets of tin or iron, set it in a brick oven properly heated, and bake it three hours; when done, skim the fat from the gravy, thicken it with brown flour, add some mushroom and walnut catsup, and serve it up garnished with force meat balls fried. It is still better when eaten cold with salad.

### BRISKET OF BEEF BAKED

BONE a brisket of beef, and make holes in it with a sharp knife about an inch apart, fill them alternately with fat bacon, parsley and oysters, all chopped small and seasoned with pounded cloves and nutmeg, pepper and salt, dredge it well with flour, lay it in a pan with a pint of red wine and a large spoonful of lemon pickle; bake it three hours, take the fat from the gravy and strain it; serve it up garnished with green pickles.

### BEEF OLIVES

CUT slices from a fat rump of beef six inches long and half an inch thick, beat them well with a pestle; make a force meat of bread crumbs, fat bacon chopped, parsley, a little onion, some shred suet, pounded mace, pepper and salt; mix it up with the yolks of eggs, and spread a thin layer over each slice of beef, roll it up tight, and secure the rolls with skewers, set them before the fire, and turn them till they are a nice brown; have ready a pint of good gravy, thickened with brown flour and a spoonful of butter, a gill of red wine, with two spoonsful of mushroom catsup, lay the rolls in it, and stew them till tender; garnish with force meat balls.

### TO STEW A RUMP OF BEEF

TAKE out as much of the bone as can be done with a saw, that it may lie flat on the dish, stuff it with force meat made as before directed, lay it in a pot with two quarts of water, a pint of red wine, some carrots and turnips cut in small pieces and stewed over it, a head of celery cut up, a few cloves of garlic, some pounded cloves, pepper and salt, stew it gently till sufficiently done, skim the fat off, thicken the gravy, and serve it up; garnish with little bits of puff paste nicely baked, and scraped horse-radish.

### A FRICANDO OF BEEF

CUT a few slices of beef six inches long, two or three well, and one thick, lard them with bacon, dredge them well, and make them a nice brown before a brisk fire; stew them half an hour in a well seasoned gravy, put some stewed sorrel or spinach in the dish, lay on the beef, and pour over a sufficient quantity of gravy; garnish with fried balls.

### AN EXCELLENT METHOD OF DRESSING BEEF

TAKE a rib roasting piece that has been hanging ten days or a fortnight, bone it neatly, rub some salt over it and roll it tight, binding it around with twine, put the spit through the inner fold without sticking it in the flesh, skewer it well and roast it nicely; when nearly done, dredge and froth it; garnish with scraped horse-radish.

### TO COLLAR A FLANK OF BEEF

GET a nice flank of beef, rub it well with a large portion of saltpetre and common salt, let it remain ten days, then wash it clean, take off the outer and inner skin with the gristle, spread it on a board, and cover the inside with the following mixture: parsley, sage, thyme chopped fine, pepper, salt and pounded cloves; roll it up, sew a cloth over it, and bandage that with tape, boil it gently five or six hours, when cold, lay it on a board without undoing it, put another board on the top, with a heavy weight on it; let it remain twenty-four hours, take off the bandages, cut a thin slice from each end, serve it up garnished with green pickle and sprigs of parsley.

### TO MAKE HUNTERS' BEEF

SELECT a fine fat round weighing about twenty-five pounds, take three ounces saltpetre, one ounce of cloves, half an ounce of alspice, a large nutmeg, and a quart of salt; pound them all together very fine, take the bone out, rub it well with this mixture on both sides, put some of it at the bottom of a tub just large enough to hold the beef, lay it in and strew the remainder on the top, rub it well every day for two weeks, and spread the mixture over it; at the end of this time, wash the beef, bind it with tape, to keep it round and compact, filling the hole where the bone was with a piece of fat, lay it in a pan of convenient size, strew a little suet over the top, and pour on it a pint of water, cover the pan with a coarse crust and a thick paper over that, it will take five hours baking; when cold take off the tape.

*It is a delicious relish at twelve o'clock, or for supper, eaten with vinegar, mustard, oil, or salad.*

*Skim the grease from the gravy and bottle it; it makes an excellent seasoning for any made dish.*

### A NICE LITTLE DISH OF BEEF

MINCE cold roast beef, fat and lean, very fine, add chopped onion, pepper, salt, and a little good gravy, fill scollop shells two parts full, and fill them up with potatoes mashed smooth with cream, put a bit of butter on the top, and set them in an oven to brown.

### BEEF STEAKS

THE best parts of the beef for steaks, are the seventh and eighth ribs, the fat and lean are better mixed, and it is more tender than the rump if it be kept long enough; cut the steaks half an inch thick, beat them a little, have fine clear coals, rub the bars of the gridiron with a doth dipped in lard before you put it over the coals, that none may drip to cause a bad smell, put no salt on till you dish them, broil them quick, turning them frequently; the dish must be very hot, put some slices of onion in it, lay in the steaks, sprinkle a little salt, and pour over them a spoonful of water and one of mushroom catsup, both made boiling hot, garnish with scraped horse-radish, and put on a hot dish cover.

*Every thing must be in readiness, for the great excellence of a beef steak lies in having it immediately from the gridiron.*

### TO HASH BEEF

CUT slices of raw beef, put them in a stew pan with a little water, some catsup, a clove of garlic, pepper and salt, stew them till done, thicken the gravy with a lump of butter rubbed into brown flour.

A hash may be made of any kind of meat that has been cooked, but it is not so good, and it is necessary to have a gravy prepared and seasoned, and keep the hash over the fire only a few minutes to make it hot.



## BEEF STEAK PIE

CUT nice steaks, and stew them till half (Tone, put a puff paste in the dish, lay in the steaks with a few slices of boiled ham, season the gravy very high, pour it in the dish, put on a lid of paste and bake it.

## BEEF A-LA-DAUBE

GET a round of beef, lard it well, and put it in a Dutch oven; cut the meat from a shin of beef, or any coarse piece in thin slices, put round the sides and over the top some slices of bacon, salt, pepper, onion, thyme, parsley, celery tops, or seed pounded, and some carrots cut small, strew the pieces of beef over, cover it with water, let it stew very gently till perfectly done, take out the round, strain the gravy, let it stand to be cold, take off the grease carefully, beat the whites of four eggs, mix a little water with them, put them to the gravy, let it boil till it looks clear, strain it, and when cold, put it over the beef.

## VEAL

### DIRECTIONS FOR THE PIECES IN THE DIFFERENT QUARTERS OF VEAL

A LOIN of veal must always be roasted: the fillet or leg may be dressed in various ways, the knuckle or knee is proper for soup or for boiling; these are the pieces that compose the hind quarter.

*In the fore quarter, the breast and rack admit variety in cooking; the shoulder and neck are only fit for soup.*

## VEAL CUTLETS FROM THE FILLET OR LEG

CUT off the flank and take the bone out, then take slices the size of the fillet and half an inch thick, beat two yolks of eggs light, and have some grated bread mixed with pepper, salt, pounded nutmeg and chopped parsley; beat the slices a little, lay them on a board and wash the upper side with the egg, cover it thick with the bread crumbs, press them on with a knife and let them stand to dry a little, that they may not fall off in frying, then turn them gently, put egg and crumbs on in the same manner, put them into a pan of boiling lard, and fry them a light brown; have some good gravy ready, season it with a tea-spoonful of curry powder, a large one of wine, and one of lemon pickle, thicken with butter and brown flour, drain every drop of lard from the cutlets, lay them in the gravy, and stew them fifteen or twenty minutes; serve them up garnished with lemon cut in thin slices.

## VEAL CHOPS

TAKE the best end of a rack of veal, cut it in chops, with one bone in each, leave the small end of the bone bare two inches, beat them flat, and prepare them with eggs and crumbs, as the cutlets, butter some half-sheets of white paper, wrap one round each chop, skewer it well, leaving the bare bone out, broil them till done, and take care the paper does not burn; have nice white sauce in a boat.

## VEAL CUTLETS

CUT them from the fillet, put them in a stew pan with a piece of nice pork, a clove of garlic, a bundle of thyme and parsley, pepper and salt, cover them with water and let them stew ten or fifteen minutes, lay them on a dish, and when cold cover them well with the crumb of stale bread finely grated, mixed with the leaves of parsley chopped very small, some pepper, salt and grated nutmeg; press these on the veal with a knife, and when a little dried, turn it and do the same to the other side; put a good quantity of lard in a pan, when it boils lay the cutlets in carefully that the crumbs may not fall; fry them a little brown, lay them on a strainer to drain off the grease, do the same with the crumbs that have fallen in the pan; while this is doing, simmer the water they were boiled in to half a pint, strain it and thicken with four ounces of butter and a little browned flour; add a gill of wine and one of mushroom catsup, put in the cut-lets and crumbs, and stew till tender; add force meat balls.

## KNUCKLE OF VEAL

BOIL a half pint of pearl barley in salt and water till quite tender, drain the water from it and stir in a piece of butter, put it in a deep dish; have the knuckle nicely boiled in milk and water, and lay it on the barley, pour some parsley and butter over it.

## BAKED FILLET OF VEAL

TAKE the bone out of the fillet, wrap the flap around and sew it, make a forcemeat of bread crumbs, the fat of bacon, a little onion chopped, parsley, pepper, salt, and a nutmeg pounded, wet it with the yolks of eggs, fill the place from which the bone was taken, make holes around it with a knife and fill them also, and lard the top; put it in a Dutch oven with a pint of water, bake it sufficiently, thicken the gravy with butter and brown flour, add a gill of wine and one of mushroom catsup, and serve it garnished with force meat balls fried.

## SCOTCH COLLOPS OF VEAL

THEY may be made of the nice part of the rack, or cut from the fillet, rub a little salt and pepper on them, and fry them a light brown; have a rich gravy seasoned with wine, and any kind of catsup you choose, with a few cloves of garlic, and some pounded mace, thicken it, put the collops in and stew them a short time, take them out, strain the gravy over, and garnish with bunches of parsley fried crisp, and thin slices of middling of bacon, curled around a skewer and boiled.

## VEAL OLIVES

TAKE the bone out of the fillet and cut thin slices the size of the leg, beat them flat, rub them with the yolk of an egg beaten, lay on each piece a thin slice of boiled ham, sprinkle salt, pepper, grated nutmeg, chopped parsley, and bread crumbs over all, roll them up tight, and secure them with skewers, rub them with egg and roll them in bread crumbs, lay them on a tin dripping pan, and set them in an oven; when brown on one side, turn them, and when sufficiently done, lay them in a rich highly seasoned gravy made of proper thickness, stew them till tender, garnish with force meat balls and green pickles sliced.

### RAGOUT OF A BREAST OF VEAL

SEPARATE the joints of the brisket, and saw off the sharp ends of the ribs, trim it neatly, and half roast it; put it in a stew pan with a quart of good gravy, seasoned with wine, walnut and mushroom catsup, a teaspoonful of curry powder, and a few cloves of garlic; stew it till tender, thicken the gravy, and garnish with sweetbreads nicely broiled.

### FRICANDO OF VEAL

CUT slices from the fillet an inch thick and six inches long, lard them with slips of lean middling of bacon, bake them a light brown, stew them in well seasoned gravy, made as thick as rich cream, serve them up hot, and lay round the dish sorrel stewed with butter, pepper and salt, till quite dry.

### TO MAKE A PIE OF SWEETBREADS AND OYSTER

BOIL the sweetbreads tender, stew the oysters, season them with pepper and salt, and thicken with cream, butter, the yolks of eggs and flour, put a puff paste at the bottom and around the sides of a deep dish, take the oysters up with an egg spoon, lay them in the bottom, and cover them with the sweetbreads, fill the dish with gravy, put a paste on the top, and bake it.

*This is the most delicate pie that can be made.*

*The sweetbread of veal is the most delicious part, and may be broiled, fried, or dressed in any way, and is always good.*

### MOCK TURTLE OF CALF'S HEAD

HAVE the head nicely cleaned, divide the chop from the skull, take out the brains and tongue, and boil the other parts till tender, take them out of the water and put into it a knuckle of veal or four pounds of lean beef, three onions chopped, thyme, parsley, a teaspoonful of pounded cloves, the same of mace, salt, and cayenne pepper to your taste — boil these things together till reduced to a pint, strain it, and add two gills of red wine, one of mushroom and one of walnut catsup, thicken it with butter and brown flour; the head must be cut in small pieces and stewed a few minutes in the gravy; put a paste round the edge of a deep dish, three folds, one on the other, but none on the bottom; pour in the meat and gravy, and bake it till the paste is done; pick all strings from the brains, pound them, and add grated bread, pepper and salt, make them in little cakes with the yolk of an egg, fry them a nice brown, boil six eggs hard, leave one whole and divide the others exactly in two, have some bits of paste nicely baked; when the head is taken from the oven, lay the whole egg in the middle, and dispose the others, with the brain cakes and bits of paste tastily around it.

If it be wanted as soup, do not reduce the gravy so much, and after stewing the head, serve it in a tureen with the brain cakes and force meat balls fried, in place of the eggs and paste.

The tongue should be salted and put in brine; they are very delicate, and four of them boiled and peeled, and served with four small chickens boiled, make a handsome dish, either cold or hot, with parsley and butter poured over them.

### TO GRILL A CALF'S HEAD

CLEAN and divide it as for the turtle, take out the brains and tongue, boil it tender, take the eyes out whole, and cut the flesh from the skull in small pieces; take some of the water it was boiled in for gravy, put to it salt, cayenne pepper, a grated nutmeg, with a spoonful of lemon pickle; stew it till it is well flavoured, take the jowl or chop, take out the bones, and cover it with bread crumbs, chopped parsley, pepper and salt, set it in an oven to brown, thicken the gravy with the yolks of two eggs and a spoonful of butter rubbed into two of flour, stew the head in it a few minutes, put it in the dish, and lay the grilled chop on it; garnish it with brain cakes and broiled sweetbreads.

### TO COLLAR A CALF'S HEAD

AFTER cleaning it nicely, saw the bone down the middle of the skull, but do not separate the head, take out the brains and tongue, boil it tender enough to remove the bones, which must be taken entirely out; lay it on a board, have a good quantity of chopped parsley seasoned with mace, nutmeg, pepper and salt — spread a layer of this, then one of thick slices of ham, another of parsley and one of ham, roll it up tight, sew a cloth over it, and bind that round with tape; boil it half an hour, and when cold press it.

*It must be kept covered with vinegar and water, and is very delicious eaten with salad or oil and vinegar.*

### CALF'S HEART, A NICE DISH

TAKE the heart and liver from the harslet, and cut off the windpipe, boil the lights very tender, and cut them in small pieces — take as much of the water they were boiled in as will be sufficient for gravy; add to it a large spoonful of white wine, one of lemon pickle, home grated nutmeg, pepper and salt, with a large spoonful of butter, mixed with one of white flour; let it boil a few minutes, and put in the minced lights, set it by till the heart and liver are ready, cut the ventricle out of the heart, wash it well, lard it all over with narrow slips of middling, fill the cavity with good force meat, put it in a pan on the broad end, that the stuffing may not come out; bake it a nice brown, slice the liver an inch thick and broil it, make the mince hot, set the heart upright in the middle of the dish, pour it around, lay the broiled liver on, and garnish with bunches of fried parsley; it should be served up extremely hot.

### CALF'S FEET FRICASSEE

BOIL the feet till very tender, cut them in two and pull out the large bones, have half a pint of good white gravy, add to it a spoonful of white wine, one of lemon pickle, and some salt, with a teaspoonful of curry powder, stew the feet in it fifteen minutes, and thicken it with the yolks of two eggs, a gill of milk, a large spoonful of butter, and two of white flour, let the thickening be very smooth, shake the stew pan over the fire a few minutes, but do not let it boil lest the eggs and milk should curdle.

### TO FRY CALFS FEET

PREPARE them as for the fricassee, dredge them well with flour and fry them a light brown, pour parsley and butter over, and garnish with fried parsley.

### TO PREPARE RENNET

TAKE the stomach from the calf as soon as it is killed — do not wash it, but hang it in a dry cool place for four or five days; then turn it inside out, slip off all the curd nicely with the hand, fill it with a little saltpetre mixed with the quantity of salt necessary, and lay it in a small stone pot, pour over it a small teaspoonful of vinegar, and sprinkle a handful of salt over it, cover it closely and keep it for use.

You must not wash it — that would weaken the gastric juice, and injure the rennet.

After it has been salted six or eight weeks, cut off a piece four or five inches long, put it in a large mustard bottle, or any vessel that will hold about a pint and a half; put on it five gills of cold water, and two gills of rose brandy — stop it very close, and shake it when you are going to use it: a tablespoonful of this is sufficient for a quart of milk.

*It must be prepared in very cool weather,  
and if well done, will keep more than a year.*

### TO HASH A CALF'S HEAD

BOIL the head till the meat is almost enough for eating; then cut it in thin slices, take three quarters of a pint of good gravy, and add half a pint of white wine, half a nutmeg, two anchovies, a small onion stuck with cloves, and a little mace; boil these up in the liquor for a quarter of an hour, then strain it and boil it up again; put in the meat, with salt to your taste, let it stew a little, and if you choose it, you may add some sweetbreads, and make some force meat balls with veal; mix the brains with the yolks of eggs and fry them to lay for a garnish.

*When the head is ready to be sent in, stir in a bit of butter.*

### TO BAKE A CALF'S HEAD

DIVIDE the calf's head, wash it clean, and having the yolks of two eggs well beaten, wash the outside of the head all over with them and on that strew raspings of bread sifted, pepper, salt, nutmeg and mace powdered; also, the brains cut in pieces and flipped in thick butter, then cover the head with bits of butter, pour into the pan some white wine and water, with as much gravy, and cover it close.

Let it be baked in a quick oven, and when it is served up, pour on some strong gravy, and garnish with slices of lemon, red beet root pickled, fried oysters and fried bread.

### TO STUFF AND ROAST A CALF'S LIVER

TAKE a fresh calf's liver, and having made a hole in it with a large knife run in length-ways, but not quite through, have ready a force meat, or stuffing made of part of the liver parboiled, fat of bacon minced very fine, and sweet herbs powdered; add to these some grated bread and spice finely powdered, with pepper and salt. With this stuffing fill the hole in the liver, which must be larded with fat bacon, and then roasted, flouring it well, and basting with butter till it is enough.

*This is to be served up hot, with gravy sauce  
having a little wine in it.*

### TO BROIL CALF'S LIVER

CUT it in slices, put over it salt and pepper; broil it nicely, and pour on some melted butter with chopped parsley after it is dished.

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### DIRECTIONS FOR CLEANING CALF'S HEAD AND FEET, FOR THOSE WHO LIVE IN THE COUNTRY AND BUTCHER THEIR OWN MEATS

*As soon as the animal is killed, have the  
head and feet taken off, wash them clean,  
sprinkle some pounded rosin all over the hairs,  
then dip them in boiling water, take them  
instantly out, the rosin will dry immediately,  
and they may be scraped clean with ease; the  
feet should be soaked in water three or four  
days, changing it daily; this will make them  
very white.*

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### LAMB

#### TO ROAST THE FORE-QUARTER, &c

THE fore-quarter should always be roasted and served with mint sauce in a boat; chop the mint small and mix it with vinegar enough to make it liquid, sweeten it with sugar. The hind-quarter may be boiled or roasted, and requires mint sauce; it may also be dressed in various ways.

#### BAKED LAMB

CUT the shank bone from a hind-quarter, separate the joints of the loin, lay it in a pan with the kidney uppermost, sprinkle some pepper and salt, add a few cloves of garlic, a pint of water and a dozen large ripe tomatoes with the skins taken off, bake it but do not let it be burnt, thicken the gravy with a little butter and brown flour.

#### FRIED LAMB

SEPARATE the leg from the loin, cut off the shank and boil the leg; divide the loin in chops, dredge and fry them a nice brown, lay the leg in the middle of the dish, and put the chops around, pour over parsley and butter, and garnish with fried parsley.

*The leg cut into steaks and the loin into chops, will make  
a fine fricassee, or cutlets.*

#### TO DRESS LAMB'S HEAD AND FEET

CLEAN them very nicely, and boil them till tender, take off the flesh from the head with the eyes, also mince the tongue and heart, which must be boiled with the head; split the feet in two, put them with the pieces from the head and the mince, into a pint of good gravy, seasoned with pepper, salt, and tomato catsup, or ripe tomatoes: stew it till tender, thicken the gravy, and lay the liver cut in slices and broiled over it — garnish with crisp parsley and bits of curled bacon.

## MUTTON

THE saddle should always be roasted and garnished with scraped horse-radish. (*See general observations on roasting.*)

Mutton is in the highest perfection from August until Christmas, when it begins to decline in goodness.

### BOILED LEG OF MUTTON

CUT off the shank, wrap the flank nicely round and secure it with skewers, dredge it well with flour, and put it on the fire in a kettle of cold water with some salt, and three or four heads of garlic, which will give it a delicately fine flavour; skin it well, and when nearly done, take it from the fire and keep it hot and closely covered, that the steam may finish it; have carrots well boiled to put in the dish under it, or turnips boiled, mashed smooth and stewed with a lump of butter and salt, lay the mutton on, and pour over it butter melted with some flour in it, and a cup full of capers with some of the vinegar; shake them together over the fire till hot before you pour it on.

### ROASTED LEG

PREPARE it as for boiling, be very careful in spit-ting it, cover it with paper and follow the directions for roasting, serve it up garnished with scraped horse-radish.

### BAKED LEG OF MUTTON

TAKE the flank off, but leave all the fat, cut out the bone, stuff the place with a rich force meat, lard the top and sides with bacon, put it in a pan with a pint of water, some chopped onion and celery cut small, a gill of red wine, one of mushroom catsup and a teaspoonful of carry powder, bake it and serve it up with the gravy, garnish with force meat balls fried.

### STEAKS OF A LEG OF MUTTON

CUT off the flank, take out the bone, and cut it in large slices half an inch thick, sprinkle some salt and pepper, and broil it, pour over it nice melted butter with capers; a leg cut in the same way and dressed as directed for veal cutlets, is very fine.

*It is also excellent when salted as beef, and boiled, served up with carrots or turnips.*

*A shoulder of mutton is best when roasted, but may be made into cutlets or in a harrico.*

### TO HARRICO MUTTON

TAKE the nicest part of the rack, divide it into chops, with one bone in each, beat them flat, sprinkle salt and pepper on them, and broil them nicely; make a rich gravy out of the inferior parts, season it well with pepper, a little spice, and any kind of catsup you choose; when sufficiently done, strain it, and thicken it with butter and brown flour, have some carrots and turnips cut into small dice and boiled till tender, put them in the gravy, lay the chops in and stew them fifteen minutes; serve them up garnished with green pickle.

## MUTTON CHOPS

CUT the rack as for the harrico, broil them, and when dished, pour over them a gravy made with two large spoonfuls of boiling water, one of mushroom catsup, a small spoonful of butter and some salt, stir it till the butter is melted, and garnish with horse-radish scraped.

### BOILED BREAST OF MUTTON

SEPARATE the joints of the brisket, and saw off the sharp ends of the ribs, dredge it with flour, and boil it; serve it up covered with onions — see onion sauce.

### BREAST OF MUTTON IN RAGOUT

PREPARE the breast as for boiling, brown it nicely in the oven, have a rich gravy well seasoned and thickened with brown flour, stew the mutton in it till sufficiently done, and garnish with force meat balls fried.

### TO GRILL A BREAST OF MUTTON

PREPARE it as before, score the top, wash it over with the yolk of an egg, sprinkle some salt, and cover it with bread crumbs, bake it, and pour caper sauce in the dish. It may also be roasted, the skin taken off and frothed nicely, serve it up with good gravy, and garnish with current jelly cut in slices.

*The neck of mutton is fit only for soup, the liver is very good when broiled.*

### BOILED SHOULDER OF MUTTON

PUT it in cold water with some salt, and boil it till tender; serve it up covered with onion sauce.

### SHOULDER OF MUTTON WITH CELERY SAUCE

WASH and clean ten heads of celery, cut off the green tops and take off the outside stalks, cut the heads in thin slices, boil them tender in a little milk, just enough for gravy, add salt, and thicken it with a spoonful of butter and some white flour; boil the shoulder and pour the sauce over it.

### ROASTED LOIN OF MUTTON

CUT the loin in four pieces, take off the skin, rub each piece with salt, wash them with the yolk of an egg, and cover them thickly with bread crumbs, chopped parsley, pepper and salt; wrap them up securely in paper, put them on a bird spit, and roast them; put a little brown gravy in the dish, and garnish with pickle.



## PORK

### TO CURE BACON

HOGS are in the highest perfection, from two and a half to four years old, and make the best bacon, when they do not weigh more than one hundred and fifty or sixty at farthest; they should be fed with corn, six weeks at least, before they are killed, and the shorter distance they are driven to market, the better will their flesh be.

To secure them against the possibility of spoiling, salt them before they get cold; take out the chine or back-bone from the neck to the tail, cut the hams, shoulders and middlings; take the ribs from the shoulders and the leaf fat from the hams: have such tubs as are directed for beef, rub a large table spoonful of saltpetre on the inside of each ham, for some minutes, then rub both sides well with salt, sprinkle the bottom of the tub with salt, lay the hams with the skin downward, and put a good deal of salt between each layer; salt the shoulders and middlings in the same manner, but less saltpetre is necessary; cut the jowl or chop from the head, and rub it with salt and saltpetre.

You should cut off the feet just above the knee joint; take off the ears and nose, and lay them in a large tub of cold water for souse.

When the jowls have been in salt two weeks, hang them up to smoke — do so with the shoulders and middlings at the end of three weeks, and the hams at the end of four.

If they remain longer in salt they will be hard. Remember to hang the hams and shoulders with the hocks down, to preserve the juices.

Make a good smoke every morning, and be careful not to have a blaze; the smoke-house should stand alone, for any additional heat will spoil the meat.

During the hot weather, beginning the first of April, it should be occasionally taken down, examined — rubbed with hickory ashes, and hung up again.

The generally received opinion that saltpetre hardens meat, is entirely erroneous: — it tends greatly to prevent putrefaction, but will not make it hard; neither will laying in brine five or six weeks in cold weather, have that effect, but remaining in salt too long, will certainly draw off the juices, and harden it

Bacon should be boiled in a large quantity of water, and a ham is not done sufficiently, till the bone on the under part comes off with ease.

New bacon requires much longer boiling than that which is old.



### TO MAKE SOUSE

LET all the pieces you intend to souse, remain covered with cold water twelve hours; then wash them out, wipe off the blood, and put them again in fresh water; soak them in this manner, changing the water frequently, and keeping it in a cool place, till the blood is drawn away; scrape and clean each piece perfectly nice, mix some meal with water, add salt to it, and boil your souse gently, until you can run a straw into the skin with ease.

Do not put too much in the pot, for it will boil to pieces and spoil the appearance.

The best way is to boil the feet in one pot, the ears and nose in another, and the heads in a third; these should be boiled till you can take all the bones out; let them get cold, season the insides with pepper, salt, and a little nutmeg; make it in a tight roll, sew it up close in a cloth, and press it lightly.

Mix some more meal and cold water, just enough to look white; add salt, and one-fourth of vinegar; put your souse in different pots, and keep it well covered with this mixture, and closely stopped.

It will be necessary to renew this liquor every two or three weeks.

Let your souse get quite cold after boiling, before you put it in the liquor, and be sure to use pale coloured vinegar, or the souse will be dark.

*Some cooks singe the hair from the feet, &c, but this destroys the colour: good souse will always be white.*

### TO ROAST A PIG

THE pig must be very fat, nicely cleaned, and not too large to lie in the dish; chop the liver fine and mix it with crumbs of bread, chopped onion and parsley, with pepper and salt, make it into a paste with butter and an egg, stuff the body well with it, and sew it up, spit it, and have a clear fire to roast it; baste with salt and water at first, then rub it frequently with a lump of lard wrapped in a piece of clean linen; this will make it much more crisp than basting it from the dripping pan.

When the pig is done, take off the head, separate the face from the chop, cut both in two and take off the ears, take out the stuffing, split the pig in two parts lengthways, lay it in the dish with the head, ears, and feet, which have been cut off, placed on each side, put the stuffing in a bowl with a glass of wine, and as much dripping as will make it sufficiently liquid, put some of it under the pig, and serve the rest in a boat.



### TO BARBECUE SHOTE\*

THIS is the name given in the southern states to a fat young hog, which, when the head and feet are taken off, and it is cut into four quarters, will weigh six pounds per quarter.

Take a fore-quarter, make several incisions between the ribs, and stuff it with rich force meat; put it in a pan with a pint of water, two cloves of garlic, pepper, salt, two gills of red wine, and two of mushroom catsup, bake it, and thicken the gravy with butter and brown flour; it must be jointed, and the ribs cut across before it is cooked, or it cannot be carved well; lay it in the dish with the ribs uppermost; if it be not sufficiently brown, add a little burnt sugar to the gravy, garnish with balls.

*\*Shote being a Provincial term, and not a legitimate English word, Mrs. R. has taken the liberty of spelling it in a way that conveys the sound of the pronunciation more clearly than shoot, the usual manner of spelling it,*

### TO ROAST A FORE-QUARTER OF SHOTE

JOINT it for the convenience of carving, roast it before a brisk fire; when done, take the skin off, dredge and froth it, put a little melted butter with some caper vinegar over it, or serve it with mint sauce.

### TO MAKE SHOTE CUTLETS

TAKE the skin from the hind-quarter, and cut it in pieces, prepare them in the way directed for veal cutlets, make a little nice gravy with the skin and the scraps of meat left, thicken it with butter and brown flour, and season it in any way you like.

### TO CORN SHOTE

RUB a hind-quarter with saltpetre and common salt, let it lie ten days, then boil it, and put either carrots or parsnips under it.

### SHOTE'S HEAD

TAKE out the brains, and boil the head till quite tender, cut the heart and liver from the harslet, and boil the feet with the head; cut all the meat from the head in small pieces, mince the tongue and chop the brains small, take some of the water the head was boiled in, season it with onion, parsley and thyme, all chopped fine, add any kind of catsup — thicken it with butter and brown flour, stew the whole in it fifteen minutes, and put it in the dish: have the heart roasted to put in the middle, lay the broiled liver around, and garnish it with green pickle.

### LEG OF PORK WITH PEASE PUDDING

BOIL a small leg of pork that has been sufficiently salted, score the top and serve it up; the pudding must be in a separate dish; get small delicate pease, wash them well, and tie them in a cloth, — allowing a little room for swelling, boil them with the pork, then mash and season them, tie them up again and finish boiling it; take care not to break the pudding in turning it out.

### STEWED CHINE

TAKE the neck chine, rub it well with salt, lay it in a pan, put it in a pint of water, and fill it up with sweet potatoes nicely washed, but not peeled, cover it close and bake it till done; serve it up with the potatoes, put a little of the gravy in the dish.

### TO TOAST A HAM

BOIL it well, take off the skin, and cover the top thickly with bread crumbs, put it in an oven to brown, and serve it up.

### TO STUFF A HAM

TAKE a well smoked ham, wash it very clean, make incisions all over the top two inches deep, stuff them quite full with parsley chopped small and some pepper, boil the ham sufficiently; do not take off the skin.

It must be eaten cold.

### SOUSED FEET IN RAGOUT

SPLIT the feet in two, dredge them with flour and fry them a nice brown; have some well seasoned gravy thickened with brown flour and butter; stew the feet in it a few minutes.

### TO MAKE SAUSAGES

TAKE the tender pieces of fresh pork, chop them exceedingly fine — chop some of the leaf fat, and put them together in the proportion of three pounds of pork to one of fat, season it very high with pepper and salt, add a small quantity of dried sage rubbed to a powder, have the skins nicely prepared, fill them and hang them in a dry place.

*Sausages are excellent made into cakes and fried, but will not keep so well as in skins.*

### TO MAKE BLACK PUDDINGS

CATCH the blood as it runs from the hog, stir it continually till cold to prevent its coagulating; when cold thicken it with boiled rice or oatmeal, add leaf fat chopped small, pepper, salt, and any herbs that are liked, fill the skins and smoke them two or three days; they must be boiled before they are hung up, and prick them with a fork to keep them from bursting.

### A SEA PIE

LAY at the bottom of a small Dutch oven some slices of boiled pork or salt beef, then potatoes and onions cut in slices, salt, pepper, thyme and parsley shred fine, some crackers soaked, and a layer of fowls cut up, or slices of veal; cover them with a paste not too rich, put another layer of each article, and cover them with paste until the oven is full; put a little butter between each layer, pour in water till it reaches the top crust, to which you must add wine, catsup of any kind you please, and some pounded cloves; let it stew until there is just gravy enough left; serve it in a deep dish and pour the gravy on.

### TO MAKE PASTE FOR THE PIE

POUR half a pound of butter or dripping, boiling hot, into a quart of flour, add as much water as will make it a paste, work it and roll it well before you use it. It is quite a savoury paste.

### BOLOGNA SAUSAGES

TAKE one pound of bacon — fat and lean, one ditto veal, do., pork, do., suet, chop all fine, season highly: fill the skins, prick and boil them an hour, and hang them to dry — grated bread or boiled rice may be added: clean the skins with salt and vinegar.

## FISH

### TO CURE HERRINGS

THE best method for preserving herrings, and which may be followed with ease, for a small family, is to take the brine - left of your winter stock for beef, to the fishing place, and when the seine is hauled, to pick out the largest herrings, and throw them alive into the brine; let them remain twenty-four hours, take them out and lay them on sloping planks, that the brine may drain off; have a tight barrel, put some coarse alum salt at the bottom, then put in a layer of herrings — take care not to bruise them; sprinkle over it alum salt and some saltpetre, then fish, salt, and saltpetre, till the barrel is full; keep a board over it.

Should they not make brine enough to cover them in a few weeks, you must add some, for they will be rusty if not kept under brine.

The proper time to salt them is when they are quite fat: the scales will adhere closely to a lean herring, but will be loose on a fat one — the former is not fit to be eaten.

Do not be sparing of salt when you put them up. When they are to be used, take a few out of brine, soak them an hour or two, scale them nicely, pull off the gills, and the only entrail they have will come with them; wash them clean and hang them up to dry.

When to be broiled, take half a sheet of white paper, rub it over with butter, put the herring in, double the edges securely, and broil without burning it.

The brine the herrings drink before they die, has a wonderful effect in preserving their juices: when one or two years old, they are equal to anchovies.

### TO BAKE STURGEON

GET a piece of sturgeon with the skin on, the piece next to the tail, scrape it well, cut out the gristle, and boil it about twenty minutes to take out the oil; take it up, pull off the large scales, and when cold, stuff it with force meat, made of bread crumbs, butter, chopped parsley, pepper and salt, put it in a Dutch oven just large enough to hold it, with a pint and a half of water, a gill of red wine, one of mushroom catsup, some salt and pepper, stew it gently till the gravy is reduced to the quantity necessary to pour over it; take up your sturgeon carefully, thicken the gravy with a spoonful of butter rubbed into a large one of brown flour; — see that it is perfectly smooth when you put it in the dish.

### TO MAKE STURGEON CUTLETS

THE tail piece is the best; skin it and cut off the gristle, cut it into slices about half an inch thick, sprinkle over them pepper and salt, dredge them with flour, and fry them a nice light brown; have ready a pint of good gravy, seasoned with catsup, wine, and a little pounded cloves, and thickened with brown flour and butter; when the cutlets are cold, put them into the gravy and stew them a few minutes; garnish the dish with nice force meat balls and parsley fried crisp.

### STURGEON STEAKS

CUT them as for the cutlets, dredge them, and fry them nicely; dish them quickly lest they get cold; pour over melted butter with chopped parsley, and garnish with fried parsley.

### TO BOIL STURGEON

LEAVE the skin on, which must be nicely scraped, take out the gristle, rub it with salt, and let it lie an hour, then put it on in cold water with some salt and a few cloves of garlic; it must be dredged with flour before it is put into the water, skim it carefully, and when dished, pour over it melted butter with chopped parsley, a large spoonful of mushroom catsup, one of lemon pickle, and one of pepper vinegar; send some of it to table in a sauce boat; — the sturgeon being a dry fish, rich sauce is necessary.

### TO BAKE A SHAD

THE shad is a very indifferent fish unless it be large and fat; when you get a good one, prepare it nicely, put some force meat inside, and lay it at full length in a pan with a pint of water, a gill of red wine, one of mushroom catsup, a little pepper, vinegar, salt, a few cloves of garlic, and six cloves; stew it gently till the gravy is sufficiently reduced; there should always be a fish-slice with holes to lay the fish on, for the convenience of dishing without breaking it; when the fish is taken up, slip it carefully into the dish; thicken the gravy with butter and brown flour, and pour over it.

### TO BOIL A SHAD

GET a nice fat shad, fresh from the water, that the skin may not crack in boiling, put it in cold water on a slice, in a kettle of proper length, with a wine glass of pale vinegar, salt, a little garlic, and a bundle of parsley; when it is done, drain all the water from the fish, lay it in the dish, and garnish with scraped horse-radish; have a sauce boat of nice melted butter, to mix with the different catsups, as taste shall direct.

### TO ROAST A SHAD

FILL the cavity with good force meat, sew it up, and tie it on a board of proper size, cover it with bread crumbs, with some salt and pepper, set it before the fire to roast; when done on one side, turn it, tie it again, and when sufficiently done, pull out the thread, and serve it up with butter and parsley poured over it.

### TO BROIL A SHAD

SEPARATE one side from the backbone, so that it will lie open without being split in two; wash it clean, dry it with a cloth, sprinkle some salt and pepper oil it, and let it stand till you are ready to broil it; have the gridiron hot and well greased, broil it nicely, and pour over it melted butter.

### TO BOIL ROCK FISH

THE best part of the rock is the head and shoulders—clean it nicely, put it into the fish kettle with cold water and salt, boil it gently and skim it well; when done, drain off the water, lay it in the dish, and garnish with scraped horse-radish; have two boats of butter nicely melted with chopped parsley, or for a change, you may have anchovy butter; the roe and liver should be fried and served in separate dishes. If any of the rock be left, it will make a delicious dish next day;—pick it in small pieces, put it in a stew pan with a gill of water, a good lump of butter, some salt, a large spoonful of lemon pickle, and one of pepper vinegar—shake it over the fire till perfectly hot, and serve it up.

*It is almost equal to stewed crab.*

### TO FRY PERCH

CLEAN the fish nicely, but do not take out the roes; dry them on a cloth, sprinkle some salt; and dredge them with flour, lay them separately on a board; when one side is dry, turn them, sprinkle salt and dredge the other side; be sure the lard boils when you put the fish in, and fry them with great care; they should be a yellowish brown when done.

*Send melted butter or anchovy sauce in a boat.*

### TO PICKLE OYSTERS

SELECT the largest oysters, drain off their liquor, and wash them in clean water; pick out the pieces of shells that may be left, put them in a stew pan with water proportioned to the number of oysters, some salt, blades of mace, and whole black pepper; stew them a few minutes, then put them in a pot, and when cold, add as much pale vinegar as will give the liquor an agreeable acid.

### TO MAKE A CURRY OF CATFISH

TAKE the white channel catfish, cut off their heads, skin and clean them, cut them in pieces four inches long, put as many as will be sufficient for a dish into a stew pan with a quart of water, two onions, and chopped parsley; let them stew gently till the water is reduced to half a pint, take the fish out and lay them on a dish, cover them to keep them hot, rub a spoonful of butter into one of flour, add a large teaspoonful of curry powder, thicken the gravy with it, shake it over the fire a few minutes, and pour it over the fish; be careful to have the gravy smooth.

### TO DRESS A COD'S HEAD AND SHOULDERS

TAKE out the gills and the blood from the bone, wash the head very clean, rub over it a little salt, then lay it on your fish plate; throw in the water a good handful of salt, with a glass of vinegar, then put in the fish, and let it boil gently half an hour; if it is a large one, three quarters; take it up very carefully, strip the skin nicely off, set it before a brisk fire, dredge it all over with flour, and baste it well with butter; when the froth begins to rise, throw over it some very fine white bread crumbs; you must keep basting it all the time to make it froth well; when it is a fine light brown, dish it up, and garnish it with a lemon cut in slices, scraped horse-radish, barberries, a few small fish fried and laid around it, or fried oysters—cut the roe and liver in slices, and lay over it a little of the lobster out of the sauce in lumps, and then serve it up.

### TO MAKE SAUCE FOR THE COD'S HEAD

TAKE a lobster, if it be alive, stick a skewer in the vent of the tail, (to keep the water out,) throw a handful of salt in the water; when it boils, put in the lobster, and boil it half an hour; if it has spawn on it, pick them off, and pound them exceedingly fine in a marble mortar, and put them into half a pound of good melted butter, then take the meat out of the lobster, pull it in bits, and put it in your butter, with a meat spoonful of lemon pickle, and the same of walnut catsup, a slice of lemon, one or two slices of horse-radish, a little beaten mace, salt and cayenne to your taste; boil them one minute, then take out the horse-radish and lemon, and serve it up in your sauce boat.

*If you cannot get lobsters, you may make shrimp, cockle, or muscle sauce, the same way; if there can be no shell fish got, you then may add two anchovies cut small, a spoonful of walnut liquor, a large onion stuck with cloves—strain and put it in the sauce boat.*

### TO DRESS A SALT COD

STEEP your salt fish in water all night, with a glass of vinegar; it will take out the salt, and make it taste like fresh fish; the next day boil it; when it is enough take off the skin, pull it in fleaks into your dish, then pour egg sauce over it, or parsnips boiled and beat fine, with butter and cream; send it to the table on a water plate, for it will soon grow cold.

### MATELOTE OF ANY KIND OF FIRM FISH

CUT the fish in pieces six inches long, put it in a pot with onion, parsley, thyme, mushrooms, a little spice, pepper and salt—add red wine and water enough for gravy, set it on a quick fire and reduce it one-third, thicken with a spoonful of butter and two of flour; put it in a dish with bits of bread fried in butter, and pour the gravy over it.



### CHOWDER, A SEA DISH

TAKE any kind of firm fish, cut it in pieces six inches long, sprinkle salt and pepper over each piece, cover the bottom of a small Dutch oven with slices of salt pork about half boiled, lay in the fish, strewing a little chopped onion between; cover with crackers that have been soaked soft in milk, pour over it two gills of white wine, and two of water; put on the top of the oven, and stew it gently about an hour; take it out carefully, and lay it in a deep dish; thicken the gravy with a little flour and a spoonful of butter, add some chopped parsley, boil it a few minutes, and pour it over the fish — serve it up hot.

### TO PICKLE STURGEON

THE best sturgeons are the small ones, about four feet long without the head, and the best part is the one near the tail.

After the sturgeon is split through the back bone, take a piece with the skin on, which is essential to its appearance and goodness, cut off the gristle, scrape the skin well, wash it, and salt it — let it lie twenty-four hours, wipe off the salt, roll it, and tie it around with twine, put it on in a good deal of cold water, let it boil till you can run a straw easily into the skin, take it up, pull off the large scales, and when cold, put it in a pot, and cover it with one part vinegar, and two of salt and water; keep it closely stopped, and when served, garnish with green fennel.

### TO CAVEACH FISH

CUT the fish in pieces the thickness of your hand, wash it and dry it in a cloth, sprinkle on some pepper and salt, dredge it with flour, and fry it a nice brown; when it gets cold, put it in a pot with a little chopped onion between the layers, take as much vinegar and water as will cover it, mix with it some oil, pounded mace, and whole black pepper, pour it on, and stop the pot closely.

*This is a very convenient article, as it makes an excellent and ready addition to a dinner or supper.*

*When served up, it should be garnished with green fennel, or parsley.*

### TO DRESS COD FISH

BOIL the fish tender, pick it from the bones, take an equal quantity of Irish potatoes, or parsnips boiled and chopped, and the same of onions well boiled; add a sufficiency of melted butter, some grated nutmeg, pepper, and salt, with a little brandy or wine; rub them in a mortar till well mixed; if too stiff, liquify it with cream or thickened milk, put paste in the bottom of a dish, pour in the fish, and bake it.

*For change, it may be baked in the form of patties.*



### COD FISH PIE

SOAK the fish, boil it and take off the skin, pick the meat from the bones, and mince it very fine; take double the quantity of your fish, of stale bread grated; pour over it as much new milk, boiling hot, as will wet it completely, add minced parsley, nutmeg, pepper, and made mustard, with as much melted butter as will make it sufficiently rich; the quantity must be determined by that of the other ingredients — beat these together very well, add the minced fish, mix it all, cover the bottom of the dish with good paste, pour the fish in, put on a lid and bake it.

### TO DRESS ANY KIND OF SALTED FISH

TAKE the quantity necessary for the dish, wash them, and lay them in fresh water for a night; then put them on the tin plate with holes, and place it in the fish kettle — sprinkle over it pounded cloves and pepper, with four cloves of garlic; put in a bundle of sweet herbs and parsley, a large spoonful of tarragon, and two of common vinegar, with a pint of wine; roll one quarter of a pound of butter in two spoonsful of flour, cut it in small pieces, and put it over the fish — cover it closely, and simmer it over a slow fire half an hour; take the fish out carefully, and lay it in the dish, set it over hot water, and cover it till the gravy has boiled a little longer — take out the garlic and herbs, pour it over the fish, and serve it up.

*It is very good when eaten cold with salad,  
garnished with parsley.*

### TO FRICASSEE COD SOUNDS AND TONGUES

SOAK them all night in fresh water, take off the skins, cut them in two pieces, and boil them in milk and water till quite tender, drain them in a colander, and season with nutmeg, pepper, and a little salt — take as much new milk as will make sauce for it, roll a good lump of butter in flour, melt it in the milk, put the fish in, set it over the fire, and stir it till thick enough, and serve it up.

### AN EXCELLENT WAY TO DRESS FISH

DREDGE the fish well with flour, sprinkle salt and pepper on them, and fry them a nice brown; set them by to get cold; put a quarter of a pound of butter in a frying pan; when it boils, fry tomatoes with the skins taken off, parsley nicely picked, and a very little chopped onion: when done, add as much water as will make sauce for the fish— season it with pepper, salt, and pounded cloves; add some wine and mushroom catsup, put the fish in, and when thoroughly heated, serve it up.

### FISH A-LA-DAUB

BOIL as many large white perch as will be sufficient for the dish; do not take off their heads, and be careful not to break their skins; when cold, place them in the dish, and cover them with savoury jelly broken.

*A nice piece of rock-fish is excellent  
done in the same way.*

### **FISH IN JELLY**

FILL a deep glass dish half full of jelly — have as many small fish-moulds as will lie conveniently in it, fill them with blanc mange; when they are cold, and the jelly set, lay them on it, as if going in different directions; put in a little more jelly, and let it get cold, to keep the fish in their places — then fill the dish so as to cover them.

*The jelly should be made of hog's feet, very light coloured, and perfectly transparent.*

### **TO MAKE EGG SAUCE FOR A SALT COD**

BOIL four eggs hard, first half chop the white, then put in the yolks, and chop them both together, but not very small; put them into half a pound of good melted butter, and let it boil up — then pour it on the fish.

### **TO DRESS COD SOUNDS**

STEEP your sounds as you do the salt cod, and boil them in a large quantity of milk and water; when they are very tender and white, take them up, and drain the water out and skin them; then pour the egg sauce boiling hot over them, and serve them up.

### **TO STEW CARP**

GUT and scale your fish, wash and dry them well with a clean cloth, dredge them with flour, fry them in lard until they are a light brown, and then put them in a stew pan with half a pint of water, and half a pint of red wine, a meat spoonful of lemon pickle, the same of walnut catsup, a little mushroom powder and cayenne to your taste, a large onion stuck with cloves, and a stick of horse-radish; cover your pan close up to keep in the steam; let them stew gently over a stove fire, till the gravy is reduced to just enough to cover your fish in the dish; then take the fish out, and put them on the dish you intend for the table; set the gravy on the fire, and thicken it with flour, and a large lump of butter; boil it a little, and strain it over your fish; garnish them with pickled mushrooms and scraped horse-radish, and send them to the table.

### **TO BOIL EELS**

CLEAN the eels, and cut off their heads, dry them, and turn them round on your fish plate, boil them in salt and water, and make parsley sauce for them.

### **TO PITCHCOCK EELS**

SKIN and wash your eels, then dry them with a cloth, sprinkle them with pepper, salt, and a little dried sage, turn them backward and forward, and skewer them; rub a gridiron with beef suet, broil them a nice brown, put them on a dish with good melted butter, and lay around fried parsley.

### **TO BROIL EELS**

WHEN you have skinned and cleansed your eels as before, rub them with the yolk of an egg, strew over them bread crumbs, chopped parsley, sage, pepper, and salt; baste them well with butter, and set them in a dripping pan; serve them up with parsley and butter for sauce.

### **TO SCOLLOP OYSTERS**

WHEN the oysters are opened, put them in a bowl, and wash them out of their own liquor; put some in the scollop shells, strew over them a few bread crumbs, and lay a slice of butter on them, then more oysters, bread crumbs, and a slice of butter on the top; put them into a Dutch oven to brown, and serve them up in the shells.

### **TO FRY OYSTERS**

TAKE a quarter of a hundred of large oysters, wash them and roll them in grated bread, with pepper and salt, and fry them a light brown; if you choose, you may add a little parsley, shred fine.

*They are a proper garnish for calves' head, or most made dishes.*

### **TO MAKE OYSTER LOAVES**

TAKE little round loaves, cut off the tops, scrape out all the crumbs, then put the oysters into a stew pan with the crumbs that came out of the loaves, a little water, and a good lump of butter; stew them together ten or fifteen minutes, then put in a spoonful of good cream, fill your loaves, lay the bit of crust carefully on again, set them in the oven to crisp.

*Three are enough for a side dish*

## **POULTRY, &c.**

### **TO ROAST A GOOSE**

CHOP a few sage leaves and two onions very fine, mix them with a good lump of butter, a teaspoonful of pepper, and two of salt, put it in the goose, then spit it, lay it down, and dust it with flour; when it is thoroughly hot, baste it with nice lard; if it be a large one, it will require an hour and a half, before a good clear fire; when it is enough, dredge and baste it, pull out the spit, and pour in a little boiling water.

### **TO MAKE SAUCE FOR A GOOSE**

PARE, core and slice some apples; put them in a sauce pan, with as much water as will keep them from burning, set them over a very slow fire, keep them closely covered till reduced to a pulp, then put in a lump of butter, and sugar to your taste, beat them well, and send them to the table in a china bowl.

### **TO BOIL DUCKS WITH ONION SAUCE**

SCALD and draw your ducks, put them in warm water for a few minutes, then take them out and put them in an earthen pot; pour over them a pint of boiling milk, and let them lie in it two or three hours; when you take them out, dredge them well with flour, and put them in a copper of cold water; put on the cover, let them boil slowly twenty minutes, then take them out, and smother them with onion sauce.

### TO MAKE ONION SAUCE

*BOIL eight or ten large onions, change the water two or three times while they are boiling; when enough, chop them on a board to keep them a good colour, put them in a sauce pan with a quarter of a pound of butter and two spoonsful of thick cream; boil it a little, and pour it over the ducks.*

### TO ROAST DUCKS

WHEN you have drawn the ducks, shred one onion and a few sage leaves, put them into the ducks with pepper and salt, spit and dust them with flour, and baste them with lard: if your fire be very hot, they will roast in twenty minutes; and the quicker they are roasted, the better they will taste.

Just before you take them from the spit, dust them with flour and baste them.

Get ready some gravy made of the gizzards and pinions, a large blade of mace, a few pepper corns, a spoonful of catsup, a teaspoonful of lemon pickle; strain it and pour it on the ducks, and send onion sauce in a boat.

### TO BOIL A TURKEY WITH OYSTER SAUCE

GRATE a loaf of bread, chop a score or more of oysters fine, add nutmeg, pepper and salt to your taste, mix it up into a light force meat with a quarter of a pound of butter, a spoonful or two of cream, and three eggs; stuff the craw with it, and make the rest into balls and boil them; sew up the turkey, dredge it well with flour, put it in a kettle of cold water, cover it, and set it over the fire; as the scum begins to rise, take it off, let it boil very slowly for half an hour, then take off your kettle and keep it closely covered; if it be of a middle size, let it stand in the hot water half an hour, the steam being kept in, will stew it enough, make it rise, keep the skin whole, tender, and very white; when you dish it, pour on a little oyster sauce, lay the balls round, and serve it up with the rest of the sauce in a boat.

*Set on the turkey in time, that it may stew as above; it is the best way to boil one to perfection.*

*Put it over the fire to heat, just before you dish it up.*

### TO MAKE SAUCE FOR A TURKEY

AS you open the oysters, put a pint into a bowl, wash them out of their own liquor, and put them in another bowl; when the liquor has settled, pour it off into a sauce pan with a little white gravy, and a tea-spoonful of lemon pickle — thicken it with flour and a good lump of butter; boil it three or four minutes, put in a spoonful of good cream, add the oysters, keep shaking them over the fire till they are quite hot, but don't let them boil, for it will make them hard and appear small.



### TO ROAST A TURKEY

MAKE the force meat thus: take the crumb of a loaf of bread, a quarter of a pound of beef suet shred fine, a little sausage meat or veal scraped and pounded very fine, nutmeg, pepper, and salt to your taste; mix it lightly with three eggs, stuff the craw with it, spit it, and lay it down a good distance from the fire, which should be clear and brisk; dust and baste it several times with cold lard; it makes the froth stronger than basting it with the hot out of the dripping pan, and makes the turkey rise better; when it is enough, froth it up as before, dish it, and pour on the same gravy as for the boiled turkey, or bread sauce; garnish with lemon and pickles, and serve it up; if it be of a middle size, it will require one hour and a quarter to roast.

### TO MAKE SAUCE FOR A TURKEY

*CUT the crumb of a loaf of bread in thin slices, and put it in cold water with a few pepper corns, a little salt and onion — then boil it till the bread is quite soft, beat it well, put in a quarter of a pound of butter, two spoonsful of thick cream, and put it in the dish with the turkey.*

### TO BOIL FOWLS

DUST the fowls well with flour, put them in a kettle of cold water, cover it close, set it on the fire; when the scum begins to rise, take it off, let them boil very slowly for twenty minutes, then take them off, cover them close, and the heat of the water will stew them enough in half an hour; it keeps the skin whole, and they will be both whiter and plumper than if they had boiled fast; when you take them up, drain them, and pour over them white sauce or melted butter.

### TO MAKE WHITE SAUCE FOR FOWLS

TAKE a scrag of veal, the necks of fowls, or any bits of mutton or veal you have; put them in a sauce pan with a blade or two of mace, a few black pepper corns, one anchovy, a head of celery, a bunch of sweet herbs, a slice of the end of a lemon; put in a quart of water, cover it close, let it boil till it is reduced to half a pint, strain it, and thicken it with a quarter of a pound of butter mixed with flour, boil it five or six minutes, put in two spoonsful of pickled mushrooms, mix the yolks of two eggs with a tea cup full of good cream and a little nutmeg — put it in the sauce, keep shaking it over the fire, but don't let it boil.



### FRICASSEE OF SMALL CHICKENS

TAKE off the legs and wings of four chickens, separate the breasts from the backs, cut off the necks and divide the backs across, clean the gizzards nicely, put them with the livers and other parts of the chicken, after being washed clean, into a sauce pan, add pep- per, salt, and a little mace, cover them with, water, and stew them till tender — then take them out, thicken half a pint of the water with two table spoonsful of flour rubbed into four ounces of butter, add half a pint of new milk, boil all together a few minutes, then add a gill of white wine, stirring it in carefully that it may not curdle; put the chickens in, and continue to shake the pan until they are sufficiently hot, and serve them up.

### TO ROAST LARGE FOWLS

TAKE the fowls when they are ready dressed, put them down to a good fire, dredge and baste them well with lard; they will be near an hour in roasting; make a gravy of the necks and gizzards, strain it, put in a spoonful of brown flour; when you dish them, pour on the gravy, and serve them up with egg sauce in a boat.

### TO MAKE EGG SAUCE

*BOIL four eggs for ten minutes, chop half the whites, put them with the yolks, and chop them both together, but not very fine; put them into a quarter of a pound of good melted butter, and put it in a boat.*

### TO BOIL YOUNG CHICKENS

PUT the chickens in scalding water; as soon as the feathers will slip off, take them out, or it will make the skin hard and break: when you have drawn them, lay them in skimmed milk for two hours, then truss and dust them well with flour, put them in cold water, cover them close, set them over a very slow fire, take off the scum, let them boil slowly for five or six minutes, take them off the fire, keep them closely covered in the water for half an hour, it will stew them enough; when you are going to dish them, set them over the fire to make them hot, drain them, and pour over white sauce made the same way as for the boiled fowls.

### TO ROAST YOUNG CHICKENS

WHEN you kill young chickens, pluck them very carefully, truss and put them down to a good fire, dredge and baste them with lard; they will take a quarter of an hour in roasting; froth them up, lay them on the dish, pour butter and parsley on, and serve them up hot.

### FRIED CHICKENS

CUT them up as for the fricassee, dredge them well with flour, sprinkle them with salt, put them into a good quantity of boiling lard, and fry them a light brown; fry small pieces of mush and a quantity of parsley nicely picked, to be served in the dish with the chickens; take half a pint of rich milk, add to it a small bit of butter, with pepper, salt, and chopped parsley; stew it a little, and pour it over the chickens, and then garnish with the fried parsley.

### TO ROAST WOODCOCKS OR SNIPES

PLUCK, but do not draw them, put them on a small spit, dredge and baste them well with lard, toast a few slices of bread, put them on a clean plate, and set it under the birds while they are roasting; if the fire be good, they will take about ten minutes; when you take them from the spit, lay them upon the toasts on the dish, pour melted butter round them, and serve them up.

### TO ROAST WILD DUCKS OR TEAL

WHEN the ducks are ready dressed, put in them a small onion, pepper, salt, and a spoonful of red wine; if the fire be good, they will roast in twenty minutes; make gravy of the necks and gizzards, a spoonful of red wine, half an anchovy, a blade or two of mace, one onion, and a little cayenne pepper; boil it till it is wasted to half a pint, strain it through a hair sieve, and pour it on the ducks — serve them up with onion sauce in a boat; garnish the dish with raspings of bread.

### TO BOIL PIGEONS

SCALD the pigeons, draw them, take the craw out, wash them in several waters, cut off the pinions, turn the legs under the wings, dredge them, and put them in soft cold water; boil them slowly a quarter of an hour, dish them up, pour over them good melted butter, lay round a little broccoli in bunches, and send butter and parsley in a boat.

### TO ROAST PIGEONS

WHEN you have dressed your pigeons as before, roll a good lump of butter in chopped parsley, with pepper and salt, put it in your pigeons, spit, dust and baste them; if the fire be good, they will roast in twenty minutes; when they are enough, lay round them bunches of asparagus, with parsley and butter for sauce.

### TO ROAST PARTRIDGES

#### OR ANY SMALL BIRDS

LARD them with slips of bacon, put them on a skewer, tie it to the spit at both ends, dredge and baste them, let them roast ten minutes, take the grated crumb of half a loaf of bread, with a piece of butter, the size of a walnut, put it in a stew pan, and shake it over a gentle fire till it is of a light brown, lay it between your birds, and pour over them a little melted butter.

### TO BROIL RABBITS

WHEN you have cased the rabbits, skewer them with their heads straight up, the fore-legs brought down, and the hind-legs straight; boil them three quarters of an hour at least, then smother them with onion sauce, made the same as for boiled ducks, and serve them up.



### TO ROAST RABBITS

WHEN you have cased the rabbits, skewer their heads with their mouths upon their backs, stick their fore-legs into their ribs, skewer the hind-legs doubled, then make a pudding for them of the crumb of half a loaf of bread, a little parsley, sweet marjoram and thyme, all shred fine, nutmeg, salt and pepper to your taste, mix them up into a light stuffing, with a quarter of a pound of butter, a little good cream, and two eggs; put it into the body, and sew them up; dredge and baste them well with lard, roast them near an hour, serve them up with parsley and butter for sauce, chop the livers, and lay them in lumps round the edge of the dish.

### TO STEW WILD DUCKS

HAVING prepared the fowls, rub the insides with salt, pepper, and a little powdered cloves; put a shallot or two with a lump of butter in the body of each, then lay them in a pan that will just hold them, putting butter under and over them, with vinegar and water, and add pepper, salt, lemon peel, and a bunch of sweet herbs; then cover the pan close, and let them stew till done — pass the liquor through a sieve, pour it over the ducks, and serve them up hot, with a garnish of lemon sliced, and raspings of bread fried.

*The same way may teal, &c. be dressed.*

### TO DRESS DUCKS WITH JUICE OF ORANGES.

THE ducks being singed, picked, and drawn, mince the livers with a little scraped bacon, some butter, green onions, sweet herbs and parsley, seasoned with salt, pepper, and mushrooms; these being all minced together, put them into the bodies of the ducks, and roast them, covered with slices of bacon, and wrapped up in paper; then put a little gravy, the juice of an orange, a few shallots minced, into a stew pan, and shake in a little pepper; when the ducks are roasted, take off the bacon, dish them, and pour your sauce with the juice of oranges over them, and serve them up hot.

### TO DRESS DUCKS WITH ONIONS

STUFF the ducks as before, cut the roots off small onions, blanch them in scalding water, then pick and put them into a stew pan with a little gravy, set them over a gentle fire, and let them simmer; when they are done, thicken them with cream and flour, and when the ducks are roasted, dish them, pour the ragout of onions over, and serve them up hot.

### TO ROAST A CALF'S HEAD

WASH and pick the head very nicely; having taken out the brains and tongue, prepare a good quantity of forced meat, with veal and suet well seasoned; fill the hole of the head with this forced meat, skewer and tie it together upon the spit, and roast it for an hour and a half.

Beat up the brains with a little sage and parsley shred fine, a little salt, and the yolks of two or three eggs; boil the tongue, peel, and cut it into large dice, fry that with the brains, also some of the forced meat made up into balls, and slices of bacon.

*Let the sauce be strong gravy, with oysters, mushrooms, capers, and a little white wine thickened.*

### TO MAKE A DISH OF CURRY

#### AFTER THE EAST INDIAN MANNER

CUT two chickens as for fricassee, wash them clean, and put them in a stew pan with as much water as will cover them; sprinkle them with a large spoonful of salt, and let them boil till tender, covered close all the time, and skim them well; when boiled enough, take up the chickens, and put the liquor of them into a pan, then put half a pound of fresh butter in the pan, and brown it a little; put into it two cloves of garlic, and a large onion sliced, and let these all fry till brown, often shaking the pan; then put in the chickens, and sprinkle over them two or three spoonsful of curry powder; then cover the pan close, and let the chickens do till brown, often shaking the pan; then put in the liquor the chickens were boiled in, and let all stew till tender; if acid is agreeable, squeeze the juice of a lemon or orange in it.

#### DISH OF RICE TO BE SERVED UP

##### WITH THE CURRY, IN A DISH BY ITSELF

TAKE half a pound of rice, wash it clean in salt and water — then put it into two quarts of boiling water, and boil it briskly twenty minutes; strain it through a colander and shake it into a dish, but do not touch it with your fingers nor with a spoon.

Beef, veal, mutton, rabbits, fish, &c. may be curried and sent to table with or without the dish of rice.

*Curry powder is used as a fine flavoured seasoning for fish, fowls, steaks, chops, veal cutlets, hashes, minces, alamodes, turtle soup, and in all rich dishes, gravies, sauce, &c.*

### OCHRA AND TOMATOES

TAKE an equal quantity of each, let the ochra be young, slice it, and skin the tomatoes; put them into a pan without water, add a lump of butter, an onion chopped fine, some pepper and salt, and stew them one hour.

### GUMBO— A WEST INDIA DISH

GATHER young pods of ochra, wash them clean, and put them in a pan with a little water, salt and pepper, stew them till tender, and serve them with melted butter.

*They are very nutritious, and easy of digestion.*

### PEPPER POT

BOIL two or three pounds of tripe, cut it in pieces, and put it on the fire with a knuckle of veal, and a sufficient quantity of water; part of a pod of pepper, a little spice, sweet herbs according to your taste, salt, and some dumplings; stew it till tender, and thicken the gravy with butter and flour.

### SPANISH METHOD OF DRESSING GIBLETS

TAKE the entrails of fat full grown fowls, empty them of their contents — open them with a sharp knife, scrape off the inner coat; wash them clean, and put them on to boil with the liver, gizzard, and other giblets; add salt, pepper, and chopped onion — when quite tender, set them by to cool; put some nice dripping or butter in a pan, when it boils put the giblets, add salt, fry them a nice brown; when nearly done, break six eggs in a bowl, beat them a little, pour them over the giblets, stir them for a few minutes, and serve them up.

### PASTE FOR MEAT DUMPLINS

CHOP half a pound of suet very fine — add one and a quarter pound of flour, and a little salt — mix it up with half a pint of milk, knead it till it looks light; take a bowl of proper size, rub the inside with butter, roll out the paste and lay it in; parboil beef steaks, mutton-chops, or any kind of meat you like; season it and lay it in the bowl — fill it with rich gravy, close the paste over the top — get a very thick cloth that will keep out the water; wet and flour it, place it over the top of the bowl — gather it at bottom and tie it very securely; the water must boil when you put it in — when done, dip the top in cold water for a moment, that the cloth may not stick to the paste; untie and take it off carefully — put a dish on the bowl and turn it over — if properly made, it will come out without breaking; have gravy in a boat to eat with it.

### TO MAKE AN OLLO — A SPANISH DISH

TAKE two pounds beef, one pound mutton, a chicken, or half a pullet, and a small piece of pork; put them into a pot with very little water, and set it on the fire at ten o'clock, to stew gently; you must sprinkle over it an onion chopped small, some pepper and salt, before you pour in the water; at half after twelve, put into the pot two or three apples or pears, peeled and cut in two, tomatoes with the skin taken off, cimblins cut in pieces, a handful of mint chopped, lima beans, snaps, and any kind of vegetable you like; let them all stew together till three o'clock; some celery tops cut small, and added at half after two, will improve it much.

### ROPA VEIJA — SPANISH

PEEL the skin from ripe tomatoes, put them in a pan with a spoonful of melted butter, some pepper and salt, shred cold meat or fowl; put it in, and fry it sufficiently.

### CHICKEN PUDDING,

#### A FAVOURITE VIRGINIA DISH

BEAT ten eggs very light, add to them a quart o/ rich milk, with a quarter of a pound of butter melted, and some pepper and salt; stir in as much flour as will make a thin good batter; take four young chickens, and after cleaning them nicely, cut off the legs, wings, &c. put them all in a sauce pan, with some salt and water, and a bundle of thyme and parsley, boil them till nearly done, then take the chicken from the water and put it in the batter, pour it in a deep dish, and bake it; send nice white gravy in a boat.

### TO MAKE POLENTA

PUT a large spoonful of butter in a quart of water, wet your corn meal with cold water in a bowl, add some salt, and make it quite smooth, then put it in the buttered water when it is hot, let it boil, stirring it continually till done; as soon as you can handle it, make it into a ball, and let it stand till quite cold — then cut it in thin slices, lay them in the bottom of a deep dish so as to cover it, put on it slices of cheese, and on that a few bits of butter; then mush, cheese and butter, until the dish is full; put on the top thin slices of cheese and butter, put the dish in a quick oven; twenty or thirty minutes will bake it.

### MACARONI

BOIL as much macaroni as will fill your dish, in milk and water, till quite tender; drain it on a sieve, sprinkle a little salt over it, put a layer in your dish, then cheese and butter as in the polenta, and bake it in the same manner.

### MOCK MACARONI

Break some crackers in small pieces, soak them in milk until they are soft; then use them as a substitute for macaroni.

### TO MAKE CROQUETS

TAKE cold fowl or fresh meat of any kind, with slices of ham, fat and lean — chop them together very fine, add half as much stale bread grated, salt, pepper, grated nutmeg, a teaspoonful of made mustard, a table-spoonful of catsup, and a lump of butter; knead all well together till it resembles sausage meat, make them in cakes, dip them in the yolk of an egg beaten, cover them thickly with grated bread, and fry them a light brown.

### TO MAKE VERMECELLI

BEAT two or three fresh eggs quite light, make them into a stiff paste with flour, knead it well, and roll it out very thin, cut it in narrow strips, give them a twist, and dry them quickly on tin sheets.

It is an excellent ingredient in most soups, particularly those that are thin.

Noodles are made in the same manner, only instead of strips they should be cut in tiny squares and dried.

*They are also good in soups.*

### COMMON PATTIES

TAKE some veal, fat and lean, and some slices of boiled ham, chop them very fine, and season it with salt, pepper, grated nutmeg, and a small quantity of parsley and thyme minced very fine; with a little gravy make some paste, cover the bottoms of small moulds, fill them with the meat, put thin lids on, and bake them crisp; five is enough for a side dish.



### EGGS IN CROQUETS

BOIL eighteen eggs, separate the yolks and whites, and cut them in dice; pour over them a sauce a-la-creme, (see sauce a-la-creme —Next Column) add a little grated bread, mix all well together, and let it get cold; put in some salt and pepper, make them into cakes, cover them well on both sides with grated bread, let them stand an hour, and fry them a nice brown; dry them a little before the fire, and dish them while quite hot.

### OMELETTE SOUFFLE

BREAK six eggs, beat the yolks and whites separately till very light, then mix them, add four table spoonful of powdered sugar, and a little grated lemon peel; put a quarter of a pound of butter in a pan; when melted, pour in the eggs and stir them; when they have absorbed the butter, turn it on a plate previously buttered, sprinkle some powdered sugar, set it in a hot Dutch oven, and when a little brown, serve it up for a desert.

### FONDUS

PUT a pint of water, and a lump of butter the size of an egg, into a sauce pan; stir in as much flour as will make a thick batter, put it on the fire, and stir it continually till it will not stick to the pan; put it in a bowl, add three quarters of a pound of grated cheese, mix it well, then break in two eggs, beat them well, then two more until you put in six; when it looks very light, drop it in small lumps on buttered paper, bake it in a quick oven till of a delicate brown; you may use corn meal instead of flour for a change.

### A NICE TWELVE O'CLOCK LUNCHEON

CUT some slices of bread tolerably thick, and toast them slightly; bone some anchovies, lay half of one on each toast, cover it well with grated cheese and chopped parsley mixed; pour a little melted butter on, and brown it with a salamander; it must be done on the dish you send it to table in.

### EGGS A-LA-CREME

BOIL twelve eggs just hard enough to allow you to cut them in slices — cut some crusts of bread very thin, put them in the bottom and round the sides of a moderately deep dish, place the eggs in, strewing each layer with the stale bread grated, and some pepper and salt.

### SAUCE A-LA-CREME, FOR THE EGGS

*PUT a quarter of a pound of butter, with a large tablespoonful of flour rubbed well into it in a sauce pan; add some chopped parsley, a little onion, salt, pepper, nutmeg, and a gill of cream; stir it over the fire until it begins to boil, then pour it over the eggs, cover the top with grated bread, set it in a Dutch oven with a heated top, and when a light brown, send it to table*

### CABBAGE A-LA-CREME

TAKE two good heads of cabbage, cut out the stalks, boil it tender, with a little salt in the water — have ready one large spoonful of butter, and a small one of flour rubbed into it, half a pint of milk, with pepper and salt; make it hot, put the cabbage in after pressing out the water, and stew it till quite tender.

### TO MAKE AN OMELETTE

BREAK six or eight eggs in a dish, beat them a little, add parsley and chives chopped small, with pepper and salt; mix all well together, put a piece of butter in a pan, let it melt over a clear fire till nearly brown; pour in the eggs, stir it in, and in a few minutes it will be done sufficiently; double it, and dish it quite hot.

### OMELETTE — ANOTHER WAY

BREAK six eggs, leave out half the whites — beat them with a fork, and add some salt and chopped parsley; take four ounces of fresh butter, cut half of it in small pieces, put them in the omelette, put the other half in a small frying pan; when melted, pour in the eggs; stir till it begins to set, then turn it up round the edges; when done, put a plate on and turn the pan up, that it may not break — the omelette must be thick, and great care must be taken in frying; instead of parsley, you may use any kind of sweet herb or onion chopped fine, anchovy minced, rasped beef, ham or tongue,

### GASPACHO — SPANISH

PUT some soft biscuit or toasted bread in the bottom of a salad bowl, put in a layer of sliced tomatoes with the skin taken off, and one of sliced cucumbers, sprinkled with pepper, salt, and chopped onion; do this until the bowl is full; stew some tomatoes quite soft, strain the juice, mix in some mustard, oil, and water, and pour over it; make it two hours before it is eaten.

### EGGS AND TOMATOES

PEEL the skins from a dozen large tomatoes, put four ounces of butter in a frying pan, add some salt, pepper, and a little chopped onion; fry them a few minutes, add the tomatoes, and chop them while frying; when nearly done, break in six eggs, stir them quickly, and serve them up.

### TO FRICASSEE EGGS

BOIL six eggs for five minutes, lay them in cold water, peel them carefully, dredge them lightly with flour, beat one egg light, dip the hard eggs in, roll them in bread crumbs, seasoned with pepper, salt, and grated nutmeg; cover them well with this, and let them stand some time to dry — fry them in boiling lard, and serve them up with any kind of rich, well seasoned gravy, and garnish with crisped parsley.

### SAUCES

#### FISH SAUCE, TO KEEP A YEAR

CHOP twenty-four anchovies, bones and all, ten shallots, a handful of scraped horse radish, four blades of mace, one quart of white wine, one pint of anchovy liquor, one pint of claret, twelve cloves, and twelve pepper corns; boil them together till reduced to a quart, then strain it off into a bottle for use.

*Two spoonful will be sufficient for a pound of butter.*

### SAUCE FOR WILD FOWL

TAKE a gill of claret, with as much water, some grated bread, three heads of shallots, a little whole pepper, mace, grated nutmeg, and salt; let them stew over the fire, then beat it up with butter, and put it under the wild fowl, which being a little roasted, will afford gravy to mix with this sauce.

### SAUCE FOR BOILED RABBITS

BOIL the livers, and shred them very small, chop two eggs not boiled very hard, a large spoonful of grated white bread, some broth, sweet herbs, two spoonsful of white wine, one of vinegar, a little salt, and some butter; stir all together, and take care the butter does not oil.

### GRAVY

TAKE a rasher or two of bacon, and lay it at the bottom of a stew pan, putting either veal, mutton, or beef, cut in slices, over it; then add some sliced onions, turnips, carrots, celery, a little thyme, and alsprice.

Put in a little water, and set it on the fire, stewing till it be brown at the bottom, which you will know from the pan's hissing; then pour boiling water over it, and stew it an hour and a half; but the time must be regulated by the quantity.

Season it with salt and pepper.

### FORCE MEAT BALLS

TAKE half a pound of veal, and half a pound of suet cut fine, and beat in a marble mortar or wooden bowl; add a few sweet herbs shred fine, a little mace pounded fine, a small nutmeg grated, a little lemon peel, some pepper and salt, and the yolks of two eggs; mix them well together, and make them into balls and long pieces — then roll them in flour, and fry them brown.

If they are for the use of white sauce, do not fry them, but put them in a sauce-pan of hot water, and let them boil a few minutes.

### SAUCE FOR BOILED DUCKS OR RABBITS

POUR boiled onions over your ducks, or rabbits, prepared in this manner: peel some onions, and boil them in plenty of water; then change the first water, and boil them two hours: take them up and put them in a colander to drain, and afterwards chop them on a board; then put them in a sauce-pan, sprinkle a little flour over them, and put in a large piece of butter, with a little milk or cream.

Set them over the fire. and when the butter is melted, they will be done enough.

*This is a good sauce for mutton also.*

### LOBSTER SAUCE

BOIL a little mace, and whole pepper, long enough to take out the strong taste of the spice; then strain it off, and melt three quarters of a pound of butter in it.

Cut the lobster in very small pieces, and stew it till it is tender.

### SHRIMP SAUCE

WASH half a pint of shrimps very clean — mince and put them in a stew-pan, with a spoonful of anchovy liquor, and a pound of thick melted butter; boil it up for five minutes, and squeeze in half a lemon.

Toss it up, and put in a sauce-boat.

### OYSTER SAUCE FOR FISH

SCALD a pint of oysters, and strain them through a sieve; then wash some more in cold water, and take off their beards; put them in a stew-pan, and pour the liquor over them; then add a large spoonful of anchovy liquor, half a lemon, two blades of mace, and thicken it with butter rolled in flour.

Put in half a pound of butter, and boil it till it is melted — take out the mace and lemon, and squeeze the lemon juice into the sauce; boil it, and stir it all the time, and put it in a boat.

### CELERY SAUCE

WASH and pare a large bunch of celery very clean, cut it into little bits, and boil it softly till it is tender; add half a pint of cream, some mace, nutmeg, and a small piece of butter rolled in flour; then boil it gently.

*This is a good sauce for roasted or boiled fowls, turkeys, partridges, or any other game.*

### COMMON SAUCE

PLAIN butter melted thick, with a spoonful of walnut pickle or catsup, is a very good sauce; but you may put as many things as you choose into sauces.

### TO MELT BUTTER

NOTHING is more simple than this process, and nothing so generally done badly.

Keep a quart tin sauce-pan, with a cover to it, exclusively for this purpose; weigh one quarter of a pound of good butter; rub into it two teaspoonsful of flour; when well mixed, put it in the sauce-pan with one tablespoonful of water, and a little salt; cover it, and set the sauce-pan in a larger one of boiling water; shake it constantly till completely melted, and beginning to boil.

If the pan containing the butter be set on coals, it will oil the butter and spoil it.

This quantity is sufficient for one sauce-boat.

A great variety of delicious sauces can be made, by adding different herbs to melted butter, all of which are excellent to eat with fish, poultry, or boiled butchers' meat.

To begin with parsley — wash a large bunch very clean, pick the leaves from the stems carefully, boil them ten minutes in salt and water, drain them perfectly dry, mince them exceedingly fine, and stir them in the butter when it begins to melt.

When herbs are added to butter, you must put two spoonsful of water instead of one. Chervil, young fennel, burnet, tarragon, and cress, or peppergrass, may all be used, and must be prepared in the same manner as the parsley.



### CAPER SAUCE

Is made by mixing a sufficient quantity of capers, and adding them to the melted butter, with a little of the liquor from the capers; where capers cannot be obtained, pickled nasturtiums make a very good substitute, or even green pickle minced and put with the butter.

### OYSTER CATSUP

GET fine fresh oysters, wash them in their own liquor, put them in a marble mortar with salt, pounded mace, and cayenne pepper, in the proportions of one ounce salt, two drachms mace, and one of cayenne to each pint of oysters; pound them together, and add a pint of white wine to each pint; boil it some minutes, and rub it through a sieve; boil it again, skim it, and when cold, bottle, cork, and seal it.

This composition gives a fine flavour to white sauces, and if a glass of brandy be added, it will keep good for a considerable time.

### CELERY VINEGAR

POUND two gills of celery seed, put it into a bottle and fill it with strong vinegar; shake it every day for a fortnight, then strain it, and keep it for use.

It will impart a pleasant flavour of celery to anything with which it is used.

A very delicious flavour of thyme may be obtained, by gathering it when in full perfection; it must be picked from the stalks, a large handful of it put into a jar, and a quart of vinegar or brandy poured on it; cover it very close — next day, take all the thyme out, put in as much more; do this a third time; then strain it, bottle and seal it securely.

This is greatly preferable to the dried thyme commonly used, during the season when it cannot be obtained in a fresh state.

*Mint may be prepared in the same way.*

*The flavour of both these herbs must be preserved by care in the preparation: if permitted to stand more than twenty hours in the liquor they are infused in, a coarse and bitter taste will be extracted, particularly from mint.*



## VEGETABLES

### TO DRESS SALAD

TO have this delicate dish in perfection, the lettuce, pepper grass, chervil, cress, &c. should be gathered early in the morning, nicely picked, washed, and laid in cold water, which will be improved by adding ice; just before dinner is ready to be served, drain the water from your salad, cut it into a bowl, giving the proper proportions of each plant; prepare the following mixture to pour over it:

boil two fresh eggs ten minutes, put them in. water to cool, then take the yolks in a soup plate, pour on them a table spoonful of cold water, rub them with a wooden spoon until they are perfectly dissolved; then add two spoonsful of oil: when well mixed, put in a teaspoonful of salt, one of powdered sugar, and one of made mustard; when all these are united and quite smooth, stir in two tablespoonsful of common, and two of tarragon vinegar; put it over the salad, and garnish the top with the whites of the eggs cut into rings, and lay around the edge of the bowl young scallions, they being the most delicate of the onion tribe.

### TO BOIL POTATOES

WASH them, but do not pare or cut them, unless they are very large; fill a sauce-pan half full of potatoes of equal size, (or make them so by dividing the large ones,) put to them as much cold water as will cover them about an inch; they are sooner boiled, and more savoury, than when drowned in water; most boiled things are spoiled by having too little water, but potatoes are often spoiled by having too much; they must merely be covered, and a little allowed for waste in boiling, so that they must be just covered

When done, set them on a moderate fire till they boil, then take them off, and set them by the fire to simmer slowly, till they are soft enough to admit a fork; (place no dependence on the usual test of their skin's cracking, which, if they are boiled fast, will happen to some potatoes when they are not half done, and the inside is quite hard,) then pour off the water, (if you let the potatoes remain in the water a moment after they are done enough, they will become waxy and watery,) uncover the sauce-pan, and set it at such a distance from the fire as will secure it from burning; their superfluous moisture will evaporate, and the potatoes will be perfectly dry and mealy;

You may afterwards place a napkin, folded up to the size of the sauce-pan's diameter, over the potatoes, to keep them dry and mealy till wanted, this method of managing potatoes, is, in every respect, equal to steaming them, and they are dressed in half the time.

### TO FRY SLICED POTATOES

PEEL large potatoes, slice them about a quarter of an inch thick, or cut them in shavings round and round, as you would peel a lemon; dry them well in a clean doth, and fry them in lard or dripping.

Take care that your fat and frying-pan are quite clean; put it on a quick fire, watch it, and as soon as the lard boils and is still, put in the slices of potatoes, and keep moving them till they are crisp; take them up, and lay them to drain on a . sieve; send them up with very little salt sprinkled on them

### POTATOES MASHED

WHEN the potatoes are thoroughly boiled, drain and dry them perfectly, pick out every speck, and rub them through a colander into a clean stew-pan; to a pound of potatoes put half an ounce of butter, and a tablespoonful of milk; do not make them too moist; mix them well together.

When the potatoes are getting old and specked, and in frosty weather, this is the best way of dressing them — you may put them into shapes, touch them over with yolk of egg, and brown them very slightly before a slow fire.

### POTATOES MASHED WITH ONIONS

PREPARE some onions by putting them through a sieve, and mix them with potatoes; in proportioning the onions to the potatoes, you will be guided by your wish to have more or less of their flavour.

### TO ROAST POTATOES

WASH and dry your potatoes, (all of a size,) and put them in a tin Dutch oven, or cheese toaster; take care not to put them too near the fire, or they will get burned on the outside before they are warmed through.

*Large potatoes will require two hours to roast them.  
To save time and trouble, some cooks half boil them first.*

### TO ROAST POTATOES UNDER MEAT

HALF boil large potatoes, drain the water from them, and put them into an earthen dish or small tin pan, under meat that is roasting, and baste them with some of the dripping; when they are browned on one side, turn them and brown the other; send them up around the meat, or in a small dish.

### POTATO BALLS

MIX mashed potatoes with the yolk of an egg, roll them into balls, flour them, or cover them with egg and bread crumbs, fry them in clean dripping, or brown them in a Dutch oven.

They are an agreeable vegetable relish, and a supper dish.

### JERUSALEM ARTICHOKEs

ARE boiled and dressed in the various ways we have just before directed for potatoes.

They should be covered with thick melted butter, or a nice white or brown sauce.

### CABBAGE

PICK cabbages very clean, and wash them thoroughly; then look them carefully over again; quarter them if they are very large; put them into a sauce pan with plenty of boiling water; if any scum rises, take it off, put a large spoonful of salt into the sauce pan, and boil them till the stalks feel tender.

A young cabbage will take about twenty minutes, or half an hour; when full grown, nearly an hour; see that they are well covered with water all the time, and that no dirt or smoke arises from stirring the fire.

With careful management, they will look as beautiful when dressed as they did when growing.

It will much ameliorate the flavour of strong old cabbages, to boil them in two waters, i. e. when they are half done, to take them out, and put them into another sauce pan of boiling water.

### SAVOYS

ARE boiled in the same manner; quarter them when you send them to table.

### SPROUTS AND YOUNG GREENS

THE receipt written for cabbages will answer as well for sprouts, only they will be boiled enough in fifteen minutes.

### ASPARAGUS

SET a stew-pan with plenty of water on the fire, sprinkle a handful of salt in it, let it boil, and skim it; then put in the asparagus prepared thus: scrape all the stalks till they are perfectly clean; throw them into a pan of cold water as you scrape them; when they are all done, tie them in little bundles, of a quarter of a hundred each, with bass, if you can get it, or tape; cut off the stalks at the bottom, that they may be all of a length; when they are tender at the stalk, which will be in from twenty to thirty minutes, they are done enough.

Great care must be taken to watch the exact time of their becoming tender; take them just at that instant, and they will have their true flavour and colour; a minute or two more boiling destroys both.

While the asparagus is boiling, toast a slice of a loaf of bread, about a half an inch thick; brown it delicately on both sides; dip it lightly in the liquor the asparagus was boiled in, and lay it in the middle of a dish; pour some melted butter on the toast, and lay the asparagus upon it; let it project beyond the asparagus, that the company may see there is a toast.

Do not pour butter over them, but send some in a boat.

### SEA-KALE

IS tied up in bundles, and dressed in the same way as asparagus.

### TO SCOLLOP TOMATOES.

PEEL off the skin from large, full, ripe tomatoes — put a layer in the bottom of a deep dish, cover it well with bread grated fine; sprinkle on pepper and salt, and lay some bits of butter over them — put another layer of each, till the dish is full — let the top be covered with crumbs and butter — bake it a nice brown.

### TO STEW TOMATOES.

TAKE off the skin, and put them in a pan with salt, pepper, and a large piece of butter — stew them till sufficiently dry.

### CAULIFLOWER

CHOOSE those that are close and white, and of a middle size — trim off the outside leaves, cut off the stalk flat at the bottom, let them lie in salt and water an hour before you boil them.

Put them in boiling water, with a handful of salt in it — skim it well, and let it boil slowly till done, which a small one will be in fifteen minutes, a large one in twenty — and take it up the moment it is enough: a few minutes longer boiling will spoil it.

### RED BEET ROOTS

ARE not so much used as they deserve to be; they are dressed in the same way as parsnips, only neither scraped nor cut till after they are boiled; they will take from an hour and a half to three hours in boiling, according to their size; to be sent to the table with salt fish, boiled beef, &c.

*When young, small and juicy, it is a very good variety, an excellent garnish, and easily converted into a very cheap and pleasant pickle.*

### PARSNIPS

ARE to be-cooked just in the same manner as car-rots; they require more or less time, according to their size; therefore match them in size, and you must try them by thrusting a fork into them as they are in the water; when this goes easily through, they are done enough: boil them from an hour to two hours, according to their size and freshness.

*Parsnips are sometimes sent up mashed in the same way as turnips.*

### CARROTS

LET them be well washed and scraped — an hour is enough for young spring carrots; grown carrots will take from an hour and a half to two hours and a half.

*The best way to try if they are done enough, is to pierce them with a fork.*

### TURNIPS

PEEL off half an inch of the stringy outside — full grown turnips will take about an hour and a half gentle boiling; try them with a fork, and when tender, take them up, and lay them on a sieve till the water is thoroughly drained from them; send them up whole; to very young turnips, leave about two inches of green top; the old ones are better when the water is changed as directed for cabbage.

### TO MASH TURNIPS

WHEN they are boiled quite tender, squeeze them as dry as possible — put them into a sauce pan, mash them with a wooden spoon, and rub them through a colander; add a little bit of butter, keep stirring them till the butter is melted and well mixed with them, and they are ready for table.

### TURNIP TOPS

ARE the shoots which grow out, (in the spring,) from the old turnip roots. Put them in cold water an hour before they are dressed; the more water they are boiled in, the better they will look; if boiled in a small quantity of water, they will taste bitter; when the water boils, put in a small handful of salt, and then your vegetables; they are still better boiled with bacon in the Virginia style: if fresh and young, they will be done in about twenty minutes — drain them on the back of a sieve, and put them under the bacon.

### FRENCH BEANS

CUT off the stalk end first, and then turn to the point and strip off the strings; if not quite fresh, have a bowl of spring water, with a little salt dissolved in it, standing before you; as the beans are cleansed and trimmed, throw them in; when all are done, put them on the fire in boiling water, with some salt in it; when they have boiled fifteen or twenty minutes, take one out and taste it; as soon as they are tender, take them up, and throw them into a colander to drain.

To send up the beans whole, when they are young, is much the best method, and their delicate flavour and colour is much better preserved. When a little more grown, they must be cut lengthwise in thin slices after stringing; and for common tables, they are split, and divided across; but those who are nice, do not use them at such a growth as to require splitting.

### ARTICHOKES

SOAK them in cold water, wash them well, then put them into plenty of boiling water, with a handful of salt, and let them boil gently till they are tender, which will take an hour and a half, or two hours; the surest way to know when they are done enough, is to draw out a leaf; trim them, and drain them on a sieve, and send up. melted butter with them, with some put into small cups,,so that each guest may have one.

### BROCCOLI

THE kind which bears flowers around the joints of the stalks, must be cut into convenient lengths for the dish; scrape the skin from the stalk, and pick out any leaves or flowers that require to be removed; tie it up in bunches, and boil it as asparagus; serve it up hot, with melted butter poured over it.

*The broccoli that heads at the top like cauliflowers, must be dressed in the same manner as the cauliflower.*

### PEAS

TO have them in perfection, they must be quite young, gathered early in the morning, kept in a cool place, and not shelled until they are to be dressed; put salt in the water, and when it boils, put in the peas; boil them quick twenty or thirty minutes, according to their age; just before they are taken up, add a little mint chopped very fine; drain all the water from the peas, put in a bit of butter, and serve them up quite hot

### PUREE OF TURNIPS

PARE a dozen large turnips, slice them, and put them into a stew-pan, with four ounces of butter and a little salt; set the pan over a moderate fire, turn them often with a wooden spoon; when they look white, add a ladle full of veal gravy, stew them till it becomes thick; skim it, and pass it through a sieve; put the turnips in a dish, and pour the gravy over them.

### **RAGOUT OF TURNIPS**

PEEL as many small turnips as will fill a dish; put them into a stew pan with some butter and a little sugar, set them over a hot stove, shake them about, and turn them till they are a good brown; pour in half a pint of rich high seasoned gravy; stew the turnips till tender, and serve them with the gravy poured over them.

### **RAGOUT OF FRENCH BEANS, SNAPS, STRING BEANS**

LET them be young and fresh gathered, string them, and cut them in long thin slices; throw them in boiling water for fifteen minutes; have ready some well seasoned brown gravy, drain the water from the beans, put them in the gravy, stew them a few minutes, and serve them garnished with force meat balls; there must not be gravy enough to float the beans.

### **MAZAGAN BEANS**

THIS is the smallest and most delicate species of the Windsor bean.

Gather them in the morning, when they are full grown, but quite young, and do not shell them till you are going to dress them.

Put them into boiling water, have a small bit of middling, (fitch,) of bacon, well boiled — take the skin off, cover it with bread crumbs, and toast it; lay this in the middle of the dish, drain all the water from the beans — put a little butter with them, and pour them round the bacon.

When the large Windsor beans are used, it is best to put them into boiling water until the skins will slip off, and then make them into a puree as directed for turnips — they are very coarse when plainly dressed.

### **LIMA, OR SUGAR BEANS**

LIKE all other spring and summer vegetables, they must be young and freshly gathered: boil them till tender, drain them, add a little butter, and serve them up.

These beans are easily preserved for winter use, and will be nearly as good as fresh ones.

Gather them on a dry day, when full grown, but quite young: have a clean and dry keg, sprinkle some salt in the bottom, put in a layer of pods, containing the beans, then a little salt — do this till the keg is full; lay a board on with a weight, to press them down; cover the keg very close, and keep it in a dry, cool place— they should be put up as late in the season, as they can be with convenience.

When used, the pods must be washed, and laid in fresh water all night; shell them next day, and keep them in water till you are going to boil them; when tender, serve them up with melted butter in a boat.

French beans (snaps) may be preserved in the same manner.

### **TURNIP ROOTED CABBAGE**

THE cabbage growing at the top is not good; cut the root in slices an inch thick, peel off the rind, and boil the slices in a large quantity of water, till tender, serve it up hot, with melted butter poured over it.

### **EGG PLANT**

THE purple ones are best; get them young and fresh; pull out the stem, and parboil them to take off the bitter taste; cut them in slices an inch thick, but do not peel them; dip them in the yolk of an egg, and cover them with grated bread, a little salt and pepper — when this has dried, cover the other side the same way — fry them a nice brown.

*They are very delicious, tasting much like soft crabs.*

*The egg plant may be dressed in another manner: scrape the rind and parboil them; cut a slit from one end to the other, take out the seeds, fill the space with a rich force meat, and stew them in well seasoned gravy, or bake them, and serve up with gravy in the dish.*

### **POTATO PUMPKIN**

GET one of a good colour, and seven or eight inches in diameter; cut a piece off the top, take out all the seeds, wash and wipe the cavity, pare the rind off, and fill the hollow with good force meat — put the top on, and set it in a deep pan, to protect the sides; bake it in a moderate oven, put it carefully in the dish without breaking, and it will look like a handsome mould.

*Another way of cooking potato pumpkin is to cut it in slices, pare off the rind, and make a puree as directed for turnips.*

### **SWEET POTATO**

TAKE those that are nearly of the same size, that they may be done equally— wash them clean, but do not peel them— -boil them till tender, drain the water off, and put them on tin sheets in a stove for a few minutes to dry.

### **SWEET POTATOES STEWED**

WASH and wipe them, and if they be large, cut them in two lengths; put them at the bottom of a stew pan, lay over some slices of boiled ham; and on that, one or two chickens cut up with pepper, salt, and a bundle of herbs; pour in some water, and stew them till done, then take out the herbs, serve the stew in a deep dish — thicken the gravy, and pour over it.

### **SWEET POTATOES BROILED**

CUT them across without peeling, in slices half an inch thick, broil them on a griddle, and serve them with butter in a boat.

### **SPINACH**

GREAT care must be used in washing and picking it clean; drain it, and throw it into boiling water — a few minutes will boil it sufficiently: press out all the water, put it in a stew pan with a piece of butter, some pepper and salt — chop it continually with a spoon till it is quite dry: serve it with poached eggs or without, as you please.

### **SORREL**

IS dressed as the spinach; and if they be mixed in equal proportions, improve each other.

### **CABBAGE PUDDING**

GET a fine head of cabbage, not too large; pour boiling water on, and cover it till you can turn the leaves back, which you must do carefully; take some of those in the middle of the head off, chop them fine, and mix them with rich force meat; put this in, and replace the leaves to confine the stuffing — tie it in a cloth, and boil it — serve it up whole, with a little melted butter in the dish.

### **SQUASH OR CIMLIN**

GATHER young squashes, peel, and cut them in two; take out the seeds, and boil them till tender; put them into a colander, drain off the water, and rub them with a wooden spoon through the colander; then put them into a stew pan, with a cup full of cream, a small piece of butter, some pepper and salt — stew them, stirring very frequently until dry.

*This is the most delicate way of preparing squashes.*

### **WINTER SQUASH**

THE crooked neck of this squash is the best part, it in slices an inch thick, take off the rind, and boil them with salt in the water; drain them well before they are dished, and pour melted butter over — serve them up very hot.

The large part, containing the seeds, must be sliced and pared — cut it in small pieces, and stew it till soft, with just water enough to cover it; pass it through a sieve, and stew it again, adding some butter, pepper, and salt; it must be dry, but not burnt.

*It is excellent when stewed with pork chops.*

### **FIELD PEAS**

THERE are many varieties of these peas; the smaller kind are the most delicate.

Have them young and newly gathered, shell and boil them tender; pour them in a colander to drain; put some lard in a frying pan; when it boils, mash the peas, and fry them in a cake of a light brown; put it in the dish with the crust uppermost — garnish with thin bits of fried bacon.

They are very nice when fried whole, so that each pea is distinct from the other; but they must be boiled less, and fried with great care.

*Plain boiling is a very common way of dressing them.*

### **CABBAGE WITH ONIONS**

BOIL them separately, and mix them in the proportions you like; add butter, pepper, and salt, and either stew them, or fry them in a cake.

### **SALSIFY**

SCRAPE and wash the roots, put them into boiling water with salt; when done, drain them, and place them in the dish without cutting them up.

They are a very excellent vegetable, but require nicety in cooking; exposure to the air, either in scraping, or after boiling, will make them black.

### **STEWED SALSIFY**

HALF boil it, cut it up, and put it in a stew pan, with a very little water, and a spoonful of butter; stew them dry, and serve them up.

For change, you may, after stewing, cut them in scollop shells with grated bread, and bake them; or make them into cakes, and fry them.

*They are delicious in whatever way they can be dressed.*

### **STEWED MUSHROOMS**

GATHER grown mushrooms, but such as are young enough to have red gills; cut off that part of the stem which grew in the earth — wash them carefully, and take the skin from the top; put them into a stew pan with some salt, but no water — stew them till tender, and thicken them with a spoonful of butter, mixed with one of brown flour; red wine may be added, but the flavour of the mushroom is too delicious to require aid from any thing.

### **BROILED MUSHROOMS**

PREPARE them as above directed — broil them on a griddle, and when done, sprinkle pepper and salt on the gills, and put a little butter on them.

### **TO BOIL RICE**

PUT two cups full of rice in a bowl of water, rub it well with the hand, and pour off the water; do this until the water ceases to be discoloured; then put the rice into two and a half cups of cold water; add a teaspoonful of salt, cover the pot close, and set it on a brisk fire; let it boil ten minutes, pour off the greater part of the water, and remove the pot to a bed of coals, where it must remain a quarter of an hour to soak and dry.

### **RICE JOURNEY, OR JOHNNY CAKE**

BOIL a pint of rice quite soft, with a teaspoonful of salt; mix with it while hot a large spoonful of butter, and spread it on a dish to cool; when perfectly cold, add a pint of rice flour and half a pint of milk — beat them all together till well mingled.

Take the middle part of the head of a barrel, make it quite clean, wet it, and put on the mixture about an inch thick, smooth with a spoon, and baste it with a little milk; set the board aslant before clear coals; when sufficiently baked, slip a thread under the cake and turn it: baste and bake that side in a similar manner, split it, and butter while hot.

Small hominy boiled and mixed with rice flour, is better than all rice; and if baked very thin, and afterwards toasted and buttered, it is nearly as good as cassada bread.



## PUDDINGS, &c.

### OBSERVATIONS ON PUDDINGS AND CAKES

THE salt should always be washed from butter, when it is to be used in any thing that has sugar for an ingredient, and also from that which is melted to grease any kind of mould for baking — otherwise, there will be a disagreeable salt taste on the outer side of the article baked.

Raisins should be stoned and cut in two, and have some flour sifted over them — stir them gently in the flour, and take them out free from tamps; the small quantity that adheres to them, will prevent their sticking together, or falling in a mass to the bottom.

Eggs must be fresh, or they will not beat well: it is better to separate the yolks from the whites always, though it is a more troublesome process; but for some things it is essential to do so: when they are to be mixed with milk, let it cool after boiling, or the eggs will poach; and only set it on the fire a few minutes, to take off the raw taste of the eggs, stirring it all the time.

Currants require washing in many waters to cleanse them; they must be picked and well dried, or they will stick together.

Almonds should be put in hot water till the skins will slip off, which is called blanching; they must always be pounded with rose or orange flower water, to prevent their oiling.

When cream is used, put it in just before the mixture is ready; much beating will decompose it.

Before a pudding or cake is begun, every ingredient necessary for it must be ready; when the process is retarded by neglecting to have them pre- pared, the article is injured.

The oven must be in a proper state, and the paste in the dishes or moulds, ready for such things as require it.

Promptitude is necessary in all our actions, but never more so than when engaged in making cakes and puddings.

When only one or two eggs are to be used, cooks generally think it needless to beat them — it is an error: eggs injure every thing, unless they are made light before they are used.

Cloths for boiling puddings should be made of German sheeting; an article less thick, will admit the water, and injure the pudding.

### RICE MILK FOR A DESSERT

BOIL half a pint of rice in water till tender, pour off the water, and add a pint of milk with two eggs beaten well, stirred . into it; boil all together two or three minutes; serve it up hot, and eat it with butter, sugar, and nutmeg.

It may be sweetened and cooled in moulds, turned out in a deep dish, and surrounded with rich milk, with raspberry marmalade stirred into it, and strained to keep back the seeds— or the milk may be seasoned with wine and sugar.

### TO MAKE PUFF PASTE

SIFT a quart of flour, leave out a little for rolling the paste, make up the remainder with cold water into a stiff paste, knead it well, and roll it out several times; wash the salt from a pound of butter, divide it into four parts, put one of them on the paste in little bits, fold it up, and continue to roll it till the butter is well mixed; then put another portion of butter, roll it in the same manner; do this till all the butter is mingled with the paste; touch it very lightly with the hands in making — bake it in a moderate oven, that will permit it to rise, but will not make it brown.

*Good paste must look white, and as light as a feather.*

### TO MAKE MINCEMEAT FOR PIES

BOIL either calves or hogs' feet till perfectly tender, rub them through a colander; when cold, pass them through again, and it will come out like pearl barley; take one quart of this, one of chopped apples, the same of currants, washed and picked, raisins stoned and cut, of good brown sugar, suet nicely chopped, and cider, with a pint of brandy; add a teaspoonful of pounded mace, one of cloves and of nutmegs; mix all these together intimately.

When the pies are to be made, take out as much of this mixture as may be necessary; to each quart of it, add a teaspoonful of pounded black pepper, and one of salt; this greatly improves the flavour, and can be better mixed with a small portion than with the whole mass.

Cover the moulds with paste, put in a sufficiency of mincemeat, cover the top with citron sliced thin, and lay on it a lid garnished around with paste cut in fanciful shapes.

*They may be eaten either hot or cold,  
but are best when hot.*

### TO MAKE JELLY FROM FEET

BOIL four calfs' feet, that have been nicely cleaned, and the hoofs taken off; when the feet are boiled to pieces, strain the liquor through a colander, and when cold, take all the grease off, and put the jelly in a skillet, leaving the dregs which will be at the bottom.

There should be from four feet, about two quarts of jelly: pour into it one quart of white wine, the juice of six fresh lemons strained from the seeds, one pound and a half of powdered loaf sugar, a little pounded cinnamon and mace, and the rind thinly pared from two of the lemons; wash eight eggs very clean, whip up the whites to a froth, crush the shells and put with them, mix it with the jelly, set it on the fire, stir it occasionally till the jelly is melted, but do not touch it afterwards.

When it has boiled till it looks quite clear on one side, and the dross accumulates on the other, take off carefully the thickest part of the dross, and pour the jelly in the bag; put back what runs through, until it becomes quite transparent — then set a pitcher under the bag, and put a cover all over to keep out the dust: the jelly looks much prettier when it is broken to fill the glasses.

*The bag should be made of cotton or linen, and be  
suspended in a frame made for the purpose.*

*The feet of hogs make the palest coloured jelly; those of  
sheep are a beautiful amber colour, when prepared.*



### A SWEETMEAT PUDDING

MAKE a quart of flour into puff paste; when done, divide it into three parts of unequal size; roll the largest out square and moderately thin, spread over it a thin layer of marmalade, leaving a margin all round about an inch broad; roll the next largest in the same manner, lay it on, cover that with marmalade, leaving a margin; then roll the smallest, and put it on the other two, spreading marmalade; fold it up, one fold over the other, the width of your hand — press the ends together, tie it in a cloth securely, and place it in a kettle of boiling water, where it can lie at length without doubling; boil it quickly, and when done, pour melted butter with sugar and wine in the dish.

### TO MAKE AN ORANGE PUDDING

PUT two oranges and two lemons, into five quarts of water — boil them till the rinds are quite tender; take them out, and when cold, slice them thin, and pick out the seeds; put a pound of loaf sugar into a pint of water — when it boils, slice into it twelve pippins pared and cored — lay in the lemons and oranges, stew them tender, cover the dish with puff paste, lay the fruit in carefully, in alternate layers — pour on the syrup, put some slips of paste across, and bake it.

### AN APPLE CUSTARD

PARE and core twelve pippins, slice them tolerably thick, put a pound of loaf sugar in a stew pan, with a pint of water and twelve cloves: boil and skim it, then put in the apples, and stew them till clear, and but little of the syrup remains — lay them in a deep dish, and take out the cloves; when the apples are cold, pour in a quart of rich boiled custard — set it in water, and make it boil till the custard is set — take care the water does not get into it.

### BOILED LOAF

POUR a quart of boiling milk over four little rolls of bread — cover them up, turning them occasionally till saturated with the milk; tie them very tight in cloths, and boil them an hour; lay them in the dish, and pour a little melted butter over them; for sauce, have butter in a boat, seasoned with wine, sugar, and grated nutmeg.

### TRANSPARENT PUDDING

BEAT eight eggs very light, add half a pound of pounded sugar, the same of fresh butter melted, and half a nutmeg grated; sit it on a stove, and keep stirring till it is as thick as buttered eggs — put a puff paste in a shallow dish, pour in the ingredients, and bake it half an hour in a moderate oven; sift sugar over it, and serve it up hot.

### FLUMMERY

ONE measure of jelly, one of cream, and half a one of wine; boil it fifteen minutes over a slow fire, stirring all the time; sweeten it, and add a spoonful of orange flower or rose water; cool it in a mould, turn it in a dish, and pour around it cream, seasoned in any way you like.

### BURNT CUSTARD

BOIL a quart of milk — and when cold, mix with it the yolks of eight eggs; stir them together over the fire a few minutes; sweeten it to your taste, put some slices of savoy cake in the bottom of a deep dish, and pour on the custard; whip the whites of the eggs to a strong froth, lay it lightly on the top, sift some sugar over it, and hold a salamander over it until it is a light brown; garnish the top with raspberry marmalade, or any kind of preserved fruit.

### AN ENGLISH PLUM PUDDING

BEAT eight eggs very light, add to them a pound of flour sifted, and a pound of powdered sugar; when it looks quite light, put in a pound of suet finely shred, a pint of milk, a nutmeg grated, and a gill of brandy; mix with it a pound of currants, washed, picked, and dried, and a pound of raisins stoned and floured — tie it in a thick cloth, and boil it steadily eight hours.

### MARROW PUDDING

GRATE a large loaf of bread, and pour on the crumbs a pint of rich milk boiling hot; when cold, add four eggs, a pound of beef marrow sliced thin, a gill of brandy, with sugar and nutmeg to your taste — mix all well together, and either bake or boil it, when done, stick slices of citron over the top.

### SIPPET PUDDING

CUT a loaf of bread as thin as possible, put a layer of it in the bottom of a deep dish, strew on some slices of marrow or butter, with a handful of currants or stoned raisins; do this till the dish is full; let the currants or raisins be at the top; beat four eggs, mix with them a quart of milk that has been boiled a little and become cold, a quarter of a pound of sugar, and a grated nutmeg — pour it in, and bake it in a moderate oven — eat it with wine sauce.

### SWEET POTATO PUDDING

BOIL one pound of sweet potatoes very tender, rub them while hot through a colander; add six eggs well beaten, three quarters of a pound of powdered sugar, three quarters of butter, and some grated nutmeg and lemon peel, with a glass of brandy; put a paste in the dish, and when the pudding is done, sprinkle the top with sugar, and cover it with bits of citron.

*Irish potato pudding is made in the same manner,  
but not so good.*

### AN ARROW ROOT PUDDING

BOIL a quart of milk, and make it into a thick batter, with arrow root; add six eggs, half a pound of butter, the same of pounded sugar, half a nutmeg, and a little grated lemon peel; put a paste in the dish, and bake it nicely; when done, sift sugar over it, and stick slips of citron all over the top.

### SAGO PUDDING

WASH half a pound of sago in several waters; put it on to boil in a quart of milk, with a stick of cinnamon; stir it very frequently, for it is apt to burn: when it becomes quite thick, take out the cinnamon, stir it in half a pound of butter, and an equal quantity of sugar, with a gill of wine; when cold, add six eggs and four ounces of currants that have been plumped in hot water — bake it in a paste.

### PUFF PUDDING

BEAT six eggs, add six spoonsful of milk, and six of flour, butter some cups, pour in the batter, and bake them quickly; turn them out, and eat them with butter, sugar and nutmeg.

### RICE PUDDING

BOIL half a pound of rice in milk, until it is quite tender; beat it well with a wooden spoon to mash the grains; add three quarters of a pound of sugar, and the same of melted butter; half a nutmeg, six eggs, a gill of wine, and some grated lemon peel; put a paste in the dish, and bake it.

*For change, it may be boiled, and eaten with butter, sugar, and wine.*

### PLUM PUDDING

TAKE a pound of the best flour, sift it, and make it up before sunrise, with six eggs beaten light; a large spoonful of good yeast, and as much milk as will make it the consistence of bread; let it rise well, knead into it half a pound of butter, put in a grated nutmeg, with one and a half pounds of raisins stoned and cut up; mix all well together, wet the cloth, flour it, and tie it loosely, that the pudding may have room to rise.

*Raisins for puddings or cakes, should be rubbed in a little flour, to prevent their settling to the bottom — see that it does not stick to them in lumps.*

### ALMOND PUDDING

PUT a pound of sweet almonds in hot water till the skin will slip off them; pound them with a little orange flower or rose water, to keep them from oiling; mix with them four crackers, finely pounded, or two gills of rice flour; six eggs, a pint of cream, a pound of sugar, half a pound of butter, and four tablespoonsful of wine; put a nice paste in the bottom of your dish, garnish the edges, pour in the pudding, and bake it in a moderate oven.

### QUIRE OF PAPER PANCAKES

BEAT sixteen eggs, add to them a quart of milk, a nutmeg, half a pound of flour, a pound of melted butter, a pound of sugar, and two gills of wine; take care the flour be not in lumps; butter the pan for the first pancake, run them as thin as possible, and when coloured, they are done; do not turn them, but lay them carefully in the dish, sprinkling powdered sugar between each layer — serve them up hot.

*This quantity will make four dozen pancakes.*

### A CURD PUDDING

PUT two quarts of milk on the fire; when it boils, pour in half a pint of white wine, strain the curd from the whey, and pound it in a mortar, with six ounces of butter, half a pound of loaf sugar, and half a pint of rice flour, or as much crackers beaten as fine as flour; six eggs made light, and half a grated nutmeg — beat all well together, and bake them in saucers in a moderate oven; turn them out carefully in your dish, stick thin slices of citron in them, and pour on rich melted butter, with sugar and wine.

### LEMON PUDDING

GRATE the rind from six fresh lemons, squeeze the juice from three, and strain it; beat the yolks of sixteen eggs very light, put to them sixteen tablespoonsful of powdered loaf sugar, not heaped up — the same of melted butter; add the grated rind, and the juice, with four crackers finely pounded, or an equal quantity of rice flour; or for change, six ounces of corn meal, which is excellent — beat it till light, put a puff paste in your dish, pour the pudding in, and bake it in a moderate oven — it must not be very brown.

### BREAD PUDDING

GRATE the crumb of a stale loaf, and pour on it a pint of boiling milk — let it stand an hour, then beat it to a pulp; add six eggs, well beaten, half a pound of butter, the same of powdered sugar, half a nutmeg, a glass of brandy, and some grated lemon peel — put a paste in the dish, and bake it.

### THE HENRIETTA PUDDING

BEAT six eggs very light, sift into them a pound of loaf sugar powdered, and a light pound of flour, with half a grated nutmeg, and a glass of brandy; beat all together very well, add a pint of cream, pour it in a deep dish, and bake it — when done, sift some powdered sugar over it.

### TANSEY PUDDING

BEAT seven eggs very light, mix with them a pint of cream, and nearly as much spinach juice, with a little juice of tansey; add a quarter of a pound of powdered crackers or pounded rice made fine, a glass of wine, some grated nutmeg and sugar; stir it over the fire to thicken, pour it into a paste and bake it, or fry it like an omelette.

### CHERRY PUDDING

BEAT six eggs very light, add half a pint of milk, six ounces flour, eight ounces grated bread, twelve ounces suet, chopped fine, a little salt; when it is beat well, mix in eighteen ounces preserved cherries or damsins; bake or boil it.

*Make a sauce of melted butter, sugar and wine.*



### **APPLE PIE**

PUT a crust in the bottom of a dish, put on it a layer of ripe apples, pared and sliced thin — then a layer of powdered sugar; do this alternately till the dish is full; put in a few teaspoonsful of rose water and some cloves — put on a crust and bake it.

### **BAKED APPLE PUDDING**

TAKE well flavoured apples, bake, but do not burn them, rub them through a sieve, take one pound of the apples so prepared, mix with it, while hot, half a pound of butter, and half a pound of powdered sugar; the rinds of two lemons grated — and when cold, add six eggs well beaten; put a paste in the bottom of a dish, and pour in the apples — half an hour will bake it; sift a little sugar on the apples when baked.

### **A NICE BOILED PUDDING**

MAKE up a pint of flour at sun rise, exactly as you do for bread; see that it rises well— have a large pot of water boiling; and half an hour before the puddings are to go to table, make the dough in balls, the size of a goose egg; throw them in the water, and boil them quickly, keeping the pot covered: they must be torn as under, as cutting will make them heavy; eat them with powdered sugar, butter, and grated nutmeg.

### **AN EXCELLENT AND CHEAP DESSERT DISH.**

WASH a pint of small hominy very clean, and boil it tender; add an equal quantity of corn meal, make it into a batter with eggs, milk, and a piece of butter; bake it like batter cakes on a griddle, and eat it with butter and molasses.

### **SLICED APPLE PUDDING**

BEAT six eggs very light, add a pint of rich milk, pare some apples or peaches — slice them thin, make the eggs and milk into a tolerably thick batter with flour, add a small cup of melted butter, put in the fruit, and bake it in a deep dish — eat with sugar, butter, and nutmeg.

### **BAKED INDIAN MEAL PUDDING**

BOIL one quart of milk, mix in it two gills and a half of corn meal very smoothly, seven eggs well beaten, a gill of molasses, and a good piece of butter; bake it two hours.

Mix one quart of corn meal, with three quarts of milk; take care it be not lumpy — add three eggs and a gill of molasses; it must be put on at sun rise, to eat at three o'clock; the great art in this pudding is tying the bag properly, as the meal swells very much.

### **PUMPKIN PUDDING**

STEW a fine sweet pumpkin till soft and dry; rub it through a sieve, mix with the pulp six eggs quite light, a quarter of a pound of butter, half a pint of new milk, some pounded ginger and nutmeg, a wine glass of brandy, and sugar to your taste.

Should it be too liquid, stew it a little drier, put a paste round the edges, and in the bottom of a shallow dish or plate — pour in the mixture, cut some thin bits of paste, twist them, and lay them across the top, and bake it nicely.

### **FAYETTE PUDDING**

SLICE a loaf of bread tolerably thick — lay the slices in the bottom of a dish, cutting them so as to cover it completely; sprinkle some sugar and nutmeg, with a little butter, on each layer; when all are in, pour on a quart of good boiled custard sweetened— serve it up cold.

### **MACARONI PUDDING**

SIMMER half a pound of macaroni in a plenty of water, with a tablespoonful of salt, till tender, but not broke — strain it, beat five yolks, two whites of eggs, half a pint of cream — mince white meat and boiled ham very fine, add three spoonsful of grated cheese, pepper and salt; mix these with the macaroni, butter the mould, put it in, and steam it in a pan of boiling water for an hour — serve with rich gravy.

### **POTATO PASTE**

BOIL mealy potatoes quite soft, first taking off the skins; rub them while hot through a sieve, put them in a stew pan over the fire, with as much water as will make it the consistence of thick mush; sift one quart of flour, and make it into a paste; with this mush, knead it till light, roll it out thin, make the dumplings small — fill them with apples, or any other fruit — tie them up in a thick cloth, and boil them nicely — eat them with butter, sugar, and nutmeg.

### **COMPOTE OF APPLES**

PARE and core the apples, and if you prefer it, cut them in four, wash them clean, and put them in a pan with water and sugar enough to cover them; add cinnamon and lemon peel, which has been previously soaked, scraped on the inside, and cut in strings; boil them gently until the apples are done, take them out in a deep dish, boil the syrup to a proper consistency, and pour it on them: it will take a pound of sugar for a large dish.

### **CHARLOTTE**

STEW any kind of fruit, and season it in any way you like best; soak some slices of bread in butter; put them while hot, in the bottom and round the sides of a dish, which has been rubbed with butter — put in your fruit, and lay slices of bread prepared in the same manner on the top: bake it a few minutes, turn it carefully into another dish, sprinkle on some powdered sugar, and glaze it with a salamander.

### **APPLE FRITTERS**

PARE some apples, and cut them in thin slices — put them in a bowl, with a glass of brandy, some white wine, a quarter of a pound of pounded sugar, a little cinnamon finely powdered, and the rind of a lemon grated; let them stand some time, turning them over frequently; beat two eggs very light, add one quarter of a pound of flour, a tablespoonful of melted butter, and as much cold water as will make a thin batter; drip the apples on a sieve, mix them with the batter, take one slice with a spoonful of batter to each fritter, fry them quickly of a light brown, drain them well, put them in a dish, sprinkling sugar over each, and glaze them nicely.

### **BELL FRITTERS**

PUT a piece of butter the size of an egg into a pint of water; let it boil a few minutes — thicken it very smoothly with a pint of flour; let it remain a short time on the fire, stir it all the time that it may not stick to the pan, pour it in a wooden bowl, add five or six eggs, breaking one and beating it in — then another, and so on till they are all in, and the dough quite light — put a pint of lard in a pan, let it boil, make the fritters small, and fry them of a fine amber colour.

### **BREAD FRITTERS**

CUT your bread of a convenient size, pour on it some white wine, and let it stand a few minutes — drain it on a sieve, beat four eggs very light, add four spoonsful of wine, beat all well together — have your lard boiling, dip the bread in the egg, and fry it a light brown; sprinkle sugar on each, and glaze them.

### **SPANISH FRITTERS**

MAKE up a quart of flour, with one egg well beaten, a large spoonful of yeast, and as much milk as will make it a little softer than muffin dough; mix it early in the morning; when well risen, work in two spoonsful of melted butter, make it in balls the size of a walnut, and fry them a light brown in boiling lard - eat them with wine and sugar, or molasses.

### **TO MAKE MUSH**

PUT a lump of butter the size of an egg into a quart of water, make it sufficiently thick with corn meal and a little salt; it must be mixed perfectly smooth — stir it constantly till done enough.

## **CAKES**

### **JUMBALS**

PUT one pound of nice sugar into two pounds of flour; add pounded spice of any kind, and pass them through a sieve; beat four eggs, pour them on with three quarters of a pound of melted butter, knead all well together, and bake them.

### **MACAROON**

BLANCH a pound of sweet almonds, pound them in a mortar with rose water; whip the whites of seven eggs to a strong froth, put in one pound of powdered sugar, beat it some time, then put in the almonds- mix them well, and drop them on sheets of paper buttered; sift sugar over, and bake them quickly.

*Be careful not to let them get discoloured.*

### **TO MAKE DROP BISCUIT**

BEAT eight eggs very light, add to them twelve ounces of flour, and one pound of sugar; when perfectly light, drop them on tin sheets, and bake them in a quick oven.

### **TAVERN BISCUIT**

TO one pound of flour add half a pound of sugar, half a pound of butter, some mace and nutmeg powdered, and a glass of brandy or wine; wet it with milk, and when well kneaded, roll it thin, cut it in shapes, and bake it quickly.

### **RUSK**

RUB half a pound of sugar into three pounds of flour — sift it, pour on half a pint of good yeast, beat six eggs, add half a pint of milk — mix all together, and knead it well: if not soft enough, add more milk — it should be softer than bread; make it at night — in the morning, if well risen, work in six ounces of butter, and bake it in small rolls; when cold, slice it, lay it on tin sheets, and dry it in the oven.

### **GINGER BREAD**

THREE quarts of flour, three quarters of a pound of brown sugar, a large spoonful of pounded ginger, one teaspoonful of powdered cloves — sift it, melt half a pound of butter in a quart of rich molasses, wet the flour with it, knead it well, and bake it in a slack oven.

### **PLEBEIAN GINGER BREAD**

MIX three large spoonsful of pounded ginger, with three quarts of flour — sift it, dissolve three teaspoonsful of pearl-ash in a cup of water, and pour it on the flour; melt half a pound of butter in a quart of molasses, mix it with the flour, knead it well, cut it in shapes, and bake it.

### **SUGAR GINGER BREAD**

TAKE two pounds of the nicest brown sugar, dry and pound it, put it into three quarts of flour, add a large cup full of powdered ginger, and sift the mixture; wash the salt out of a pound of butter, and cream it; have twelve eggs well beaten; work into the butter first, the mixture, then the froth from the eggs, until all are in, and it is quite light; add a glass of brandy, butter shallow moulds, pour it in, and bake in a quick oven.

### **DOUGH NUTS— A YANKEE CAKE**

DRY half a pound of good brown sugar, pound it, and mix it with two pounds of flour, and sift it; add two spoonsful of yeast, and as much new milk as will make it like bread: when well risen, knead in half a pound of butter, make it in cakes the size of a half dollar, and fry them a light brown in boiling lard.

### **RISEN CAKE**

TAKE three pounds of flour, one and a half of pounded sugar, a teaspoonful of cloves, one of mace, and one of ginger, all finely powdered — pass the whole through a sieve, put to it four spoonsful of good yeast, and twelve eggs — mix it up well, and if not sufficiently soft, add a little milk: make it up at night, and set it to rise — when well risen, knead into it a pound of butter, and two gills of brandy; have ready two pounds of raisins stoned, mix all well together, pour it into a mould of proper size, and bake it in an oven heated as for bread; let it stand till thoroughly-done, and do not take it from the mould until quite cold.

### POUND CAKE

WASH the salt from a pound of butter, and rub it till it is soft as cream — have ready a pound of flour sifted, one of powdered sugar, and twelve eggs well beaten; put alternately into the butter, sugar, flour, and the froth from the eggs — continuing to beat them together till all the ingredients are in, and the cake quite light: add some grated lemon peel, a nutmeg, and a gill of brandy; butter the pans, and bake them.

*This cake makes an excellent pudding, if baked in a large mould, and eaten with sugar and wine.*

*It is also excellent when boiled, and served up with melted butter, sugar and wine.*

### SAVOY OR SPUNGE CAKE

TAKE twelve fresh eggs, put them in the scale, and balance them with sugar: take out half, and balance the other half with flour; separate the whites from the yolks, whip them up very light, then mix them, and sift in, first sugar, then flour, till both are exhausted; add some grated lemon peel; bake them in paper cases, or little tin moulds.

*This also makes an excellent pudding, with butter, sugar, and wine, for sauce.*

### SHREWSBURY CAKES

MIX a pound of sugar, with two pounds of flour, and a large spoonful of pounded coriander seeds; sift them, add three quarters of a pound of melted butter, six eggs, and a gill of brandy; knead it well, roll it thin, cut it in shapes, and bake without discolouring it.

### A RICH FRUIT CAKE

HAVE the following articles prepared, before you begin the cake: four pounds of flour dried and sifted, four pounds of butter washed to free it from salt, two pounds of loaf sugar pounded, a quarter of a pound of mace, the same of nutmegs powdered; wash four pounds of currants clean, pick and dry them; blanch one pound of sweet almonds, and cut them in very thin slices; stone two pounds of raisins, cut them in two, and strew a little flour over to prevent their sticking together, and two pounds of citron sliced thin; break thirty eggs, separating the yolks and whites; work the butter to a cream with your hand, put in alternately, flour, sugar, and the froth from both whites and yolks, which must be beaten separately, and only the froth put in.

When all are mixed, and the cake looks very light, add the spice, with half a pint of brandy, the currants and almonds; butter the mould well, pour in part of the cake, strew over it some raisins and citron — do this until all is in; set it in a well heated oven; when it has risen, and the top is coloured, cover it with paper; it will require three hours baking — it must be iced.

### NAPLES BISCUIT

BEAT twelve eggs light, add to them one pound of flour, and one of powdered sugar; continue to beat all together till perfectly light; bake it in long pans, four inches wide, with divisions; so that each cake, when done, will be four inches long, and one and a half wide.

### LITTLE PLUM CAKES

PREPARE them as directed for pound cake, add raisins and currants, bake them in small tin shapes, and ice them.

### SODA CAKES

DISSOLVE half a pound of sugar in a pint of milk, add a teaspoonful of soda; pour it on two pounds of flour — melt half a pound of butter, knead all together till light, put it in shallow moulds, and bake it quickly in a brisk oven.

### TO MAKE BREAD

WHEN you find the barrel of flour a good one, empty it into a chest or box, made for the purpose, with a lid that will shut close: it keeps much better in this manner than when packed in a barrel, and even improves by lying lightly; sift the quantity you intend to make up — put into a bowl two gills and a half of water for each quart, with a teaspoon heaped up with salt, and a large spoonful of yeast for each quart; stir this mixture well, put into another bowl one handful of flour from every quart; pour a little of the mixture on to wet it, then more, until you get it all in, taking great care that it be smooth, and quite free from lumps; beat it some minutes, take one-third of the flour out of the kettle, pour on the batter, and sprinkle over it the dry flour; stop the kettle, and set it where it can have a moderate degree of warmth: when it has risen well, turn it into a bowl, mix in the dry flour, and knead it on a board till it looks quite light; return it to the kettle, and place it where it can have proper heat: in the morning, take the dry crust carefully from the top, put the dough on a board, knead it well, make it into rolls, set them on tin sheets, put a towel over, and let them stand near the fire till the oven is ready.

*In winter, make the bread up at three o'clock, and it will be ready to work before bed time.*

*In summer, make it up at five o'clock.*

*A quart of flour should weigh just one pound and a quarter.*

*The bread must be rasped when baked*

### TO MAKE NICE BISCUIT

RUB a large spoonful of butter into a quart of risen dough, knead it well, and make it into biscuit, either thick or thin: bake them quickly.

### FRENCH ROLLS

SIFT a quart of flour, add a little salt, a spoonful of yeast, two eggs well beaten, and half a pint of milk — knead it, and set it to rise: next morning, work in an ounce of butter, make the dough into small rolls, and bake them.

*The top crust should not be hard.*

### RICE BREAD

BOIL six ounces of rice in a quart of water, till it is dry and soft — put it into two pounds of flour, mix it in well; add two teaspoonsful of salt, two large spoonsful of yeast, and as much water as will make it the consistence of bread: when well risen, bake it in moulds.

### MIXED BREAD

PUT a teaspoonful of salt, and a large one of yeast, into a quart of flour; make it sufficiently soft, with corn meal gruel; when well risen, bake it in a mould.

*It is an excellent bread for breakfast.*

*Indifferent flour will rise much better, when made with gruel, than with fair water.*

### PATENT YEAST

PUT half a pound of fresh hops into a gallon of water, and boil it away to two quarts; then strain it, and make it a thin batter with flour; add half a pint of good yeast, and when well fermented, pour it in a bowl, and work in as much corn meal as will make it the consistency of biscuit dough; set it to rise, and when quite light, make it into little cakes, which must be dried in the shade, turning them very frequently; keep them securely from damp and dust

Persons who live in town, and can procure brewer's yeast, will save trouble by using it: take one quart of it, add a quart of water, and proceed as before directed

### TO PREPARE THE CAKES

TAKE one or more cakes, according to the flour you are to make; pour on a little warm water; when it is dissolved, stir it well, thicken with a little flour, and set it near the fire, to rise before it is used.

The best thing to keep yeast in, is a small mug or pitcher, with a close stopper, under which must be placed a double fold of linen, to make it still closer.

*This is far preferable to a bottle,  
and more easily cleaned.*

### ANOTHER METHOD FOR MAKING YEAST

PEEL one large Irish potato, boil it till soft, rub it through a sieve; add an equal quantity of flour, make it sufficiently liquid with hop tea; and when a little warmer than new milk, add a gill of good yeast; stir it well, and keep it closely covered in a small pitcher.

### NICE BUNS

PUT four ounces of sugar with three quarters of a pound of flour; make it up with two spoonfuls of yeast, and half a pint of milk; when well risen, work into it four ounces of butter, make it into small buns, and bake them in a quick oven — do not burn them.

### MUFFINS

SIFT a quart of flour, put to it a little salt, and a large spoonful of yeast — beat the white of a fresh egg to a strong froth, add it, and make the flour up with cold water, as soft as you can to allow it to be handled; set it in a moderately warm place.

Next morning, beat it well with a spoon, put it on the griddle in a round form, and bake it nicely, turning them frequently till done.

### CRUMPETS

TAKE a quart of dough from your bread at a very early hour in the morning; break three fresh eggs, separating the yolks from the whites — whip them both to a froth, mix them with the dough, and add gradually milk-warm water, till you make a batter the thickness of buckwheat cakes: beat it well, and set it to rise till near breakfast time; have the griddle ready, pour on the batter to look quite round: they do not require turning.

### APOQUINIMINC CAKES

PUT a little salt, one egg beaten, and four ounces of butter, in a quart of flour — make it into a paste with new milk, beat it for half an hour with a pestle, roll the paste thin, and cut it into round cakes; bake them on a gridiron, and be careful not to burn them.

### BATTER CAKES

BOIL two cups of small hominy very soft; add an equal quantity of corn meal with a little salt, and a large spoonful of butter; make it in a thin batter with . three eggs, and a sufficient quantity of milk — beat all together some time, and bake them on a griddle, or in waffle irons.

*When eggs cannot be procured, yeast makes a good substitute; put a spoonful in the batter, and let it stand an hour to rise.*

### BATTER BREAD

TAKE six spoonfuls of flour and three of corn meal, with a little salt — sift them, and make a thin batter with four eggs, and a sufficient quantity of rich milk; bake it in little tin moulds in a quick oven.

### CREAM CAKES

MELT as much butter in a pint of milk, as will make it rich as cream — make the flour into a paste with this, knead it well, roll it out frequently, cut it in squares, and bake on a griddle.

### SOUFLE BISCUITS

RUB four ounces of butter into a quart of flour, make it into paste with milk, knead it well, roll it as thin as paper, and bake it to look white.

### CORN MEAL BREAD

RUB a piece of butter the size of an egg, into a pint of corn meal — make it a batter with two eggs, and some new milk — add a spoonful of yeast, set it by the fire an hour to rise, butter little pans, and bake it.

### SWEET POTATO BUNS

BOIL and mash a potato, rub into it as much flour as will make it like bread — add spice and sugar to your taste, with a spoonful of yeast; when it has risen well, work in a piece of butter, bake it in small rolls, to be eaten hot with butter, either for breakfast or tea.

### RICE WAFFLES

BOIL two gills of rice quite soft, mix with it three gills of flour, a little salt, two ounces melted butter, two eggs beaten well, and as much milk as will make it a thick batter — beat it till very light, and bake it in waffle irons.

### VELVET CAKES

MAKE a batter of one quart of flour, three eggs, a quart of milk, and a gill of yeast; when well risen, stir in a large spoonful of melted butter, and bake them in muffin hoops.

### CHOCOLATE CAKES

PUT half a pound of nice brown sugar into a quart of flour, sift it, and make it into a paste, with four ounces of butter melted in as much milk as will wet it; knead it till light, roll it tolerably thin, cut it 'in strips an inch wide, and just long enough to lay in a plate; bake them on a griddle, put them in the plate in rows to checker each other, and serve them to eat with chocolate.

### WAFERS

BEAT six eggs, add a pint of flour, two ounces of melted butter, with as much milk as will make a thin batter — put in pounded loaf sugar to your taste, pour it in the wafer irons, bake them quickly without browning, and roll them while hot.

### BUCKWHEAT CAKES

PUT a large spoonful of yeast and a little salt, into a quart of buckwheat meal; make it into a batter with cold water; let it rise well, and bake it on a griddle — it turns sour very quickly, if it be allowed to stand any time after it has risen.

### OBSERVATIONS ON ICE CREAMS

IT is the practice with some indolent cooks, to set the freezer containing the cream, in a tub with ice and salt, and put it in the ice house; it will certainly freeze there; but not until the watery particles have subsided, and by the separation destroyed the cream.

A freezer should be twelve or fourteen inches deep, and eight or ten wide. This facilitates the operation very much, by giving a larger surface for the ice to form, which it always does on the sides of the vessel; a silver spoon with a long handle should be provided for scraping the ice from the sides as soon as formed; and when the whole is congealed, pack it in moulds (which must be placed with care, lest they should not be upright,) in ice and salt, till sufficiently hard to retain the shape — they should not be turned out till the moment they are to be served.

The freezing tub must be wide enough to leave a margin of four or five inches all around the freezer, when placed in the middle—which must be filled up with small lumps of ice mixed with salt — a larger tub would waste the ice.

The freezer must be kept constantly in motion during the process, and ought to be made of pewter, which is less liable than tin to be worn in holes, and spoil the cream by admitting the salt water.

### ICE CREAMS

WHEN ice creams are not put into shapes, they should always be served in glasses with handles.

### VANILLA CREAM

BOIL a Vanilla bean in a quart of rich milk, until it has imparted the flavour sufficiently — then take it out, and mix with the milk, eight eggs, yolks and whites beaten well; let it boil a little longer; make it very sweet, for much of the sugar is lost in the operation of freezing.

### RASPBERRY CREAM

MAKE a quart of rich boiled custard — when cold, pour it on a quart of ripe red raspberries; mash them in it, pass it through a sieve, sweeten, and freeze it

### STRAWBERRY CREAM

IS made in the same manner — the strawberries must be very ripe, and the stems picked out.

*If rich cream can be procured, it will be infinitely better — the custard is intended as a substitute, when cream cannot be had.*

### COCOA NUT CREAM

TAKE the nut from its shell, pare it, and grate it very fine; mix it with a quart of cream, sweeten, and freeze it.

*If the nut be a small, it will require one and a half to flavour a quart of cream.*

### CHOCOLATE CREAM

SCRAPE a quarter of a pound of chocolate very fine, put it in a quart of milk, boil it till the chocolate is dissolved, stirring it continually — thicken with six eggs.

*A Vanilla bean boiled with the milk, will improve the flavour greatly.*

### OYSTER CREAM

MAKE a rich soup, (see directions for oyster soup,) strain it from the oysters, and freeze it.

### ICED JELLY

MAKE calf s foot jelly not very stiff, freeze it, and serve it in glasses.

### PEACH CREAM

GET fine soft peaches perfectly ripe, peel them, take out the stones<sup>e</sup> and put them in a China bowl; sprinkle some sugar on, and chop them very small with a silver spoon — if the peaches be sufficiently ripe, they will become a smooth pulp; add as much cream or rich milk as you have peaches; put more sugar, and freeze it.

### COFFEE CREAM

TOAST two gills of raw coffee till it is a light brown and not a grain burnt; put it hot from the toaster without grinding it, into a quart of rich, and perfectly sweet milk; boil it, and add the yolks of eight eggs; when done, strain it through a sieve, and sweeten it; if properly, done, it will not be discoloured.

*The coffee may be dried, and will answer for making in the usual way to drink, allowing more for the quantity of water, than if it had not gone through this process.*

### QUINCE CREAM

WASH ripe quinces and boil them whole till quite tender — let them stand to drain and cool — then rub them through a hair sieve; mix with the pulp as much cochineal finely powdered, as will make it a pretty colour; then add an equal quantity of cream, and sweeten it.

*Pears or apples may be used, prepared in the same manner.*

### CITRON CREAM

CUT the finest citron melons when perfectly ripe — take out the seeds, and slice the nicest part into a China bowl in small pieces, that will lie conveniently; cover them with powdered sugar, and let them stand several hours— then drain off the syrup they have made, and add as much cream as it will give a strong flavour to, and freeze it.

Pine apples may be used in the same way. '.

### ALMOND CREAM

POUR hot water on the almonds, and let them stand till the skins will slip off, then pound them fine, and mix them with cream: a pound of almonds in the shells, will be sufficient for a quart of cream — sweeten and freeze it.

The kernels of the common black walnut, prepared in the same way, make an excellent cream.

### LEMONADE ICED

MAKE a quart of rich lemonade, whip the whites of six fresh eggs to a strong froth — mix them well with the lemonade, and freeze it.

The juice of morello cherries, or of currants mixed with water and sugar, and prepared in the same way, make very delicate ices.

### TO MAKE CUSTARD

MAKE a quart of milk quite hot, that it may not whey when baked; let it stand to get cold, and then mix six eggs with it; sweeten it with loaf sugar, and fill the custard cups — put on the covers, and set them in a Dutch oven with water, but not enough to risk its boiling into the cups; do not put on the top of the oven.

When the water has boiled ten or fifteen minutes, take out a cup, and if the custard be the consistence of jelly, it is sufficiently done; serve them in the cups with the covers on, and a teaspoon on the dish between each cup — grate nutmeg on the tops when cold.

### TO MAKE A TRIFLE

PUT slices of Savoy cake or Naples biscuit at the bottom of a deep dish; wet it with white wine, and fill the dish nearly to the top with rich boiled custard; season half a pint of cream with white wine and sugar; whip it to a froth — as it rises, take it lightly off, and lay it on the custard; pile it up high and tastily — decorate it with preserves of any kind, cut so thin as not to bear the froth down by its weight.

### RICE BLANC MANGE

BOIL a tea-cup full of rice in a very small quantity of water, till it is near bursting — then add half a pint of milk, boil it to a mush, stirring all the time; season it with sugar, wine, and nutmeg; dip the mould in water, and fill it; when cold, turn it in a dish, and surround it with boiled custard seasoned, or syllabub — garnish it with marmalade.

### FLOATING ISLAND

HAVE the bowl nearly full of syllabub, made with milk, white wine, and sugar; beat the whites of six new laid eggs to a strong froth — then mix with it raspberry or strawberry marmalade enough to flavour and colour it; lay the froth lightly on the syllabub, first putting in some slices of cake; raise it in little mounds, and garnish with something light.

### SYLLABUB

SEASON the milk with sugar and white wine, but not enough to curdle it; fill the glasses nearly full, and crown them with whipt cream seasoned.

### COLD CREAMS

#### LEMON CREAM

PARE the rind very thin from four fresh lemons, squeeze the juice, and strain it — put them both into a quart of water, sweeten it to your taste, add the whites of six eggs, beat to a froth; set it over the fire, and keep stirring until it thickens, but do not let it boil — then pour it in a bowl; when cold, strain it through a sieve, put it on the fire, and add the yolks of the eggs, stir it till quite thick, and serve it in glasses.

#### ORANGE CREAM

IS made in the same manner, but requires more juice to give a flavour.

#### RASPBERRY CREAM

STIR as much raspberry marmalade into a quart of cream as will be sufficient to give a, rich flavour of the fruit — strain it, and fill your glasses, leaving out a part to whip into froth for the top.

#### TEA CREAM

PUT one ounce of the best tea in a pitcher, pour on it a table spoonful of water, and let it stand an hour to soften the leaves then put to it a quart of boiling cream, cover it close, and in half an hour strain it; add four teaspoonsful of a strong infusion of rennet in water, stir it, and set it on some hot ashes, and cover it; when you find by cooling a little of it, that it will jelly, pour it into glasses, and garnish with thin bits of preserved fruit.

### SAGO CREAM

WASH the sago clean, and put it on the fire with a stick of cinnamon, and as much water as will boil it thick and soft; take out the cinnamon, and add rich boiled custard till it is of a proper thickness; sweeten it, and serve in glasses or cups, with grated nutmeg on the top.

### BARLEY CREAM

IS made the same way — you may add a little white wine to both; it will give an agreeable flavour.

### GOOSEBERRY FOOL

PICK the stems and blossoms from two quarts of green gooseberries; put them in a stew pan, with their weight in loaf sugar, and a very little water — when sufficiently stewed, pass the pulp through a sieve; and when cold, add rich boiled custard till it is like thick cream; put it in a glass bowl, and lay frothed cream on the top.

### TO MAKE SLIP

MAKE a quart of rich milk moderately warm: then stir into it one large spoonful of the preparation of rennet, (see receipt to prepare rennet,) set it by, and when cold, it will be as stiff as jelly.

It should be made only a few hours before it is used, or it will be tough and watery; in summer, set the dish in ice after it has jellied — it must be eaten with powdered sugar, cream, and nutmeg.

### CURDS AND CREAM

TURN one quart of milk as for the slip — let it stand until just before it is to be served: then take it up with a skimming dish, and lay it on a sieve — when the whey has drained off, put the curds in a dish, and surround them with cream — use sugar and nutmeg.

*These are Arcadian dishes; very delicious,  
cheap, and easily prepared.*

### BLANC MANGE

BREAK one ounce of isinglass into very small pieces; wash it well, and pour on a pint of boiling water; next morning, add a quart of milk, boil it till the isinglass is dissolved, strain it, put in two ounces sweet almonds, blanched and pounded; sweeten it, and put it in the mould — when stiff, turn them into a deep dish, and put raspberry cream around them.

For a change, stick thin slips of blanched almonds all over the blanc mange and dress round with syllabub, nicely frothed.

Some moulds require colouring — for an ear of corn, mix the yolk of an egg with a little of the blanc mange; fill the grains of the corn with it — and when quite set, pour in the white, but take care it is not warm enough to melt the yellow; for a bunch of asparagus, colour a little with spinach juice, to fill the green tops of the heads.

Fruit must be made the natural colour of what it represents.

Cochineal and alkanet root pounded and dissolved in brandy; make good colouring; but blanc mange should never be served without raspberry cream or syllabub to eat with it.

### TO MAKE A HEN'S NEST

GET five small eggs, make a hole in one end, and empty the shells — fill them with blanc mange: when stiff and cold, take off the shells, pare the yellow rind very thin from six lemons, boil them in water till tender, then cut them in thin strips to resemble straw, and preserve them with sugar; fill a small deep dish half full of nice jelly — when it is set, put the straw on in form of a nest, and lay the eggs in it.

*It is a beautiful dish for a dessert or supper.*

### LITTLE DISHES FOR A SECOND COURSE OR SUPPER

#### PHEASANTS A-LA-DAUB.

ROAST two pheasants in the nicest manner — get a deep dish, the size and form of the one you intend to serve the pheasants in — it must be as deep as a tureen; put in savoury jelly about an inch and a half at the bottom; when that is set, and the pheasants cold, lay them on the jelly with their breasts down; fill the dish with jelly up to their backs; take care it is not warm enough to melt the other, and that the birds are not displaced — just before it is to be served, set it a moment in hot water to loosen it; put the dish on the top, and turn it out carefully.

#### PARTRIDGES A-LA-DAUB

TRUSS six partridges neatly, cover them with thin slices of fat bacon taken from the top of a middling; this keeps them white, and gives a good flavour; they must be wrapped entirely in it — roast them, and when done, take off the bacon; let them get cold, and use jelly as for the pheasants.

#### CHICKENS A-LA-DAUB

ROAST two half grown chickens, cut off the legs and wings, pull the breast from each side entire, take the skin from all the pieces, lay it in the dish, and cover it with jelly.

### TO MAKE SAVOURY JELLY

PUT eight or ten pounds of coarse lean beef, or the same quantity of the inferior parts of the fore quarter of veal, into a pot with two gallons of water, a pound of lean salt pork, three large onions chopped, three carrots, a large handful of parsley, and any sweet herb that you choose, with pepper and salt; boil it very gently till reduced to two quarts; strain it through a sieve — next day, take off the fat, turn out the jelly, and separate it from the dregs at the bottom; put it on the fire with half a pint of white wine, a large spoonful of lemon pickle, and the whites and shells of four eggs beaten: when it boils clear on one side, run it through the jelly bag.

### TURKEY A-LA-DAUB

BONE a small turkey, put pepper and salt on the inside, and cover it with slices of boiled ham or tongue; fill it with well seasoned force meat, sew it up and boil it — cover it with jelly.

### SALMAGUNDI

TURN a bowl on the dish, and put on it in regular rings, beginning at the bottom, the following ingredients, all minced: — anchovies with the bones taken out, the white meat of fowls without the skin, hard boiled eggs, the yolks and whites chopped separately, parsley, the lean of old ham scraped, the inner stalks of celery; put a row of capers round the bottom of the bowl, and dispose the others in a fanciful manner; put a little pyramid of butter on the top, and have a small glass with egg mixed as for salad, to eat with the salmagundi.

### AN EXCELLENT RELISH AFTER DINNER

PUT some soup or gravy from any of the dishes on the table, into the stew dish; add a good portion of pepper, vinegar, wine, catsup and salt; let it be very highly seasoned; broil the legs, liver, and gizzard of a turkey, the kidney of veal, or any thing you fancy; cut it up in small pieces: when broiled, put it in the gravy, and stew it at table.

### TO STEW PERCH

LAY the perch in a deep pan with the heads on; sprinkle salt, pepper, and a little chopped onion over each layer; when they are all in, take as much water as will be sufficient to fill the pan less than half full; add a gill of wine, one of catsup, a little lemon pickle and spice; cover the pan, and let it stew gently till done; take out the fish without breaking, put them in a deep dish, pour the gravy on, and neatly turn them out.



## PRESERVES

### DIRECTIONS FOR MAKING PRESERVES

THE preserving pan should be made of bell metal, fiat at the bottom, very large in diameter, but not deep. It should have a cover to fit closely, and handles at the sides of the pan, for taking it off with ease when the syrup boils too fast.

There should also be large chafing-dish with long legs, for the convenience of moving it to any part of the room.

The process is a tedious one; and if the superintendent be not comfortably situated, the preserves cannot be properly managed.

A ladle the size of a saucer, pierced and having a long handle, will be necessary for taking up the fruit without syrup.

When a chafing-dish cannot be procured, the best substitute is a brick stove, with a grating, to bum charcoal.

The sugar should be the best double refined; but if the pure amber coloured sugar house syrup from the West Indies can be got, it is greatly superior; it never ferments, and the trouble is very much lessened by having ready made syrup, in which it is only necessary to boil the fruit till clear.

All delicate fruit should be done gently, and not allowed to remain more than half an hour after it begins to stew, before it is laid on dishes to cool; it must be put into the syrup again for the same time; continue this until it is sufficiently transparent. The advantage of this method is that the preserves are less liable to boil to pieces, than when done all at one time.

It is injudicious to put more in the pan at once, than can lie on the bottom without crowding.

The pan must be made bright, and nothing permitted to cool in it, lest it should canker.

Delicate preserves should be kept in small glasses or pots, that will not hold more than one or two pounds, for the admission of air injures them; put letter paper wet with brandy on the preserves, and cover the tops with many folds of soft paper, that will tie round closely; keep them in a dry place, and expose them constantly to the sun to check fermentation.

*Fruit for preserving should be in full perfection,  
but not too ripe.*

### TO PRESERVE CLING-STONE PEACHES

GET the finest yellow cling-stones, pare them, and lay them in a bowl; have their weight of sugar pounded, and sprinkle it over them as they are put in; let them stand two or three hours, put them together with the sugar into the pan, add a little water, and let the peaches remain till thoroughly scalded; take them out with the ladle, draining off the syrup; should there not be enough to cover the peaches, add more water, boil it and skim it, return the fruit, and do them gently till quite clear.

Have some stones cracked, blanch the kernels, and preserve them with the peaches.



### CLING-STONES SLICED

PARE the peaches, and cut them in as large slices as possible, have their weight in sugar, and preserve them as the others.

### SOFT PEACHES

GET yellow soft peaches that are not quite ripe, pare and divide them, scrape the places where the stones lay with a teaspoon, and follow the former directions.

### PEACH MARMALADE

TAKE the ripest soft peaches, (the yellow ones make the prettiest marmalade,) pare them, and take out the stones; put them in the pan with one pound of dry light coloured brown sugar to two of peaches: when they are juicy, they do not require water: with a silver or wooden spoon, chop them with the sugar; continue to do this, and let them boil gently till they are a transparent pulp, that will be a jelly when cold.

*Puffs made of this marmalade are very delicious.*

### PEACH CHIPS

SLICE them thin, and boil them till clear in a syrup made with half their weight of sugar; lay them on dishes in the sun, and turn them till dry; pack them in pots with powdered sugar sifted over each layer; should there be syrup left, continue the process with other peaches.

*They are very nice when done with pure honey instead of sugar.*

### PEARS

THE small pears are better for preserving than large ones.

Pare them, and make a syrup, with their weight of sugar, and a little water — leave the stem on, and stick a clove in the blossom end of each; stew them till perfectly transparent.

### PEAR MARMALADE

BOIL the pears till soft— when cold, rub the pulp through a sieve, and boil it to a jelly, allowing one pound of sugar to two of pears.

### QUINCES

SELECT the finest and most perfect quinces, lay them on shelves, but do not let them touch each other; keep them till they look yellow and have a fragrant smell; put as many in the preserving pan as can lie conveniently, cover them with water, and scald them well: then take out the cores, and put them in water; cover the pan and boil them some time; strain the water, add to it the weight of the quinces in pounded loaf sugar, dissolve and skim it, pare the quinces, put them in the pan, and should there not be syrup enough to cover them, add more water — stew them till quite transparent.

They will be light coloured if kept covered during the process, and red if the cover be taken off.

Fill the space the cores occupied with quince jelly, before they are put into the pots— and cover them with syrup.

### CURRENT JELLY

PICK full ripe currants from the stem, and put them in a stone pot; then set it in an iron pot of water — take care that no water gets in: when the currants have yielded their juice, pour them into a jelly bag — let it run as long as it will without pressing, which must be reserved for the best jelly; you may then squeeze the bag to make inferior kind.

To each pint of this juice, put one pound of loaf sugar powdered — boil it fifteen or twenty minutes — skim it clean, and put it in glasses; expose them daily to the sun to prevent fermentation.

### QUINCE JELLY

PREPARE the quinces as before directed, take off the stems and blossoms, wash them clean, and cut them in slices without paring; fill the pan, and pour in water to cover them — stew them gently, putting in a little water occasionally till they are soft; then pour them into a jelly bag; let all the liquor run through without pressing it, which must be set aside for the best jelly; to each pint of this, put a pound of loaf sugar pounded, and boil it to a jelly.

*The bag may be squeezed for an inferior, but a very nice jelly.*

### QUINCE MARMALADE

BOIL the quinces in water until soft, let them cool, and rub all the pulp through a sieve: put two pounds of it to one of sugar, pound a little cochineal, sift it through fine muslin, and mix it with the quince to give a colour; pick out the seeds, tie them in a muslin bag, and boil them with the marmalade: when it is a thick jelly, take out the seeds, and put it in pots.

### CHERRIES

THE most beautiful cherries to preserve, are the carnation and common light red, with short stems; select the finest that are not too ripe; take an equal weight with the cherries of double refined sugar, make it into a syrup, and preserve them without stoning, and with the stems on; if they be done carefully, and the "Directions for preserving" closely attended to, the stems will not come off, and they will be so transparent that the stones may be seen.

### MORELLO CHERRIES

TAKE out the stones with a quill over a deep dish, to save the juice that runs from them; put to the juice a pound of sugar for each pound of cherries, weighed after they are stoned; boil and skim the syrup, then put in the fruit, and stew till quite clear.



### TO DRY CHERRIES

STONE them, and save the juice: weigh the cherries, and allow one pound of good brown sugar to three of the fruit; boil it with the juice, put the cherries in, stew them fifteen or twenty minutes, take them out, drain off the syrup, and lay the cherries in dishes to dry in the sun; keep the syrup to pour over a little at a time, as it dries on the cherries, which must be frequently turned over; when all the syrup is used, put the cherries away in pots, sprinkling a little powdered loaf sugar between the layers.

*They make excellent pies, puddings, and charlottes.*

### RASPBERRY JAM

TO each pound of ripe red or English raspberries, put one pound of loaf sugar — stir it frequently, and stew till it is a thick jelly.

### TO PRESERVE STRAWBERRIES

GET the largest strawberries before they are too ripe; have the best loaf sugar, one pound to each of strawberries — stew them very gently, taking them out to cool frequently, that they may not be mashed; when they look clear, they are done enough.

### STRAWBERRY JAM

IS made in the same manner as the raspberry, and is very fine to mix with cream for blanc mange, puffs, sweetmeat puddings, &c.

### GOOSEBERRIES

SELECT young gooseberries, make a syrup with one pound of loaf sugar to each of fruit; stew them till quite clear and the syrup becomes thick, but do not let them be mashed.

*They are excellent made into tarts —  
do not cover the pan while they are stewing.*

### APRICOTS IN BRANDY

TAKE freshly gathered apricots not too ripe; to half their weight of loaf sugar, add as much water as will cover the fruit; boil and skim it: then put in the apricots, and let them remain five or six minutes; take them up without syrup, and lay them on dishes to cool; boil the syrup till reduced one half; when the apricots are cold, put them in bottles, and cover them with equal quantities of syrup and French brandy.

*If the apricots be cling-stones, they will  
require more scalding.*

### PEACHES IN BRANDY

GET yellow soft peaches, perfectly free from defect and newly gathered, but not too ripe; place them in a pot, and cover them with cold weak lye; turn over those that float frequently, that the lye may act equally on them; at the end of an hour take them out, wipe them carefully with a soft cloth to get off the down and skin, and lay them in cold water; make a syrup as for the apricots, and proceed in the same manner, only scald the peaches more.

### CHERRIES IN BRANDY

GET the short stemmed bright red cherries in bunches — make a syrup, with equal quantities of sugar and cherries; scald the cherries, but do not let the skins crack, which they will do if the fruit be too ripe.

### MAGNUM BONUM PLUMS IN BRANDY

SELECT those that are free from blemish — make a syrup with half their weight of sugar, and preserve them in the same manner directed for apricots or green gages.

*The large amber, and the blue plums, are  
also excellent, done in the same way.*

### PICKLING

#### LEMON PICKLE

GRATE the yellow rind from two dozen fine fresh lemons, quarter them, but leave them whole at the bottom; sprinkle salt on them, and put them in the sun every day until dry; then brush off the suit, put them in a pot with one ounce of nutmegs, and one of mace pounded; a large handful of horse radish scraped and dried, two dozen cloves of garlic, and a pint of mustard seed; pour on one gallon of strong vinegar, tie the pot close, put a board on, and let it stand three months—strain it, and when perfectly clear, bottle it.

#### TOMATO CATSUP

GATHER a peck of tomatoes, pick out the stems, and wash them; put them on the fire without water, sprinkle on a few spoonfuls of salt, let them boil steadily an hour, stirring them frequently; strain them through a colander, and then through a sieve; put the liquid on the fire with half a pint of chopped onions, half a quarter of an ounce of mace broke into small pieces; and if not sufficiently salt, add a little more — one tablespoonful of whole black pepper; boil all together until just enough to fill two bottles; cork it tight.

*Make it in August, in dry weather.*

#### TOMATO MARMALADE

GATHER full grown tomatoes while quite green; take out the stems, and stew them till soft; rub them through a sieve, put the pulp on the fire seasoned highly with pepper, salt, and pounded cloves; add some garlic, and stew all together till thick: it keeps well, and is excellent for seasoning gravies, &c.

#### TOMATO SWEET MARMALADE

PREPARE it in the same manner, mix some loaf sugar with the pulp, and stew until it is a stiff jelly.

### **TOMATO SOY**

TAKE a bushel of full ripe tomatoes, cut them in slices without skinning — sprinkle the bottom of a large tub with salt, strew in the tomatoes, and over each layer of about two inches thick, sprinkle half a pint of salt, and three onions sliced without taking off the skins.

When the bushel of tomatoes is thus prepared, let them remain for three days, then put them into a large iron pot, in which they must boil from early in the morning till night, constantly stirring to prevent their sticking and mashing them.

The next morning, pass the mixture through a sieve, pressing it to obtain all the liquor you can; and add to it one ounce of cloves, quarter of a pound of allspice, quarter of a pound of whole black pepper, and a small wine glass of Cayenne; let it boil slowly and constantly during the whole of the day — in the evening, put it into a suitable vessel to cool; and the day after, bottle and cork it well: place it in a cool situation during warm weather, and it will keep for many years, provided it has been boiled very slowly and sufficiently in the preparation.

*Should it ferment, it must be boiled a second time.*

### **PEPPER VINEGAR**

GET one dozen pods of pepper when ripe, take out the stems, and cut them in two; put them in a kettle with three pints of vinegar, boil it away to one quart, and strain it through a sieve.

*A little of this is excellent in gravy of every kind, and gives a flavour greatly superior to black pepper; it is also very fine when added to each of the various catsups for fish sauce.*

### **MUSHROOM CATSUP**

TAKE the flaps of the proper mushrooms from the stems — wasli them, add some salt, and crush them; then boil them some time, strain them through a cloth, put them on the fire again with salt to your taste, a few cloves of garlic, and a quarter of an ounce of cloves pounded, to a peck of mushrooms; boil it till reduced to less than half the original quantity — bottle and cork it well.

### **TARRAGON OR ASTRAGON VINEGAR**

PICK the tarragon nicely from the stem, let it lie in a dry place forty-eight hours; put it in a pitcher, and to one quart of the leaves put three pints of strong vinegar; cover it close, and let it stand a week — then strain it, and after standing in the pitcher till quite clear, bottle it, and cork it closely.

### **CURRY POWDER**

ONE ounce turmeric, one ounce coriander seed, one ounce cummin seed, one ounce white ginger, one of nutmeg, one of mace, and one of Cayenne pepper; pound all together, and pass them through a fine sieve; bottle and cork it well — one teaspoonful is sufficient to season any made dish.

### **TO PICKLE CUCUMBERS**

GATHER them full grown, but quite young — take off the green rind, and slice them tolerably thick; put a layer in a deep dish, strew over it some chopped onion and salt; do this until they are all in; sprinkle salt on the top, let them stand six hours, put them in a colander — when all the liquor has run off, put them in a pot, strew a little cayenne pepper over each layer, and cover them with strong cold vinegar; when the pot is full, pour on some sweet oil, and tie it up close; at the end of a fortnight, pour off the first vinegar, and put on fresh.

### **OIL MANGOS**

GATHER the melons a size larger than a goose egg — put them in a pot, pour boiling salt and water made strong upon them, and cover them up; next day, cut a slit from the stem, to the blossom end, and take out the seeds carefully — return them to the brine and let them remain in it eight days; then put them in strong vinegar for a fortnight, wipe the insides with a soft cloth, stuff them and tie them, pack them in a pot with the slit uppermost; strew some of the stuffing over each layer, and keep them covered with the best vinegar.

### **TO MAKE THE STUFFING FOR FORTY MELONS**

WASH a pound of white race ginger very clean; pour boiling water on it, and let it stand twenty-four hours; slice it thin and dry it; one pound of horse-radish scraped and dried, one pound of mustard seed washed and dried, one pound of chopped onions, one ounce of mace, one of nutmeg pounded fine, two ounces of turmeric, and a handful of whole black pepper; make these ingredients into a paste, with a quarter of a pound of mustard, and a large cup full of sweet oil; put a clove of garlic into each mango.

### **TO MAKE YELLOW PICKLE**

PUT all the articles intended for the yellow pickle in a pot, and pour on them boiling salt and water — let them stand forty-eight hours, take advantage of a clear hot day, press the water from the articles, and lay them to dry in full sunshine, on a table covered with a thick soft cloth, with the corners pinned securely, that they may not blow up over the things — the cloth absorbs the moisture; and by turning them frequently on a dry place, they become white, and receive the colour of the turmeric more readily — one day of clear sunshine is enough to prepare them for the first vinegar; When dried, put them in a pot of plain cold vinegar, with a little turmeric in it — let them remain in it two weeks to draw off the water from them, and to make them plump — then put them in a clean pot, and pour on the vinegar, prepared by the following directions — this is the most economical and best way of keeping them — mix the turmeric very smoothly, before you add it to your pickles.

### TO MAKE GREEN PICKLES

PUT the articles you intend to pickle, in a pot — and cover them with boiling salt and water: put a thick cloth on the top, and then a plate that will fit it — let it stand till the next morning, then pour off the salt and water, boil it again, and cover them as before; do this until your pickles are a good green — then put them in plain cold vinegar, with some turmeric in it; and at the end of a fortnight, put them up, as you do the yellow pickle.

### TO PREPARE VINEGAR FOR GREEN OR YELLOW PICKLE

ONE pound of ginger sliced and dried, one of horse-radish scraped and dried, one of mustard seed washed and dried, one ounce long pepper, an ounce of mace, and one of nutmegs finely pounded; put all these ingredients in a pot, pour two gallons of strong vinegar on, and let it stand twelve months, stirring it very frequently.

When this vinegar is used for the pickles, put two gallons more vinegar, with some mace and nutmegs, and keep it for another year.

When the prepared vinegar is poured from the ingredients, do it very carefully, that it may be quite clear.

Pickles keep much better when the vinegar is not boiled.

Should the green pickles at any time lose their colour, it may be restored by adding a little more turmeric.

*All pickles are best, when one or two years old.*

### TO PICKLE ONIONS

GET white onions that are not too large, cut the stem close to the root with a sharp knife, put them in a pot, pour on boiling salt and water to cover them, stop the pot closely, let them stand a fortnight, changing the salt and water every three days; they must be stirred daily, or those that float will become soft; at the end of this time, take off the skin and outer shell, put them in plain cold vinegar with a little turmeric.

*If the vinegar be not very pale, the onion will not be of a good colour.*

### TO PICKLE NASTERTIUMS

GATHER the berries when full grown but young, put them in a pot, pour boiling salt and water on, and let them stand three or four days; then drain off the water, and cover them with cold vinegar; add a few blades of mace, and whole grains of black pepper.

### TO PICKLE RADISH PODS

CUT them in nice bunches as soon as they are fully formed; they must be young and tender — pour boiling salt and water on them, cover with a thick cloth, and pewter plate, to keep in the steam; repeat this every day till they are a good green; then put them in cold vinegar, with mace and whole pepper; mix a little turmeric, with a small portion of oil, and stir it into the vinegar; it will make the pods of a more lively green.

*They are very pretty for garnishing meats.*

### TO PICKLE ENGLISH WALNUTS

THE walnuts should be gathered when the nut is so young that you can run a pin into it easily; pour boiling salt and water on, and let them be covered with it nine days, changing it every third day — take them out, and put them on dishes in the air for a few minutes, taking care to turn them over; this will make them black much sooner — put them in a pot, strew over some whole pepper, cloves, a little garlic, mustard seed, and horse-radish scraped and dried; cover them with strong cold vinegar.

### TO PICKLE PEPPERS

GATHER the large bell pepper when quite young, leave the seeds in and the stem on, cut a slit in one side between the large veins, to let the water in; pour boiling salt and water on, changing it every day for three weeks — you must keep them closely stopped; if, at the end of this time, they be a good green, put them in pots, and cover them with cold vinegar and a little turmeric; those that are not sufficiently green, must be continued under the same process till they are so.

*Be careful not to cut through the large veins, as the heat will instantly diffuse itself through the pod.*

### TO MAKE WALNUT CATSUP

GATHER the walnuts as for pickling, and keep them in salt and water the same time; then pound them in a marble mortar — to every dozen walnuts, put a quart of vinegar; stir them well every day for a week, then put them in a bag, and press all the liquor through; to each quart, put a teaspoonful of pounded cloves, and one of mace, with six cloves of garlic — boil it fifteen or twenty minutes, and bottle it.

### TO PICKLE GREEN NECTARINES OR APRICOTS

GATHER them while the shell is soft — green them with salt and water as before directed; when a good green, soak them in plain vinegar for a fortnight, and put them in the yellow pickle pot

### TO PICKLE ASPARAGUS

POUR boiling salt and water on, and cover them close — next day, take them out, dry them, and after standing in vinegar, put them with the yellow pickle.

### OBSERVATIONS ON PICKLING

THE vessels for keeping pickles should be made of stone ware, straight from the bottom to the top, with stone covers to them; when the mouth is very wide, the pickles may be taken out without breaking them. The motive for keeping all pickles in plain vinegar previous to putting them in the prepared pot, is to draw off the water with which they are saturated, that they may not weaken the vinegar of the pot. Pickles keep much better when the vinegar is not boiled.

## CORDIALS, &c.

### ORGEAT *A Necessary Refreshment at all Parties.*

BOIL two quarts of milk with a stick of cinnamon and let it stand to be quite cold, first taking out the cinnamon; blanch four ounces of the best sweet almonds, pound them in a marble mortar with a little rose-water; mix them well with the milk, sweeten it to your taste, and let it boil a few minutes only, lest the almonds should be oily; strain it through a very fine sieve till quite smooth, and free from the almonds; serve it up either cold or lukewarm, in glasses with handles.

### CHERRY SHRUB

GATHER ripe morello cherries, pick them from the stalk, and put them in an earthen pot, which must be set into an iron pot of water; make the water boil, but take care that none of it gets into the cherries; when the juice is extracted, pour it into a bag made of tolerably thick cloth, which will permit the juice to pass, but not the pulp of your cherries; sweeten it to your taste, and when it becomes perfectly clear, bottle it — put a gill of brandy into each bottle, before you pour in the juice — cover the corks with rosin.

*It will keep all summer, in a dry cool place,  
and is delicious mixed with water.*

### CURRANT WINE

GATHER full ripe currants on a dry day, pick them from the stalks, and weigh them; then crush them with your hands, leaving none whole; for every two pounds of currants put one quart of water; stir all well together, and let it stand three hours, and strain the liquor through a sieve; then, for every three pounds of currants, put one pound of powdered loaf sugar; stir it till the sugar is dissolved, boil it, and

Keep skimming it, as long as any scum will rise; let it stand sixteen hours to cool, before you put it in the cask — stop it very close.

If the quantity be twenty gallons, let it stand three weeks before you bottle it; if it be thirty gallons, it must remain a month; it should be perfectly clear when drawn off — put a lump of sugar in each bottle, cork it well, and keep it in a cool place, or it will turn sour.

*This is a pleasant and cheap wine — and if properly made,  
will keep good for many years.*

*It makes an agreeable beverage for the sick,  
when mixed with water.*



## GINGER WINE

TO three gallons of water, put three pounds of sugar, and four ounces of race ginger, washed in many waters to cleanse it; boil them together for one hour, and strain it through a sieve; when lukewarm, put it in a cask with three lemons cut in slices, and two gills of beer yeast; shake it well, and stop the cask very tight; let it stand a week to ferment; and if not clear enough to bottle, it must remain until it becomes so; it will be fit to drink in ten days after bottling.

## TO MAKE CHERRY BRANDY

GET equal quantities of morello and common black cherries; fill your cask, and pour on (to a ten gallon cask) one gallon of boiling water; in two or three hours, fill it up with brandy — let it stand a week, then draw off all, and put another gallon of boiling water, and fill it again with brandy — at the end of the week, draw the whole off, empty the cask of the cherries, and pour in your brandy with water, to reduce the strength; first dissolving one pound of brown sugar in each gallon of your mixture.

*If the brandy be very strong, it will bear water enough  
to make the cask full.*

## ROSE BRANDY

GATHER leaves from fragrant roses without bruising. fill a pitcher with them, and cover them with French brandy; next day, pour off the brandy, take out the leaves, and fill the pitcher with fresh ones, and return the brandy; do this till it is strongly impregnated, then bottle it; keep the pitcher closely covered during the process.

*It is better than distilled rose water for cakes, &c.*

## PEACH CORDIAL

GATHER ripe cling-stone peaches, wipe oft' the down, cut them to the stone in several places, and put them in a cask; when filled with peaches, pour on as much peach brandy as the cask will hold; let it stand six or eight weeks, then draw it off, put in water until reduced to the strength of wine; to each gallon of this add one pound of good brown sugar— dissolve it, and pour the cordial into a cask just large enough to hold it — when perfectly clear, it is fit for use.



### RASPBERRY CORDIAL

TO each quart of ripe red raspberries, put one quart of best French brandy; let it remain about a week, then strain it through a sieve or bag, pressing out all the liquid; when you have got as much as you want, reduce the strength to your taste with water, and put a pound of powdered loaf sugar to each gallon — let it stand till refined.

*Strawberry cordial is made the same way.*

*It destroys the flavour of these fruits to put them on the fire.*

### RASPBERRY VINEGAR

PUT a quart of ripe red raspberries in a bowl; pour on them a quart of strong well flavoured vinegar — let them stand twenty-four hours, strain them through a bag, put this liquid on another quart of fresh raspberries, which strain in the same manner — and then on a third quart: when this last is prepared, make it very sweet with pounded loaf sugar; refine and bottle it.

*It is a delicious beverage mixed with iced water.*

### MINT CORDIAL

PICK the mint early in the morning while the dew is on it, and be careful not to bruise it; pour some water over it, and drain it — put two handfuls into a pitcher, with a quart of French brandy, cover it, and let it stand till next day; take the mint carefully out, and put in as much more, which must be taken out next day — do this the third time: then put three quarts of water to the brandy, and one pound of loaf sugar powdered; mix it well together — and when perfectly clear, bottle it.

### HYDROMEL OR MEAD

MIX your mead in the proportion of thirty-six ounces of honey to four quarts of warm water; when the honey is completely held in solution, pour it into a cask.

When fermented, and become perfectly clear, bottle and cork it well.

If properly prepared, it is a pleasant and wholesome drink; and in summer particularly grateful, on account of the large quantity of carbonic acid gas which it contains.

*Its goodness, however, depends greatly on the time of bottling, and other circumstances, which can only be acquired by practice.*

### TO MAKE A SUBSTITUTE FOR ARRACK.

DISSOLVE two scruples flowers of Benzoin, in one quart of good rum.

### LEMON CORDIAL

CUT six fresh lemons in thin slices, put them into a quart and a half of milk, boil it until the whey is very clear, then pass it through a sieve; put to this whey, one and a half quarts of French brandy, and three pounds of powdered loaf sugar; stir it till the sugar is dissolved — let it stand to refine, and bottle it; pare some of the yellow rind of the lemons very thin, and put a little in each bottle.

### GINGER BEER

POUR two gallons of boiling water on two pounds brown sugar, one and a half ounce of cream of tartar, and the same of pounded ginger; stir them well, and put it in a small cask; when milk warm, put in half a pint of good yeast, shake the cask well, and stop it close — in twenty-four hours it will be fit to bottle — cork it very well, and in ten days it will sparkle like Champagne — one or two lemons cut in slices and put in, will improve it much.

*For economy, you may use molasses instead of sugar — one quart in place of two pounds.*

*This is a wholesome and delicious beverage in warm weather.*

### SPRUCE BEER

BOIL a handful of hops, and twice as much of the chippings of sassafras root, in ten gallons of water; strain it, and pour in, while hot, one gallon of molasses, two spoonfuls of the- essence of spruce, two spoonfuls of powdered ginger, and one of pounded allspice; put it in a cask when sufficiently cold, add half a pint of good yeast; stir it well, stop it close, and when fermented and clear, bottle and cork it tight.

### MOLASSES BEER

PUT five quarts of hops, and five of wheat bran, into fifteen gallons of water; boil it three or four hours, strain it, and pour it into a cask with one head taken out; put in five quarts of molasses, stir it till well mixed, throw a cloth over the barrel; when moderately warm, add a quart of good yeast, which must be stirred in; then stop it close with a cloth and board.

When it has fermented and become quite clear, bottle . it — the corks should be soaked in boiling water an hour or two, and the bottles perfectly clean, and well drained.

### TO KEEP LEMON-JUICE

GET lemons quite free from blemish, squeeze them, and strain the juice; to each pint of it, put a pound of good loaf sugar pounded; stir it frequently until the sugar is completely dissolved, cover the pitcher closely, and let it stand till the dregs have subsided, and the syrup is transparent; have bottles perfectly clean and dry, put a wine glass full of French brandy into each bottle, fill it with syrup, cork it, and dip the neck into melted rosin or pitch; keep them in a cool dry cellar — do not put it on the fire — it will destroy the fine flavour of the juice.

Pour water on the peels of the lemons, let them soak till you can scrape all the white pulp off, then boil the peel till soft; preserve them with half their weight of sugar, and keep them for mince pies, cakes, &c.

*They are a very good substitute for citron.*

### **SUGAR VINEGAR**

TO one measure of sugar, put seven measures of water moderately warm; dissolve it completely — put it into a cask, stir in yeast in the proportion of a pint to eight gallons: stop it close, and keep it in a warm place till sufficiently sour

### **HONEY VINEGAR**

TO one quart of clear honey, put eight quarts of warm water; mix it well together: when it has passed through the acetous fermentation, a white vinegar will be formed, in many respects better than the ordinary vinegar.

### **SYRUP OF VINEGAR**

BOIL two pounds of sugar with four quarts of vine gar, down to a syrup, and bottle it.

This makes an excellent beverage when mixed with water, either with or without the addition of brandy.

*It is nearly equal in flavour to the syrup of lime juice, when made with superior vinegar.*

### **AROMATIC VINEGAR**

PUT a portion of acetate of potash, (sal diureticus) into a smelling bottle; mix gradually with it half its weight of sulphuric acid, and add a few drops of oil of lavender.

### **VINEGAR OF THE FOUR THIEVES**

TAKE lavender, rosemary, sage, wormwood, rue, and mint, of each a large handful; put them in a pot of earthen ware, pour on them four quarts of very strong vinegar, cover the pot closely, and put a board on the top; keep it in the hottest sun two weeks, then strain and bottle it, putting in each bottle a clove of garlic.

When it has settled in the bottle and become clear, pour it off gently; do this until you get it all free from sediment.

The proper time to make it is when the herbs are in full vigour, in June.

This vinegar is very refreshing in crowded rooms, in the apartments of the sick; and is peculiarly grateful when sprinkled about the house in damp weather.

### **LAVENDER WATER**

PUT a pint of highly rectified spirits of wine, to one ounce of essential oil of lavender, and two drachms of ambergris; shake them well together, and keep it closely stopped.

### **HUNGARIAN WATER**

ONE pint spirits of wine, one ounce oil of rosemary, and two drachms essence of ambergris.

### **TO PREPARE COSMETIC SOAPS FOR WASHING THE HANDS**

TAKE a pound of castile, or any other nice old soap; scrape it in small pieces, and put it on the fire with a little water — stir it till it becomes a smooth paste, pour it into a bowl, and when cold, add some lavender water, or essence of any kind — beat it with a silver spoon until well mixed, thicken it with corn meal, and keep it in small pots closely covered — for the admission of air will soon make the soap hard.

### **COLOGNE WATER**

THREE quarts spirits of wine, six drachms oil of lavender, one drachm oil of rosemary, three drachms essence of lemon, ten drops oil of cinnamon — mix them together very well.

### **SOFT POMATUM**

GET nice sweet lard that has no salt in it — put in any agreeable perfume, beat it to a cream, and put it in small pots.

### **TO MAKE SOAP**

PUT on the fire any quantity of lye you choose, that is strong enough to bear an egg — to each gallon, add three quarters of a pound of clean grease: boil it very fast, and stir it frequently — a few hours will suffice to make it good soap.

When you find by cooling a little on a plate that it is a thick jelly, and no grease appears, put in salt in the proportion of one pint to three gallons— let it boil a few minutes, and pour it in tubs to cool — (should the soap be thin, add a little water to that in the plate, stir it well, and by that means ascertain how much water is necessary for the whole quantity; very strong lye will require water to thicken it, after the incorporation is complete; this must be done before the salt is added.)

Next day, cut out the soap, melt it, and cool it again; this takes out all the lye, and keeps the soap from shrinking when dried.

A strict conformity to these rules, will banish the lunar bugbear, which has so long annoyed soap makers.

Should cracknels be used, there must be one pound to each gallon.

Kitchen grease should be clarified in a quantity of water, or the salt will prevent its incorporating with the lye.

Soft soap is made in the same manner, only omitting the salt.

It may also be made by putting the lye and grease together in exact proportions, and placing it under the influence of a hot sun for eight or ten days, stirring it well four or five times a day.

### **TO MAKE STARCH**

WASH a peck of good wheat, and pick it very clean; put it in a tub, and cover it with water; it must be kept in the sun, and the water changed every day, or it will smell very offensively.

When the wheat becomes quite soft, it must be well rubbed in the hands, and the husks thrown into another tub; let this white substance settle, then pour off the water, put on fresh, stir it up well, and let it subside; do this every day till the water comes off clear — then pour it off; collect the starch in a bag, tie it up tight, and set it in the sun a few days; then open it, and dry the starch on dishes.

### TO DRY HERBS

GATHER them on a dry day, just before they begin to blossom; brush off the dust, cut them in small branches, and dry them quickly in a moderate oven; pick off the leaves when dry, pound and sift them — bottle them immediately, and cork them closely.

*They must be kept in a dry place.*

### TO CLEAN SILVER UTENSILS

DISSOLVE two teaspoonsful of alum in a quart of moderately strong lye — stir in a gill of soft soap, and skim off the dross.

Wash the silver clean in hot water, let it remain covered with this mixture for ten or fifteen minutes, turning it over frequently; then wash it in hot soap suds, and rub it well with a dry cloth.

### TO MAKE BLACKING

A QUARTER of a pound of ivory black, two ounces of sugar candy, a quarter of an ounce of gum tragacanth; pound them all very fine, boil a bottle of porter, and stir the ingredients in while boiling hot.

### TO CLEAN KNIVES AND FORKS

WASH them in warm water, and wipe them till quite dry; then touch them lightly over, without smearing the handles, with rotten stone made wet; let it dry on them, and then rub with a clean cloth until they are bright.

With this mode of cleaning, one set of knives and forks will serve a family twenty years; they will require the frequent use of a steel to keep them with a keen edge — but must never be put into very hot water, lest the handles be injured





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Strawberry Mansion, Philadelphia

*Miss Leslie's Complete Cookery*  
*DIRECTIONS FOR COOKERY, IN ITS VARIOUS BRANCHES*  
BY MISS LESLIE

FORTY-NINTH EDITION.  
THOROUGHLY REVISED, WITH ADDITIONS.

PHILADELPHIA:  
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## Transcriber's Foreward

*Miss Leslie's Cookery* was a groundbreaking cookbook published in 1851 by Philadelphia author Eliza Leslie. This book was a comprehensive guide to cooking and household management, providing guidance on everything from setting the table to preparing elaborate dishes for formal dinners. In an era where domestic work was primarily performed by women, this book was a vital resource for homemakers looking to improve their culinary skills and create delicious meals for their families.

One of the key features of *Miss Leslie's Cookery* was its emphasis on simplicity and practicality. Leslie believed in using simple ingredients and straightforward techniques to create delicious and wholesome meals. Her recipes were clear and easy to follow, making them accessible to even the most inexperienced cooks. This approach was revolutionary at the time, as many cookbooks of the era were filled with complex and extravagant recipes that were difficult to replicate.

In addition to providing recipes, *Miss Leslie's Cookery* also offered valuable advice on household management and etiquette. Leslie covered topics such as how to set a proper table, how to entertain guests, and how to manage a household budget. This combination of culinary expertise and practical advice made the book an indispensable resource for women of the era who were responsible for running their households.

Leslie's cookbook was also notable for its inclusion of regional and international recipes, reflecting the diverse culinary influences of the time. Readers could find recipes for traditional American dishes, as well as European and Asian-inspired dishes that were popular at the time. Leslie's willingness to embrace a variety of culinary traditions made her cookbook a valuable resource for cooks looking to expand their repertoire.

Another key aspect of *Miss Leslie's Cookery* was its focus on health and nutrition. Leslie understood the importance of eating well-balanced meals and encouraged her readers to use fresh, wholesome ingredients in their cooking. Her recipes often emphasized the importance of incorporating fruits, vegetables, and lean proteins into daily meals, promoting a balanced diet for overall health and well-being.

Despite being published over a century and a half ago, *Miss Leslie's Cookery* remains a relevant and influential cookbook today. Its emphasis on simplicity, practicality, and healthful cooking continues to resonate with modern readers who are looking to improve their culinary skills and create delicious meals for their families. Leslie's timeless recipes and valuable advice on household management have helped make this book a classic in the world of cookbooks.

The enduring popularity of *Miss Leslie's Cookery* is a testament to the enduring legacy of Eliza Leslie as a pioneering female author and culinary expert. Leslie's groundbreaking work paved the way for future generations of women to share their knowledge and expertise in the world of cooking and household management. Her cookbook remains a source of inspiration for aspiring cooks and homemakers looking to carry on her tradition of excellence in the kitchen.



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## AUTHOR'S PREFACE

In preparing a new and carefully revised edition of this, my first work on general cookery, I have introduced improvements, corrected errors, and added new receipts, that I trust will, on trial, be found satisfactory. The success of the book (proved by its immense and increasing circulation,) affords conclusive evidence that it has obtained the approbation of a large number of my countrywomen; many of whom have informed me that it has made practical housewives of young ladies who have entered into married life with no other acquirements than a few showy accomplishments. Gentlemen, also, have told me of great improvements in the family-table, after presenting their wives with this manual of domestic cookery; and that, after a morning devoted to the fatigues of business, they no longer find themselves subjected to the annoyance of an ill-dressed dinner.

No man (or woman either) ought to be incapable of distinguishing bad eatables from good ones. Yet, I have heard some few ladies boast of that incapacity, as something meritorious, and declare that they considered the quality, the preparation, and even the taste of food, as things entirely beneath the attention of a rational being; their own minds being always occupied with objects of far greater importance.

Let no man marry such a woman.\* If indifferent to her own food, he will find her still more indifferent to his. A wife who cares not, or knows not what a table ought to be, always has bad cooks; for she cannot distinguish a bad one from a good one, dislikes change, and wonders how her husband can attach any importance to so trifling a circumstance as his dinner. Yet, though, for the sake of "preserving the peace," he may bring himself to pass over, as "trifling circumstances," the defects of his daily repasts, he will find himself not a little mortified, when, on inviting a friend to dinner, he finds his table disgraced by washy soup, poultry half raw, gravy unskimmed, and vegetables undrained; to say nothing of sour bread, ponderous puddings, curdled custards tasting of nothing, and tough pastry.

Let all housekeepers remember that there is no possibility of producing nice dishes without a liberal allowance of good ingredients. "Out of nothing, nothing can come," is a homely proverb, but a true one. And so is the ancient caution against being "penny-wise and pound-foolish." By judicious management, and by taking due care that nothing is wasted or thrown away which might be used to advantage, one family will live "excellently well," at no greater cost in the end than another family is expending on a table that never has a good thing upon it.

A sufficiency of wholesome and well-prepared food is absolutely necessary to the preservation of health and strength, both of body and mind. Ill-fed children rarely grow up with vigorous constitutions; and dyspepsia, in adults, is as frequently produced by eating food that is unpalatable or disagreeable to their taste, as by indulging too much in things they peculiarly relish. For those who possess the means of living well, it is a false (and sometimes fatal) economy to live badly; particularly when there is a lavish expenditure in fine clothes, fine furniture, and other ostentations, only excusable when not purchased at the expense of health and comfort.

Eliza Leslie.

Philadelphia, Jan. 16, 1851

*\*My instructress, the late Mrs. Goodfellow, remarked, in allusion to the dullness or silliness of some of her pupils, "It requires a head even to make cakes."*



## INTRODUCTORY HINTS

### WEIGHTS AND MEASURES

We recommend to all families that they should keep in the house a pair of scales, (one of the scales deep enough to hold flour, sugar, &c., conveniently,) and a set of tin measures; as accuracy in proportioning the ingredients is indispensable to success in cookery. It is best to have the scales permanently fixed to a small beam projecting (for instance) from one of the shelves of the store-room. This will preclude the frequent inconvenience of their getting twisted, unlinked, and otherwise out of order; a common consequence of putting them in and out of their box, and carrying them from place to place. The weights (of which there should be a set from two pounds to a quarter of an ounce) ought carefully to be kept in the box, that none of them may be lost or mislaid.

A set of tin measures (with small spouts or lips) from a gallon down to half a gill, will be found very convenient in every kitchen; though common pitchers, bowls, glasses, &c. may be substituted. It is also well to have a set of wooden measures from a bushel to a quarter of a peck.

Let it be remembered, that of liquid measure—

*Two gills are half a pint.  
Two pints = one quart.  
Four quarts = one gallon.*

Of dry measure—

*Half a gallon is a quarter of a peck.  
One gallon = half a peck.  
Two gallons = one peck.  
Four gallons = half a bushel.  
Eight gallons = one bushel.*

About twenty-five drops of any thin liquid will fill a common sized teaspoon.

Four tablespoonfuls or half a gill, will fill a common wine glass.

Four wine glasses will fill a half-pint or common tumbler, or a large coffee-cup.

A quart black bottle holds in reality about a pint and a half.

Of flour, butter, sugar, and most articles used in cakes and pastry, a quart is generally about equal in quantity to a pound avoirdupois, (sixteen ounces.) Avoirdupois is the weight designated throughout this book.

Ten eggs generally weigh one pound before they are broken.

A tablespoonful of salt is generally about one ounce.

A “Loaf of Sugar” was the method of packaging. The product was purchased as a cone-shaped block, not granulated



## SOUPS

### GENERAL REMARKS

Always use soft water for making soup, and be careful to proportion the quantity of water to that of the meat. Somewhat less than a quart of water to a pound of meat, is a good rule for common soups. Rich soups, intended for company, may have a still smaller allowance of water.

Soup should always be made entirely of fresh meat that has not been previously cooked. An exception to this rule may sometimes be made in favour of the remains of a piece of roast beef that has been *very much* under-done in roasting. This may be *added* to a good piece of raw meat. Cold ham, also, may be occasionally put into white soups.

Soup made of cold meat has always a vapid, disagreeable taste, very perceptible through all the seasoning, and which nothing indeed can disguise. Also, it will be of a bad, dingy colour. The juices of the meat having been exhausted by the first cooking, the undue proportion of watery liquid renders it, for soup, indigestible and unwholesome, as well as unpalatable. As there is little or no nutriment to be derived from soup made with cold meat, it is better to refrain from using it for this purpose, and to devote the leavings of the table to some other object. No person accustomed to really good soup, made from fresh meat, can ever be deceived in the taste, even when flavoured with wine and spices. It is not true that French cooks have the art of producing *excellent* soups from cold scraps. There is much *bad* soup to be found in France, at inferior houses; but *good* French cooks are not, as is generally supposed, really in the practice of concocting any dishes out of the refuse of the table. And we repeat, that cold meat, even when perfectly good, and used in a large quantity, has not sufficient substance to flavour soup, or to render it wholesome.

Soup, however, that has been originally made of raw meat entirely, is frequently better the second day than the first; provided that it is re-boiled only for a very short time, and that no additional water is added to it.

Unless it has been allowed to boil too hard, so as to exhaust the water, the soup-pot will not require replenishing. When it is found absolutely necessary to do so, the additional water must be boiling hot when poured in; if lukewarm or cold, it will entirely spoil the soup.

Every particle of fat should be carefully skimmed from the surface. Greasy soup is disgusting and unwholesome. The lean of meat is much better for soup than the fat.

Long and slow boiling is necessary to extract the strength from the meat. If boiled fast over a large fire, the meat becomes hard and tough, and will not give out its juices.

Potatoes, if boiled in the soup, are thought by some to render it unwholesome, from the opinion that the water in which potatoes have been cooked is almost a poison. As potatoes are a part of every dinner, it is very easy to take a few out of the pot in which they have been boiled by themselves, and to cut them up and add them to the soup just before it goes to table. Remove all shreds of meat and bone.

The cook should season the soup but very slightly with salt and pepper. If she puts in too much, it may spoil it for the taste of most of those that are to eat it; but if too little, it is easy to add more to your own plate.

The practice of thickening soup by stirring flour into it is not a good one, as it spoils both the appearance and the taste. If made with a sufficient quantity of good fresh meat, and not too much water, and if boiled long and slowly, it will have substance enough without flour.



### FAMILY SOUP.

Take a shin or leg of beef that has been newly killed; the fore leg is best, as there is the most meat on it. Have it cut into three pieces, and wash it well. To each pound allow somewhat less than a quart of water; for instance, to ten pounds of leg of beef, nine quarts of water is a good proportion. Put it into a large pot, and add half a table-spoonful of salt. Hang it over a good fire, as early as six o'clock in the morning, if you dine at two. When it has come to a hard boil, and the scum has risen, (which it will do as soon as it has boiled,) skim it well. Do not remove the lid more frequently than is absolutely necessary, as uncovering the pot causes the flavour to evaporate. Then set it on hot coals in the corner, and keep it simmering steadily, adding fresh coals so as to continue a regular heat.

About nine o'clock, put in four carrots, one parsnip, and a large onion cut into slices, and four small turnips, and eight tomatoes, also cut up; add a head of celery cut small. Put in a very small head of cabbage, cut into little pieces. If you have any objection to cabbage, substitute a larger proportion of the other vegetables. Put in also a bunch of sweet marjoram, tied up in a thin muslin rag to prevent its floating on the top.

Let the soup simmer unceasingly till two o'clock, skimming it well: then take it up, and put it into a tureen. If your dinner hour is later, you may of course begin the soup later; but it will require at least eight hours' cooking; remembering to put in the vegetables three hours after the meat.

If you wish to send the meat to table, take the best part of it out of the soup, about two hours before dinner. Have ready another pot with a dozen tomatoes and a few cloves. Moisten them with a little of the soup, just sufficient to keep them from burning. When the tomatoes have stewed down soft, put the meat upon them, and let it brown till dinner time over a few coals, keeping the pot closely covered: then send it to table on a dish by itself. Let the remainder of the meat be left in the large pot till you send up the soup, as by that time it will be boiled to rags and have transferred all its flavour to the liquid, which should be served up free from shreds.

This soup will be greatly improved by the addition of a few dozen ochras cut into very thin slices, and put in with the other vegetables. You may put Lima beans into it, green peas, or indeed any vegetables you like: or you may thicken it with ochras and tomatoes only.

Next day, take what is left of the soup, put it into a pot, and simmer it over hot coals for half an hour: a longer time will weaken the taste. If it has been well made and kept in a cool place, it will be found better the second day than the first.

If your family is very small, and the leg of beef large and the season winter, it may furnish soup for four successive days. Cut the beef in half; make soup of the first half, in the manner above directed, and have the remainder warmed next day: then on the third day make fresh soup of the second half.

We have been minute in these directions; for if strictly followed, the soup, though plain, will be found excellent.

If you do not intend to serve up the meat separately, break to pieces all the bones with a mallet or kitchen cleaver. This, by causing them to give out their marrow, &c., will greatly enrich the liquid. Do this, of course, when you first begin the soup. It is a slovenly and vulgar practice to send soup to table with shreds of meat and bits of bone in it.

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### MUTTON SOUP

Cut off the shoulder part of a fore quarter of mutton, and having cut all the meat from the bone, put it into a soup pot with two quarts of water. As soon as it boils, skim it well, and then slacken the fire and simmer the meat for an hour and a half. Then take the remainder of the mutton, and put it whole into the soup-pot with sufficient boiling water to cover it well, and salt it to your taste. Skim it the moment the fresh piece of meat begins to boil, and about every quarter of an hour afterwards. It should boil slowly five hours. Prepare half a dozen turnips, four carrots, and three onions, (all cut up, but not small,) and put them in about an hour and a half before dinner. You may also put in some small dumplings. Add some chopped parsley.

Cut the meat off the scrag into small pieces, and send it to table in the tureen with the soup. The other half of the mutton should be served on a separate dish, with whole turnips boiled and laid round it. Many persons are fond of mutton that has been boiled in soup.

You may thicken this soup with rice or barley that has first been soaked in cold water; or with green peas; or with young corn, cut down from the cob; or with tomatoes scalded, peeled, and cut into pieces.

*Cabbage Soup* may be made in the same manner, of neck of mutton. Omit all the other vegetables, and put in a large head of white cabbage, stripped of the outside leaves, and cut small.

*Noodle Soup* can be made in this manner also. Noodles are a mixture of flour and beaten egg, made into a stiff paste, kneaded, rolled out very thin, and cut into long narrow slips, not thicker than straws, and then dried three or four hours in the sun, on tin or pewter plates. They must be put in the soup shortly before dinner, as, if boiled too long they will go to pieces.

With the mutton that is taken from the soup you may send to table some suet dumplings, boiled in another pot, and served on a separate dish. Make them in the proportion of half a pound of beef suet to a pound and a quarter of flour. Chop the suet as fine as possible, rub it into the flour, and mix it into a dough with a little cold water. Roll it out thick, and cut it into dumplings about as large as the top of a tumbler, and boil them an hour.



### FINE BEEF SOUP.

Begin this soup the day before it is wanted. Take a good piece of fresh beef that has been newly killed: any substantial part will do that has not too much fat about it: a fore leg is very good for this purpose. Wash it well. Cut off all the meat, and break up the bones. Put the meat and the bones into a large pot, very early in the day, so as to allow eight or nine hours for its boiling. Proportion the water to the quantity of meat—about a pint and a half to each pound. Sprinkle the meat with a small quantity of pepper and salt. Pour on the water, hang it over a moderate fire, and boil it slowly: carefully skimming off all the fat that rises to the top, and keeping it closely covered, except when you raise the lid to skim it. Do not, on any account, put in additional water to this soup while it is boiling; and take care that the boiling goes steadily on, as, if it stops, the soup will be much injured. But if the fire is too great, and the soup boils too fast, the meat will become hard and tough, and will not give out its juices.

After the meat is reduced to rags, and the soup sufficiently boiled, remove the pot from the fire, and let it stand in the corner for a quarter of an hour to settle. Then take it up, strain it into a large earthen pan, cover it, and set it away in a cool dry place till next day. Straining it makes it clear and bright, and frees it from the shreds of meat and bone. If you find that it jellies in the pan, (which it will if properly made,) do not disturb it till you are ready to put it into the pot for the second boiling, as breaking the jelly may prevent it from keeping well.

On the following morning, boil separately, carrots, turnips, onions, celery, and whatever other vegetables you intend to thicken the soup with. tomatoes will greatly improve it. Prepare them by taking off the skin, cutting them into small pieces, and stewing them in their own juice till they are entirely dissolved. Put on the carrots before any of the other vegetables, as they require the longest time to boil. Or you may slice and put into the soup a portion of the vegetables you are boiling for dinner; but they must be nearly done before you put them in, as the second boiling of the soup should not exceed half an hour, or indeed, just sufficient time to heat it thoroughly.

Scrape off carefully from the cake of jellied soup whatever fat or sediment may still be remaining on it; divide the jelly into pieces, and about half an hour before it is to go to table, put it into a pot, add the various vegetables, (having first sliced them,) in sufficient quantities to make the soup very thick; hang it over the fire and let it boil slowly, or simmer steadily till dinner time. Boiling it much on the second day will destroy the flavour, and render it flat and insipid. For this reason, in making fine, clear beef soup, the vegetables are to be cooked separately. They need not be put in the first day, as the soup is to be strained; and on the second day, if put in raw, the length of time required to cook them would spoil the soup by doing it too much. We repeat, that when soup has been sufficiently boiled on the first day, and all the juices and flavour of the meat thoroughly extracted, half an hour is the utmost it requires on the second.

Carefully avoid seasoning it too highly. Soup, otherwise excellent, is frequently spoiled by too much pepper and salt. These condiments can be added at table, according to the taste of those that are eating it; but if too large a proportion of them is put in by the cook, there is then no remedy, and the soup may by some be found uneatable.

Many persons prefer boiling all the vegetables in the soup on the first day, thinking that they improve its flavour. This may be done in common soup that is not to be strained, but is inadmissible if you wish it to be very bright and clear. Also, unless you have a garden and a profusion of vegetables of your own, it is somewhat extravagant, as when strained out they are of no further use, and are therefore wasted.

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### VEAL SOUP

The knuckle or leg of veal is the best for soup. Wash it and break up the bones. Put it into a pot with a pound of ham or bacon cut into pieces, and water enough to cover the meat. A set of calf's feet, cut in half, will greatly improve it. After it has stewed slowly, till all the meat drops to pieces, strain it, return it to the pot, and put in a head of celery cut small, three onions, a bunch of sweet marjoram, a carrot and a turnip cut into pieces, and two dozen black pepper-corns, but not any salt. Add some small dumplings made of flour and butter. Simmer it another hour, or till all the vegetables are sufficiently done, and thus send it to table.

You may thicken it with noodles, that is paste made of flour and beaten egg, and cut into long thin slips. Or with vermicelli, rice, or barley; or with green peas, or asparagus tops.

### RICH VEAL SOUP

Take three pounds of the scrag of a neck of veal, cut it into pieces, and put it with the bones (which must be broken up) into a pot with two quarts of water. Stew it till the meat is done to rags, and skim it well. Then strain it and return it to the pot.

Blanch and pound in a mortar to a smooth paste, a quarter of a pound of sweet almonds, and mix them with the yolks of six hard boiled eggs grated, and a pint of cream, which must first have been boiled or it will curdle in the soup. Season it with nutmeg and mace. Stir the mixture into the soup, and let it boil afterward about three minutes, stirring all the time. Lay in the bottom of the tureen some slices of bread without the crust. Pour the soup upon it, and send it to table.





### CLEAR GRAVY SOUP

Having well buttered the inside of a nicely tinned stew-pot, cut half a pound of ham into slices, and lay them at the bottom, with three pounds of the lean of fresh beef, and as much veal, cut from the bones, which you must afterward break to pieces, and lay on the meat. Cover the pan closely, and set it over a quick fire. When the meat begins to stick to the pan, turn it; and when there is a nice brown glaze at the bottom, cover the meat with cold water. Watch it well, and when it is just coming to a boil, put in a pint of water. This will cause the scum to rise. Skim it well, and then pour in another pint of water; skim it again; pour in water as before, a pint at a time, and repeat this till no more scum rises. In skimming, carefully avoid stirring the soup, as that will injure its clearness.

In the mean time prepare your vegetables. Peel off the outer skin of three large white onions and slice them. Pare three large turnips, and slice them also. Wash clean and cut into small pieces three carrots, and three large heads of celery. If you cannot obtain fresh celery, substitute a large table-spoonful of celery seed, tied up in a bit of clear muslin. Put the vegetables into the soup, and then place the pot on one side of the fire, where the heat is not so great as in the middle. Let it boil gently for four hours. Then strain the soup through a fine towel or linen bag into a large stone pan, but do not squeeze the bag, or the soup will be cloudy, and look dull instead of clear. In pouring it into the straining cloth, be careful not to disturb the ingredients at the bottom of the soup-pot.

This soup should be of a fine clear amber colour. If not perfectly bright after straining, you may clarify it in this manner. Put it into the stew-pan. Break the whites of two eggs into a basin, carefully avoiding the smallest particle of the yolk. Beat the white of egg to a stiff froth, and then mix it gradually with the soup. Set it over the fire, and stir it till it boils briskly. Then take it off, and set it beside the fire to settle for ten minutes. Strain it then through a clean napkin, and it will be fit for use. But it is better to have the soup clear by making it carefully, than to depend on clarifying it afterward, as the white of egg weakens the taste.

*In making this (which is quite a show-soup) it is customary to reverse the general rule, and pour in cold water.*

### SOUPE À LA JULIENNE

Make a gravy soup as in the preceding receipt, and strain it before you put in the vegetables. Cut some turnips and carrots into ribands, and some onions and celery into lozenges or long diamond-shaped pieces. Boil them separately. When the vegetables are thoroughly boiled, put them with the soup into the tureen, and then lay gently on the top some small squares of toasted bread without crust; taking care that they do not crumble down and disturb the brightness of the soup, which should be of a clear amber colour.



### MACARONI SOUP

This also is made of clear gravy soup. Cut up and boil the macaroni by itself in a very little water, allowing a quarter of a pound to a quart of soup. The pieces should be about an inch long. Put a small piece of butter with it. It must boil till tender, but not till it breaks. Throw it into the soup shortly before it goes to table, and give it one boil up. Send to table with it a plate or glass of rasped Parmesan or other rich cheese, with a dessert spoon in it, that those who like it may put it into their soup on the plate.

*While the macaroni is boiling, take care that it does not get into lumps.*

### RICH MACARONI SOUP

Take a quart of clear gravy soup, and boil in it a pound of the best macaroni cut into pieces. When it is tender, take out half of the macaroni, and add to the remainder two quarts more of the soup. Boil it till the macaroni is entirely dissolved and incorporated with the liquid. Strain it: then return it to the soup-pan, and add to it the remainder of the macaroni, (that was taken out before the pieces broke,) and put in a quarter of a pound of grated Parmesan cheese. Let it simmer awhile, but take it up before it comes to a boil.

*It may be made with milk instead of gravy soup.*

### VERMICELLI SOUP

Cut a knuckle of veal, or a neck of mutton into small pieces, and put them, with the bones broken up, into a large stew-pan. Add the meat sliced from a hock or shank of ham, a quarter of a pound of butter, two large onions sliced, a bunch of sweet herbs, and a head of celery cut small. Cover the pan closely, and set it without any water over a slow fire for an hour or more, to extract the essence from the meat. Then skim it well, and pour in four quarts of boiling water, and let it boil gently till all the meat is reduced to rags. Strain it, set it again on the fire, and add a quarter of a pound of vermicelli, which has first been scalded in boiling water. Season it to your taste with a little cayenne pepper, and let it boil five minutes. Lay a large slice of bread in the bottom of your tureen, and pour the soup upon it.

For the veal or mutton you may substitute a pair of large fowls cut into pieces; always adding the ham or a few slices of bacon, without which it will be insipid. Old fowls that are fit for no other purpose will do very well for soup.



These two soups (the brown and the white) are suited to dinner parties.

### **RICH BROWN SOUP**

Take six pounds of the lean of fresh beef, cut from the bone. Stick it over with four dozen cloves. Season it with a tea-spoonful of salt, a tea-spoonful of pepper, a tea-spoonful of mace, and a beaten nutmeg. Slice half a dozen onions; fry them in butter; chop them, and spread them over the meat after you have put it into the soup-pot. Pour in five quarts of water, and stew it slowly for five or six hours; skimming it well. When the meat has dissolved into shreds, strain it, and return the liquid to the pot. Then add a tumbler and a half, or six wine glasses of claret or port wine. Simmer it again slowly till dinner time. When the soup is reduced to three quarts, it is done enough. Put it into a tureen, and send it to table.

### **RICH WHITE SOUP**

Take a pair of large fat fowls. Cut them up. Butter the inside of the soup-pot, and put in the pieces of fowl with two pounds of the lean of veal, cut into pieces, or with four calf's feet cut in half. Season them with a tea-spoonful of salt, a half tea-spoonful of cayenne pepper, and a dozen blades of mace. Cover them with water, and stew it slowly for an hour, skimming it well. Then take out the breasts and wings of the fowls, and having cut off the flesh, chop it fine. Keep the pot covered, and the veal and the remainder of the fowls still stewing.

Mix the chopped chicken with the grated crumb of about one quarter of a loaf of stale bread, (a six cent loaf,) having soaked the crumbs in a little warm milk. Have ready the yolks of four hard boiled eggs, a dozen sweet almonds, and half a dozen bitter ones blanched and broken small. Mix the egg and almonds with the chopped chicken and grated bread, and pound all in a mortar till it is well incorporated. Strain the soup from the meat and fowl, and stir this mixture into the liquid, after it has stewed till reduced to two quarts. Having boiled separately a quart of cream or rich milk, add it hot to the soup, a little at a time. Cover it, and let it simmer a few minutes longer. Then send it to table.



### **MILK SOUP**

Boil two quarts of milk with a quarter of a pound of sweet almonds, and two ounces of bitter ones, blanched and broken to pieces, and a large stick of cinnamon broken up. Stir in sugar enough to make it very sweet. When it has boiled, strain it. Cut some thin slices of bread, and (having pared off the crust) toast them. Lay them in the bottom of a tureen, pour a little of the hot milk over them, and cover them close, that they may soak. Beat the yolks of five eggs very light. Set the milk on hot coals, and add the eggs to it by degrees; stirring it all the time till it thickens. Then take it off instantly, lest it curdle, and pour it into the tureen, boiling not, over the bread.

*This will be still better if you cover the bottom with slices of baked apple.*

### **MEG MERRILIES' SOUP**

Take four pounds of venison, or if you cannot procure venison you may substitute the lean of fresh beef or mutton. Season it with pepper and salt, put it into a large pot, (break the bones and lay them on the meat,) pour in four quarts of water, and boil it three hours, skimming it well. Then strain it, and put it into another pot.

Cut up a hare or a rabbit, a pair of partridges, and a pair of grouse; or one of each, with a pheasant, a woodcock, or any other game that you can most easily obtain. Season them and put them into the soup. Add a dozen small onions, a couple of heads of celery cut small, and half a dozen sliced potatoes. Let the soup simmer till the game is sufficiently done, and all the vegetables tender.

*This is the soup with which the gipsy, Meg Merrilies, regaled Dominie Sampson.*

*When game is used for soup, it must be newly killed, and quite fresh.*

### **VENISON SOUP**

Take four pounds of freshly killed venison cut off from the bones, and one pound of ham in small slices. Add an onion minced, and black pepper to your taste. Put only as much water as will cover it, and stew it gently for an hour, keeping the pot closely covered. Then skim it well, and pour in a quart of boiling water. Add a head of celery cut into small pieces, and half a dozen blades of mace. Boil it gently two hours and a half. Then put in a quarter of a pound of butter, divided into small pieces and rolled in flour, and half a pint of port or Madeira wine. Let it boil a quarter of an hour longer, and then send it to table with the meat in it.



### HARE OR RABBIT SOUP

Take a large newly killed hare, or two rabbits; cut them up and wash the pieces. Save all the blood, (which adds much to the flavour of the hare,) and strain it through a sieve. Put the pieces into a soup-pot with four whole onions stuck with a few cloves, four or five blades of mace, a head of celery cut small, and a bunch of parsley with a large bunch of sweet marjoram and one of sweet basil, all tied together. Salt and cayenne to your taste. Pour in three quarts of water, and stew it gently an hour and a half. Then put in the strained blood and simmer it for another hour, at least. Do not let it actually boil, as that will cause the blood to curdle. Then strain it, and pound half the meat in a mortar, and stir it into the soup to thicken it, and cut the remainder of the meat into small mouthfuls. Stir in, at the last, a gill or two glasses of red wine, and a large table-spoonful of currant jelly. Boil it slowly a few minutes longer, and then put it into your tureen. It will be much improved by the addition of two or three dozen small force meat balls, about the size of a nutmeg. This soup will require cooking at least four hours.

Partridge, pheasant, or grouse soup may be made in a similar manner.

If you have any clear gravy soup, you may cut up the hare, season it as above, and put it into a jug or jar well covered and set in boiling water till the meat is tender. Then put it into the gravy soup, add the wine, and let it come to a boil. Send it to table with the pieces of the hare in the soup.

*When hare soup is made in this last manner,  
omit using the blood.*

### OX TAIL SOUP

Three ox tails will make a large tureen full of soup. Desire the butcher to divide them at the joints. Rub them with salt, and put them to soak in warm water, while you prepare the vegetables. Put into a large pot or stew-pan four onions peeled and quartered, a bunch of parsley, two sliced carrots, two sliced turnips, and two dozen pepper corns. Then put in the tails, and pour on three quarts of water.

Cover the pot, and set it on hot coals by the side of the fire. Keep it gently simmering for about three hours, supplying it well with fresh hot coals. Skim it carefully. When the meat is quite tender, and falls from the bones, strain the soup into another pot, and add to it a spoonful of mushroom catchup, and two spoonfuls of butter rubbed in flour.

You may thicken it also with the pulp of a dozen onions first fried soft, and then rubbed through a cullender. After it is thickened, let it just boil up, and then send it to table, with small squares of toasted bread in the tureen.



### MULLAGATAWNY SOUP, AS MADE IN INDIA

Take a quarter of an ounce of China turmeric, the third of an ounce of cassia, three drachms of black pepper, two drachms of cayenne pepper, and an ounce of coriander seeds. These must all be pounded fine in a mortar, and well mixed and sifted. They will make sufficient curry powder for the following quantity of soup:

Take two large fowls, or three pounds of the lean of veal. Cut the flesh entirely from the bones in small pieces, and put it into a stew-pan with two quarts of water. Let it boil slowly for half an hour, skimming it well. Prepare four large onions, minced, and fried in two ounces of butter. Add to them the curry powder, and moisten the whole with broth from the stew-pan, mixed with a little rice flour. When thoroughly mixed, stir the seasoning into the soup, and simmer it till it is as smooth and thick as cream, and till the chicken or veal is perfectly tender. Then stir into it the juice of a lemon; and five minutes after take up the soup, with the meat in it, and serve it in the tureen.

Send to table separately, boiled rice on a hot water dish to keep it warm. The rice is to be put into the plates of soup by those who eat it.

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To boil rice for this soup in the East India fashion:— Pick and wash half a pound in warm water. Put it into a saucepan. Pour two quarts of boiling water over it, and cover the pan closely. Set it in a warm place by the fire, to cook gradually in the hot water. In an hour pour off all the water, and setting the pan on hot coals, stir up and toss the rice with a fork, so as to separate the grains, and to dry without hardening it. Do not use a spoon, as that will not loosen the grains sufficiently. You may toss it with two forks.

### OCHRA SOUP

Take a large slice of ham (cold boiled ham is best) and two pounds of the lean of fresh beef; cut all the meat into small pieces. Add a quarter of a pound of butter slightly melted: twelve large tomatoes pared and cut small; five dozen ochras cut into slices not thicker than a cent; and a little cayenne pepper to your taste. Put all these ingredients into a pot; cover them with boiling water, and let them stew slowly for an hour. Then add three quarts of *hot* water, and increase the heat so as to make the soup boil. Skim it well, and stir it frequently with a wooden or silver spoon.

Boil it till the tomatoes are all to pieces, and the ochras entirely dissolved. Strain it, and then serve it up with toasted bread cut into dice, put in after it comes out of the pot.

*This soup will be improved by a pint of shelled Lima beans, boiled by themselves, and put into the tureen just before you send it to table.*



### MOCK TURTLE OR CALF'S HEAD SOUP

This soup will require eight hours to prepare. Take a large calf's head, and having cleaned, washed, and soaked it, put it into a pot with a knuckle of veal, and the hock of a ham, or a few slices of bacon; but previously cut off and reserve enough of the veal to make two dozen small force meat balls. Put the head and the other meat into as much water as will cover it very well, so that it may not be necessary to replenish it: this soup being always made very rich. Let it boil slowly four hours, skimming it carefully. As soon as no more scum rises, put in six potatoes, and three turnips, all sliced thin; with equal proportions of parsley, sweet marjoram, and sweet basil, chopped fine; and cayenne pepper to your taste. The ham will salt it sufficiently.

An hour before you send the meat to table, make about two dozen small force meat balls of minced veal and beef-suet in equal quantities, seasoned with pepper and salt; sweet herbs, grated lemon-peel, and powdered nutmeg and mace. Add some beaten yolk of egg to make all these ingredients stick together. Flour the balls very well, and fry them in butter. Before you put them into the soup, take out the head, and the other meat. Cut the meat from the head in small pieces, and return it to the soup. When the soup is nearly done, stir in half a pint of Madeira. Have ready at least a dozen egg-balls made of the yolks of hard boiled eggs, grated or pounded in a mortar, and mixed with a little flour and sufficient raw yolk of egg to bind them. Make them up into the form and size of boy's marbles. Throw them into the soup at the last, and also squeeze in the juice of a lemon. Let it get another slow boil, and then put it into the tureen.

*We omit a receipt for real turtle soup, as when that very expensive, complicated, and difficult dish is prepared in a private family, it is advisable to hire a first-rate cook for the express purpose.*

*An easy way is to get it ready made, in any quantity you please, from a turtle-soup house.*

### PEAS SOUP

Soak two quarts of dried or split peas over-night. In the morning take three pounds of the lean of fresh beef, and a pound of bacon or pickled pork. Cut them into pieces, and put them into a large soup-pot with the peas, (which must first be well drained,) and a table-spoonful of dried mint rubbed to powder. Add five quarts of water, and boil the soup gently for three hours, skimming it well, and then put in four heads of celery cut small, or two table-spoonfuls of pounded celery seed.

It must be boiled till the peas are entirely dissolved, so as to be no longer distinguishable, and the celery quite soft. Then strain it into a tureen, and serve it up with toasted bread cut in dice. Omit the crust of the bread.

Stir it up immediately before it goes to table, as it is apt to settle, and be thick at the bottom and thin at the top.



### GREEN PEAS SOUP

Take four pounds of knuckle of veal, and a pound of bacon. Cut them to pieces, and put them into a soup kettle with a sprig of mint and five quarts of water. Boil it moderately fast, and skim it well. When the meat is boiled to rags, strain it out, and put to the liquor a quart of young green peas. Boil them till they are entirely dissolved, and till they have thickened the soup, and given it a green colour.

Have ready two quarts of green peas that have been boiled in another pot with a sprig of mint, and two or three lumps of loaf sugar, (which will greatly improve the taste.) After they have boiled in this pot twenty minutes, take out the mint, put the whole peas into the pot of soup, and boil all together about ten minutes. Then put it into a tureen, and send it to table.

Never use hard old green peas for this soup, or for any other purpose. When they begin to turn yellow, it is time to leave them off for the season.

*Lima bean soup may be made in the same manner.*

### BEAN SOUP

Put two quarts of dried white beans into soak the night before you make the soup, which should be put on as early in the day as possible.

Take five pounds of the lean of fresh beef—the coarse pieces will do. Cut them up, and put them into your soup-pot with the bones belonging to them, (which should be broken to pieces,) and a pound of bacon cut very small. If you have the remains of a piece of beef that has been roasted the day before, and so much under-done that the juices remain in it, you may put it into the pot, and its bones along with it. Season the meat with pepper only, and pour on it six quarts of water. As soon as it boils take off the scum, and put in the beans (having first drained them) and a head of celery cut small, or a table-spoonful of pounded celery-seed. Boil it slowly till the meat is done to shreds, and the beans all dissolved. Then strain it through a cullender into the tureen, and put into it small squares of toasted bread with the crust cut off.

*Some prefer it with the beans boiled soft, but not quite dissolved. In this case, do not strain it; but take out the meat and bones with a fork before you send it to table.*



### ASPARAGUS SOUP

Asparagus soup may be made in a similar manner to that of green peas. You must have four or five bunches of asparagus. Cut off the green tops, and put half of them into the soup, after the meat has been boiled to pieces and strained out. The asparagus must be boiled till quite dissolved, and till it has given a green colour to the soup. Then take the remainder of the asparagus tops (which must all this time have been lying in cold water) and put them into the soup, and let them boil about twenty minutes. Serve it up with small squares of toast in the tureen.

You may heighten the green of this soup by adding the juice of a handful of spinach, pounded in a mortar and strained. Or you may colour it with the juice of boiled spinach squeezed through a cloth. The spinach juice should be put in fifteen or ten minutes before you take up the soup, as a short boiling in it will take off the peculiar taste.

### FRIAR'S CHICKEN

Cut up four pounds of knuckle of veal; season it with white pepper and salt: put it into a soup-pan and let it boil slowly till the meat drops from the bone. Then strain it off. Have ready a pair of young fowls skinned, and cut up as you carve them at table. Season them with white pepper, salt, and mace. Put them into the soup, add a handful of chopped parsley, and let them boil. When the pieces of chicken are all quite tender, have ready four or five eggs well beaten. Stir the egg into the soup, and take it immediately off the fire lest it curdle. Serve up the chicken in the soup.

*Rabbits may be substituted for fowls.*

## FISH SOUPS

### CAT-FISH SOUP

Cat-fish that have been caught near the middle of the river are much nicer than those that are taken near the shore where they have access to impure food. The small white ones are the best. Having cut off their heads, skin the fish, and clean them, and cut them in three. To twelve small cat-fish allow a pound and a half of ham. Cut the ham into small pieces, or mouthfuls, and scald it two or three times in boiling water, lest it be too salt. Chop together a bunch of parsley and some sweet marjoram stripped from the stalks. Put these ingredients into a soup kettle and season them with pepper: the ham will make it salt enough. Add a head of celery cut small, or a large table-spoonful of celery seed tied up in a bit of clear muslin to prevent its dispersing. Put in two quarts of water, cover the kettle, and let it boil slowly till every thing is sufficiently done, and the fish and ham quite tender. Skim it frequently. Boil in another vessel a quart of rich milk, in which you have melted a quarter of a pound of butter divided into small bits and rolled in flour. Pour it hot to the soup, and stir in at the last the beaten yolks of four eggs. Give it another boil, just to take off the rawness of the eggs, and then put it into a tureen, taking out the bag of celery seed before you send the soup to table, and adding some toasted bread cut into small squares. In making toast for soup, cut the bread thick, and pare off all the crust.

Before you send it to table, remove the back-bones of the cat-fish.

*Eel soup may be made in the same manner:  
chicken soup also.*



### LOBSTER SOUP

Have ready a good broth made of a knuckle of veal boiled slowly in as much water as will cover it, till the meat is reduced to rags. It must then be well strained.

Having boiled three fine middle-sized lobsters, extract all the meat from the body and claws. Bruise part of the coral in a mortar, and also an equal quantity of the meat. Mix them well together. Add mace, nutmeg, cayenne, and a little grated lemon-peel; and make them up into force meat balls, binding the mixture with the yolk of an egg slightly beaten.

Take three quarts of the veal broth, and put into it the meat of the lobsters cut into mouthfuls. Boil it together about twenty minutes. Then thicken it with the remaining coral, (which you must first rub through a sieve,) and add the force meat balls, and a little butter rolled in flour. Simmer it gently for ten minutes, but do not let it come to a boil, as that will injure the colour. Pour it into a tureen, and send it to table immediately.

### OYSTER SOUP

Season two quarts of oysters with a little cayenne. Then take them out of the liquor. Grate and roll fine a dozen crackers. Put them into the liquor with a large lump of fresh butter. When the grated biscuit has quite dissolved, add a quart of milk with a grated nutmeg, and a dozen blades of mace; and, if in season, a head of celery split fine and cut into small pieces. Season it to your taste with pepper.

Mix the whole together, and set it in a closely covered vessel over a slow fire. When it comes to a boil, put in the oysters; and when it comes to a boil again, they will be sufficiently done.

*Before you send it to table put into the tureen some toasted bread cut into small squares, omitting the crust.*

### ANOTHER OYSTER SOUP

Take two quarts of large oysters. Strain their liquor into a soup pan; season it with a tea-spoonful of whole pepper, a tea-spoonful of grated nutmeg, the same quantity of whole cloves, and seven or eight blades of mace. If the oysters are fresh, add a large tea-spoonful of salt; if they are salt oysters, none is requisite. Set the pan on hot coals, and boil it slowly (skimming it when necessary) till you find that it is sufficiently flavoured with the taste of the spice. In the mean time (having cut out the hard part) chop the oysters fine, with some hard-boiled yolk of egg. Take the liquor from the fire, and strain out the spice from it. Then return it to the soup pan, and put the chopped oysters into it, with whatever liquid may have continued about them. Add a quarter of a pound of butter, divided into little bits and rolled in flour. Cover the pan, and let it boil hard about five minutes. If oysters are cooked too much they become tough and tasteless.

### CLAM SOUP

Having put your clams into a pot of boiling water to make them open easily, take them from the shells, carefully saving the liquor. To the liquor of fifty opened clams, allow three quarts of water. Mix the water with the liquor of the clams and put it into a large pot with a knuckle of veal, the bone of which should be chopped in four places. When it has simmered slowly three hours, put in a large bunch of sweet herbs, a beaten nutmeg, a tea-spoonful of mace, and a table-spoonful of whole pepper, but no salt, as the salt of the clam liquor will be sufficient. Stew it slowly an hour longer, and then strain it. When you have returned the liquor to the pot, add a quarter of a pound of butter divided into four and each bit rolled in flour. Then put in the clams, (having cut them in pieces,) and let it boil fifteen minutes. Send it to table with toasted dice.

This soup will be greatly improved by the addition of small force meat balls. Make them of cold minced veal or chicken, mixed with equal quantities of chopped suet and sweet marjoram, and a smaller proportion of hard-boiled egg, grated lemon-peel, and powdered nutmeg. Pound all the ingredients together in a mortar, adding a little pepper and salt. Break in a raw egg or two (in proportion to the quantity) to bind the whole together and prevent it from crumbling to pieces. When thoroughly mixed, make the force meat into small balls, and let them boil ten minutes in the soup, shortly before you send it to table. If you are obliged to make them of raw veal or raw chicken they must boil longer.

*It will be a great improvement first to pound the clams in a mortar.*

*Oyster soup may be made in this manner.*

### PLAIN CLAM SOUP

Take a hundred clams, well washed, and put them into a large pot of boiling water. This will cause the shells to open. As they open take them out, and extract the clams, taking care to save the liquor. Mix with the liquor a quart of water, (or what will be much better, a quart of milk,) and thicken it with butter rolled in flour. Add a small bunch of sweet marjoram, and a large table-spoonful of whole pepper. Put the liquid into a pot over a moderate fire. Make some little round dumplings (about the size of a hickory nut) of flour and butter, and put them into the soup. When it comes to a boil, put in the clams, and keep them boiling an hour. Take them out before you send the soup to table.

When the soup is done, take out the sweet marjoram. Have ready some toasted bread cut into small squares or dice. Put it into the soup before you send it to table.

*You may make oyster soup in a similar manner.*

### WATER SOUCHY

Cut up four flounders, or half a dozen perch, two onions, and a bunch of parsley. Put them into three quarts of water, and boil them till the fish go entirely to pieces, and dissolve in the water. Then strain the liquor through a sieve and put it into a kettle or stew-pan. Have ready a few more fish with the heads, tails, and fins removed, and the brown skin taken off. Cut little notches in them, and lay them for a short time in very cold water. Then put them into the stew-pan with the liquor or soup-stock of the first fish. Season with pepper, salt, and mace, and add half a pint of white wine or two table-spoonfuls of vinegar. Boil it gently for a quarter of an hour, and skim it well.

Provide some parsley roots, cut into slices and boiled till very tender; and also a quantity of parsley leaves boiled nice and green. After the fish-pan has boiled moderately fifteen minutes, take it off the fire, and put in the parsley roots; also a little mushroom catchup.

Take out the fish and lay them in a broad deep dish, or in a tureen, and then pour on the soup very gently for fear of breaking them. Strew the green parsley leaves over the top. Have ready plates of bread and butter, which it is customary to eat with water souchy.

You may omit the wine or vinegar, and flavour the soup just before you take it from the fire with essence of anchovy, or with any other of the essences and compound fish-sauces that are in general use.

Water souchy (commonly pronounced *sookey*) is a Dutch soup. It may be made of any sort of small fish; but flounders and perch are generally used for it. It is very good made of carp.

## FISH

### REMARKS

In choosing fresh fish, select only those that are thick and firm, with bright scales and stiff fins; the gills a very lively red, and the eyes full and prominent. In the summer, as soon as they are brought home, clean them, and put them in ice till you are ready to cook them; and even then do not attempt to keep a fresh fish till next day. Mackerel cannot be cooked too soon, as they spoil more readily than any other fish.

Oysters in the shell may be kept from a week to a fortnight, by the following process. Cover them with water, and wash them clean with a birch broom. Then lay them with the deep or concave part of the shell undermost, and sprinkle each of them well with salt and Indian meal. Fill up the tub with cold water. Repeat this every day; first pouring off the liquid of the day before.

The tub must stand all the time in a cool cellar, and be covered well with an old blanket, carpeting, or something of the sort.

If carefully attended to, oysters kept in this manner will not only live but fatten.

It is customary to eat fish only at the commencement of the dinner. Fish and soup are generally served up alone, before any of the other dishes appear, and with no vegetable but potatoes; it being considered a solecism in good taste to accompany them with any of the other productions of the garden except a little horse-radish, parsley, &c. as garnishing.

In England and at the most fashionable tables in America, bread only is eaten with fish. To this rule salt cod is an exception.

### TO BOIL FRESH SALMON

Scale and clean the fish, handling it as little as possible, and cutting it open no more than is absolutely necessary. Place it on the strainer of a large fish-kettle and fill it up with cold water. Throw in a handful of salt. Let it boil slowly. The length of time depends on the size and weight of the fish. You may allow a quarter of an hour to each pound; but experience alone can determine the exact time. It must however be thoroughly done, as nothing is more disgusting than fish that is under-cooked. You may try it with a fork. Skim it well or the colour will be bad.

The minute it is completely boiled, lift up the strainer and rest it across the top of the kettle, that the fish may drain, and then, if you cannot send it to table immediately, cover it with a soft napkin or flannel several folds double, to keep it firm by absorbing the moisture.

Send it to table on a hot dish. Garnish with scraped horseradish and curled parsley. Have ready a small tureen of lobster sauce to accompany the salmon.

Take what is left of it after dinner, and put it into a deep dish with a close cover. Having saved some of the water in which the fish was boiled, take a quart of it, and season it with half an ounce of whole pepper, and half an ounce of whole cloves, half a pint of the best vinegar, and a tea-spoonful of salt. Boil it; and when cold, pour it over the fish, and cover it closely again. In a cold place, and set on ice, it will keep a day or two, and may be eaten at breakfast or supper.

If much of the salmon has been left, you must proportion a larger quantity of the pickle.

*Boil salmon trout in a similar manner.*



### TO BAKE FRESH SALMON WHOLE

Having cleaned a small or moderate sized salmon, season it with salt, pepper, and powdered mace rubbed on it both outside and in. Skewer it with the tail turned round and put to the mouth. Lay it on a stand or trivet in a deep dish or pan, and stick it over with bits of butter rolled in flour. Put it into the oven, and baste it occasionally, while baking, with its own drippings.

Garnish it with horseradish and sprigs of curled parsley, laid alternately round the edge of the dish; and send to table with it a small tureen of lobster sauce.

*Salmon trout may be drest in the same manner.*

### SALMON BAKED IN SLICES

Take out the bone and cut the flesh into slices. Season them with cayenne and salt. Melt two ounces of butter that has been rolled in flour, in a half pint of water, and mix with it two large glasses of port wine, two table-spoonfuls of catchup, and two of soy. This allowance is for a small quantity of salmon. For a large dish you must proportion the ingredients accordingly. You may add the juice of a large lemon. Mix all well. Then strain it and pour it over the slices of salmon. Tie a sheet of buttered paper over the dish, and put it into the oven.

*You may bake trout or carp in the same manner.*

### SMOKED SALMON

Cut the fish up the back; clean, and scale it, and take out the roe, but do not wash it. Take the bone neatly out. Rub it well inside and out with a mixture of salt and fine Havanna sugar, in equal quantities, and a small portion of saltpetre. Cover the fish with a board on which weights are placed to press it down, and let it lie thus for two days and two nights. Drain it from the salt, wipe it dry, stretch it open, and fasten it so with pieces of stick. Then hang it up and smoke it over a wood fire. It will be smoked sufficiently in five or six days.

*When you wish to eat it, cut off slices, soak them awhile in lukewarm water, and broil them for breakfast.*

## SALMON STEAKS

Split the salmon and take out the bone as nicely as possible, without mangling the flesh. Then cut it into fillets or steaks about an inch thick. Dry them lightly in a cloth, and dredge them with flour. Take care not to squeeze or press them. Have ready some clear bright coals, such as are fit for beef-steaks. Let the gridiron be clean and bright, and rub the bars with chalk to prevent the fish from sticking. Broil the slices thoroughly, turning them with steak tongs. Send them to table hot, wrapped in the folds of a napkin that has been heated. Serve up with them anchovy, or prawn, or lobster sauce.

Many epicures consider this the best way of cooking salmon.

Another way, perhaps still nicer, is to take some pieces of white paper and butter them well. Wrap in each a slice of salmon, securing the paper around them with a string or pins. Lay them on a gridiron, and broil them over a clear but moderate fire, till thoroughly done. Take off the paper, and send the cutlets to table hot, garnished with fried parsley.

*Serve up with them prawn or lobster sauce in a boat.*

## PICKLED SALMON

Take a fine fresh salmon, and having cleaned it, cut it into large pieces, and boil it in salted water as if for eating. Then drain it, wrap it in a dry cloth, and set it in a cold place till next day. Then make the pickle, which must be in proportion to the quantity of fish. To one quart of the water in which the salmon was boiled, allow two quarts of the best vinegar, one ounce of whole black pepper, one nutmeg grated, and a dozen blades of mace. Boil all these together in a kettle closely covered to prevent the flavour from evaporating. When the vinegar thus prepared is quite cold, pour it over the salmon, and put on the top a table-spoonful of sweet oil, which will make it keep the longer.

Cover it closely, put it in a dry cool place, and it will be good for many months.

*This is the nicest way of preserving salmon, and is approved by all who have tried it. Garnish with fennel.*

## TO BOIL HALIBUT

Halibut is seldom cooked whole; a piece weighing from four to six pounds being generally thought sufficient. Score deeply the skin of the back, and when you put it into the kettle lay it on the strainer with the back undermost. Cover it with cold water, and throw in a handful of salt. Do not let it come to a boil too fast. Skim it carefully, and when it has boiled hard a few minutes, hang the kettle higher, or diminish the fire under it, so as to let it simmer for about thirty or thirty-five minutes. Then drain it, and send it to table, garnished with alternate heaps of grated horse-radish and curled parsley, and accompanied by a boat of egg-sauce.

*What is left of the halibut, you may prepare for the supper-table by mincing it when cold, and seasoning it with a dressing of salt, cayenne, sweet oil, hard-boiled yolk of egg, and a large proportion of vinegar.*

## HALIBUT CUTLETS

Cut your halibut into steaks or cutlets about an inch thick. Wipe them with a dry cloth, and season them with salt and cayenne pepper. Have ready a pan of yolk of egg well beaten, and a large flat dish of grated bread crumbs.

Put some fresh lard or clarified beef dripping into a frying pan, and hold it over a clear fire till it boils. Dip your cutlets into the beaten egg, and then into the bread crumbs. Fry them of a light brown. Serve them up hot, with the gravy in the bottom of the dish.

*Salmon or any large fish may be fried in the same manner. Halibut cutlets are very fine cut quite thin and fried in the best sweet oil, omitting the egg and bread crumbs.*

## TO BROIL MACKEREL

Mackerel cannot be eaten in perfection except at the sea side, where it can be had immediately out of the water. It loses its flavour in a very few hours, and spoils sooner than any other fish. Broiling is the best way of cooking it.

Clean two fine fresh mackerel, and wipe them dry with a cloth. Split them open and rub them with salt. Spread some very bright coals on the hearth, and set the gridiron over them well greased. Lay on the mackerel, and broil them very nicely, taking care not to let them burn. When one side is quite done, turn them on the other. Lay them on a hot dish, and butter and pepper them before they go to table. Garnish them with lumps or pats of minced parsley mixed with butter, pepper and salt.

## BOILED MACKEREL

Clean the mackerel well, and let them lie a short time in vinegar and water. Then put them into the fish-kettle with cold water and a handful of salt. Boil them slowly. If small, they will be sufficiently cooked in twenty minutes. When the eye starts and the tail splits they are done. Take them up immediately on finding them boiled enough. If they stand any time in the water they will break.

Serve them up with parsley sauce, and garnish the dish with lumps of minced parsley.

They are eaten with mustard.

For boiling, choose those that have soft roes.

*Another way is to put them in cold salt and water, and let them warm gradually for an hour. Then give them one hard boil, and they will be done.*





### TO BOIL SALT CODFISH

The day previous to that on which it is to be eaten, take the fish about four o'clock in the afternoon, and put it into a kettle of cold water. Then place it within the kitchen fire-place, so as to keep it blood-warm. Next morning at ten, take out the fish, scrub it clean with a hard brush, and put it into a kettle of fresh cold water, into which a gill of molasses has been stirred. The molasses will be found an improvement. Place the kettle again near the fire, until about twenty minutes before dinner. Then hang it over the fire, and boil it hard a quarter of an hour, or a little more.

When done, drain it, and cut it into large pieces. Wrap them closely in a fine napkin and send them to table on a large dish, garnished round the edge with hard-boiled eggs, either cut in half, or in circular slices, yolks and whites together. Have ready in a small tureen, egg-sauce made with drawn butter, thickened with hard-boiled eggs chopped fine. Place on one side of the fish a dish of mashed potatoes, on the other a dish of boiled parsnips.

The most usual way of preparing salt cod for eating when it comes to table, is (after picking out all the bones) to mince it fine on your plate, and mix it with mashed potato, parsnip, and egg-sauce; seasoning it to your taste with cayenne and mustard. What is left may be prepared for breakfast next morning. It should be put into a skillet or spider, which must be well buttered inside, and set over hot coals to warm and brown. Or it may be made up into small cakes and fried.

*You may add to the mixture onions boiled and chopped.*

### TO BOIL FRESH COD

Having washed and cleaned the fish, leave out the roe and liver; rub some salt on the inside, and if the weather is very cold you may keep it till next day. Put sufficient water in the fish-kettle to cover the fish very well, and add to the water a large handful of salt. As soon as the salt is entirely melted put in the fish. A very small codfish will be done in about twenty minutes, (after the water has boiled;) a large one will take half an hour, or more. Garnish with the roe and liver fried, or with scraped horseradish. Send it to table with oyster-sauce in a boat. Or you may make a sauce by flavouring your melted butter with a glass of port wine, and a table-spoonful or more, of soy.

### ANOTHER WAY OF BOILING FRESH COD

Put the fish into cold water with a handful of salt, and let it slowly and gradually warm for three hours if the cod is large, and two hours if it is small. Then increase the fire, and boil it hard for a few minutes only.

### BOILED ROCK-FISH

Having cleaned the rock-fish, put it into a fish-kettle with water enough to cover it well, having first dissolved a handful of salt in the water. Set it over a moderate fire, and do not let it boil too fast. Skim it well.

When done, drain it, and put it on a large dish. Have ready a few eggs boiled hard. Cut them in half, and lay them closely on the back of the fish in a straight line from the head to the tail. Send with it in a boat, celery sauce flavoured with a little cayenne.

*Sea Bass or black fish may be boiled and served up in the above manner.*

### PICKLED ROCK-FISH

Have ready a large rock-fish. Put on your fish-kettle with a sufficiency of water to cover the fish amply; spring or pump water is best. As soon as the water boils, throw in a tea-cup full of salt, and put in the fish. Boil it gently for about half an hour, skimming it well. Then take it out, and drain it, laying it slantingly. Reserve a part of the water in which the fish has been boiled, and season it to your taste with whole cloves, pepper, and mace. Boil it up to extract the strength from the spice, and after it has boiled add to it an equal quantity of the best vinegar. You must have enough of this liquid to cover the fish again. When the fish is quite cold, cut off the head and tail, and cut the body into large pieces, extracting the back-bone. Put it into a stone jar, and when the spiced liquor is cold, pour it on the fish, cover the jar closely, and set it in a cool place. It will be fit for use in a day or two, and if well secured from the air, and put into a cold place will keep a fortnight.

### TO KEEP FRESH SHAD

Having cleaned the fish, split it down the back, and lay it (with the skin side downward) upon a large dish. Mix together a large table-spoonful of brown sugar, a small tea-spoonful of salt, and a tea-spoonful of cayenne pepper. Cover the shad with this mixture, spread on evenly, and let it rest in it till next day, (unless you want it the same evening,) keeping it in a cold place.

Immediately before cooking, wipe the seasoning entirely off, and dry the shad in a clean cloth. Then broil it in the usual manner.

This way of keeping shad a day or two is much better than to salt or corn it. Prepared as above it will look and taste as if perfectly fresh. Any other fish may be kept in this manner.

### BAKED SHAD

Keep on the head and fins. Make a force meat or stuffing of grated bread crumbs, cold boiled ham or bacon minced fine, sweet marjoram, red pepper, and a little powdered mace or cloves. Moisten it with beaten yolk of egg. Stuff the inside of the fish with it, reserving a little to rub over the outside, having first rubbed the fish all over with yolk of egg. Lay the fish in a deep pan, patting its tail to its mouth. Pour into the bottom of the pan a little water, and add a gill of port wine, and a piece of butter rolled in flour. Bake it well, and when it is done, send it to table with the gravy poured round it. Garnish with slices of lemon.

*Any fish may be baked in the same manner.*

*A large fish of ten or twelve pounds weight, will require about two hours baking.*

### TO BROIL A SHAD

Split and wash the shad, and afterwards dry it in a cloth. Season it with salt and pepper. Have ready a bed of clear bright coals. Grease your gridiron well, and as soon as it is hot lay the shad upon it, and broil it for about a quarter of an hour or more, according to the thickness. Butter it well, and send it to table. You may serve with it melted butter in a sauce-boat.

Or you may cut it into three pieces and broil it without splitting. It will then, of course, require a longer time. If done in this manner, send it to table with melted butter poured over it.

### FRIED PERCH

Having cleaned the fish and dried them with a cloth, lay them, side by side, on a board or large dish; sprinkle them with salt, and dredge them with flour. After a while turn them, and salt and dredge the other side. Put some lard or fresh beef-dripping into a frying-pan, and hold it over the fire. When the lard boils, put in the fish and fry them of a yellowish brown. Send to table with them in a boat, melted butter flavoured with soy or catchup.

Flounders or other small fish may be fried in the same manner. Also tutaug or porgies.

You may know when the lard or dripping is hot enough, by dipping in the tail of one of the fish. If it becomes crisp immediately, the lard is in a proper state for frying. Or you may try it with a piece of stale bread, which will become brown directly, if the lard is in order.

There should always be enough of lard to cover the fish entirely. After they have fried five minutes on one side, turn them and fry them five minutes on the other. Skim the lard or dripping always before you put in the fish.

### TO FRY TROUT

Having cleaned the fish, and cut off the fins, dredge them with flour. Have ready some beaten yolk of egg, and in a separate dish some grated bread crumbs. Dip each fish into the egg, and then strew them with bread crumbs. Put some butter or fresh beef-dripping into a frying-pan, and hold it over the fire till it is boiling hot; then, (having skimmed it,) put in the fish and fry them.

Prepare some melted butter with a spoonful of mushroom-catchup and a spoonful of lemon-pickle stirred into it. Send it to table in a sauce-boat to eat with the fish.

*You may fry carp and flounders in the same manner.*

### TO BOIL TROUT

Put a handful of salt into the water. When it boils put in the trout. Boil them fast about twenty minutes, according to their size.

For sauce, send with them melted butter, and put some soy into it; or flavour it with catchup.

### FRIED SEA BASS

Score the fish on the back with a knife, and season them with salt and cayenne pepper. Cut some small onions in round slices, and chop fine a bunch of parsley. Put some butter into a frying-pan over the fire, and when it is boiling hot lay in the fish. When they are about half done put the onions and parsley into the pan. Keep turning the fish that the onions and parsley may adhere to both sides. When quite done, put them into the dish in which they are to go to table, and garnish the edge of the dish with hard boiled eggs cut in round slices.

Make in the pan in which they have been fried, a gravy, by adding some butter rolled in flour, and a small quantity of vinegar. Pour it into the dish with the fish.

### STURGEON CUTLETS OR STEAKS

This is the most approved way of dressing sturgeon. Carefully take off the skin, as its oiliness will give the fish a strong and disagreeable taste when cooked. Cut from the tail-piece slices about half an inch thick, rub them with salt, and broil them over a clear fire of bright coals. Butter them, sprinkle them with cayenne pepper, and send them to table hot, garnished with sliced lemon, as lemon-juice is generally squeezed over them when eaten.

Another way is to make a seasoning of bread crumbs, sweet herbs, pepper and salt. First dip the slices of sturgeon in beaten yolk of egg, then cover them with seasoning, wrap them up closely in sheets of white paper well buttered, broil them over a clear fire, and send them to table either with or without the papers.

### STEWED CARP

Having cut off the head, tail, and fins, season the carp with salt, pepper, and powdered mace, both inside and out. Rub the seasoning on very well, and let them lay in it an hour. Then put them into a stew-pan with a little parsley shred fine, a whole onion, a little sweet marjoram, a tea-cup of thick cream or very rich milk, and a lump of butter rolled in flour. Pour in sufficient water to cover the carp, and let it stew half an hour. Some port wine will improve it.

*Perch may be done in the same way.*

*You may dress a piece of sturgeon in this manner, but you must first boil it for twenty minutes to extract the oil. Take off the skin before you proceed to stew the fish.*

### CHOWDER

Take half a pound of salt pork, and having half boiled it, cut it into slips, and with some of them cover the bottom of a pot. Then strew on some sliced onion. Have ready a large fresh cod, or an equal quantity of haddock, tutaug, or any other firm fish. Cut the fish into large pieces, and lay part of it on the pork and onions. Season it with pepper. Then cover it with a layer of biscuit, or crackers that have been previously soaked in milk or water. You may add also a layer of sliced potatoes.

Next proceed with a second layer of pork, onions, fish, &c. and continue as before till the pot is nearly full; finishing with soaked crackers. Pour in about a pint and a half of cold water. Cover it close, set it on hot coals, and let it simmer about an hour. Then skim it, and turn it out into a deep dish. Leave the gravy in the pot till you have thickened it with a bit of butter rolled in flour, and some chopped parsley. Then give it one boil up, and pour it hot into the dish.

*Chowder may be made of clams, first cutting off the hard part.*

## SHELL FISH

### PICKLED OYSTERS

Take a hundred and fifty fine large oysters, and pick off carefully the bits of shell that may be sticking to them. Lay the oysters in a deep dish, and then strain the liquor over them. Put them into an iron skillet that is lined with porcelain, and add salt to your taste. Without salt they will not be firm enough. Set the skillet on hot coals, and allow the oysters to simmer till they are heated all through, but not till they boil. Then take out the oysters and put them into a stone jar, leaving the liquor in the skillet. Add to it a pint of clear cider vinegar, a large tea-spoonful of blades of mace, three dozen whole cloves, and three dozen whole pepper corns. Let it come to a boil, and when the oysters are quite cold in the jar, pour the liquor on them.

They are fit for use immediately, but are better the next day. In cold weather they will keep a week.

*If you intend sending them a considerable distance you must allow the oysters to boil, and double the proportions of the pickle and spice.*

### FRIED OYSTERS

Get the largest and finest oysters. After they are taken from the shell wipe each of them quite dry with a cloth. Then beat up in a pan yolk of egg and milk, (in the proportion of two yolks to half a gill or a wine glass of milk,) and have some stale bread grated very fine in a large flat dish. Cut up at least half a pound of fresh butter in the frying-pan, and hold it over the fire till it is boiling hot. Dip the oysters all over lightly in the mixture of egg and milk, and then roll them up and down in the grated bread, making as many crumbs stick to them as you can.

Put them into the frying-pan of hot butter, and keep it over a hot fire. Fry them brown, turning them that they may be equally browned on both sides. If properly done they will be crisp, and not greasy.

Serve them dry in a hot dish, and do not pour over them the butter that may be left in the pan when they are fried.

*Instead of grated bread you may use crackers finely powdered.*

### SCOLLOPED OYSTERS

Having grated a sufficiency of stale bread, butter a deep dish, and line the sides and bottom thickly with bread crumbs. Then put in a layer of seasoned oysters, with a few very small bits of butter on them. Cover them thickly with crumbs, and put in another layer of oysters and butter, till the dish is filled up, having a thick layer of crumbs on the top. Put the dish into an oven, and bake them a very short time, or they will shrivel. Serve them up hot.

You may bake them in large clam shells, or in the tin scollop shells made for the purpose. Butter the bottom of each shell; sprinkle it with bread crumbs; lay on the oysters seasoned with cayenne and nutmeg, and put a morsel of butter on each. Fill up the shells with a little of the oyster liquor thickened with bread crumbs, and set them on a gridiron over coals, browning them afterwards with a red-hot shovel.

*Oysters are very nice taken whole out of the shells, and broiled.*

### STEWED OYSTERS

Put the oysters into a sieve, and set it on a pan to drain the liquor from them. Then cut off the hard part, and put the oysters into a stew-pan with some whole pepper, a few blades of mace, and some grated nutmeg. Add a small piece of butter rolled in flour. Then pour over them about half of the liquor, or a little more. Set the pan on hot coals, and simmer them gently about five minutes. Try one, and if it tastes raw cook them a little longer. Make some thin slices of toast, having cut off all the crust. Butter the toast and lay it in the bottom of a deep dish. Put the oysters upon it with the liquor in which they were stewed.

The liquor of oysters should never be thickened by stirring in flour. It spoils the taste, and gives them a sodden and disagreeable appearance, and is no longer practised by good cooks.

*A little cream is a fine improvement to stewed oysters.*

### OYSTER FRITTERS

Have ready some of the finest and largest oysters; drain them from the liquor and wipe them dry.

Beat six eggs very light, and stir into them gradually six table-spoonfuls of fine sifted flour. Add by degrees a pint and a half of rich milk and some grated nutmeg, and beat it to a smooth batter.

Make your frying-pan very hot, and put into it a piece of butter or lard. When it has melted and begins to froth, put in a small ladle-full of the batter, drop an oyster in the middle of it, and fry it of a light brown. Send them to table hot.

If you find your batter too thin, so that it spreads too much in the frying-pan, add a little more flour beaten well into it. If it is too thick, thin it with some additional milk.

### OYSTER PIE

Make a puff-paste, in the proportion of a pound and a half of fresh butter to two pounds of sifted flour. Roll it out rather thick, into two sheets. Butter a deep dish, and line the bottom and sides of it with paste. Fill it up with crusts of bread for the purpose of supporting the lid while it is baking, as the oysters will be too much done if they are cooked in the pie. Cover it with the other sheet of paste, having first buttered the flat rim of the dish. Notch the edges of the pie handsomely, or ornament them with leaves of paste which you may form with tin cutters made for the purpose. Make a little slit in the middle of the lid, and stick firmly into it a paste tulip or other flower. Put the dish into a moderate oven, and while the paste is baking prepare the oysters, which should be large and fresh. Put them into a stew-pan with half their liquor thickened with yolk of egg boiled hard and grated, enriched with pieces of butter rolled in bread crumbs, and seasoned with mace and nutmeg. Stew the oysters five minutes. When the paste is baked, carefully take off the lid, remove the pieces of bread, and put in the oysters and gravy. Replace the lid, and send the pie to table warm.

### PICKLED LOBSTER

Take half a dozen fine lobsters. Put them into boiling salt and water, and when they are all done, take them out and extract all the meat from the shells, leaving that of the claws as whole as possible, and cutting the flesh of the body into large pieces nearly of the same size. Season a sufficient quantity of vinegar very highly with whole pepper-corns, whole cloves, and whole blades of mace. Put the pieces of lobster into a stew-pan, and pour on just sufficient vinegar to keep them well covered. Set it over a moderate fire; and when it has boiled hard about five minutes, take out the lobster, and let the pickle boil by itself for a quarter of an hour. When the pickle and lobster are both cold, put them together into a broad flat stone jar. Cover it closely, and set it away in a cool place.

Eat the pickled lobster with oil, mustard, and vinegar, and have bread and butter with it.

### TO BOIL A LOBSTER

Put a handful of salt into a large kettle or pot of boiling water. When the water boils very hard put in the lobster, having first brushed it, and tied the claws together with a bit of twine. Keep it boiling from half an hour to an hour in proportion to its size. If boiled too long the meat will be hard and stringy. When it is done, take it out, lay it on its claws to drain, and then wipe it dry. Send it to table cold, with the body and tail split open, and the claws taken off. Lay the large claws next to the body, and the small ones outside. Garnish with double parsley.

*It is scarcely necessary to mention that the head of a lobster, and what are called the lady-fingers are not to be eaten.*

### LOBSTER PIE

Put two middle-sized lobsters into boiling salt and water. When they are half boiled, take the meat from the shell, cut it into very small pieces, and put it into a pie dish. Break up the shells, and stew them in a very little water with half a dozen blades of mace and a grated nutmeg. Then strain off the liquid. Beat the coral in a mortar, and thicken the liquid with it. Pour this into the dish of lobster to make the gravy. Season it with cayenne, salt, and mushroom catchup, and add bits of butter. Cover it with a lid of paste, made in the proportion of ten ounces of butter to a pound of flour, notched handsomely, and ornamented with paste leaves. Do not send it to table till it has cooled.

### STEWED LOBSTER

Having boiled the lobster, extract the meat from the shell, and cut it into very small pieces. Season it with a powdered nutmeg, a few blades of mace, and cayenne and salt to your taste. Mix with it a quarter of a pound of fresh butter cut small, and two glasses of white wine or of vinegar. Put it into a stew-pan, and set it on hot coals. Stew it about twenty minutes, keeping the pan closely covered lest the flavour should evaporate. Serve it up hot.

If you choose, you can send it to table in the shell, which must first be nicely cleaned. Strew the meat over with sifted bread-crumbs, and brown the top with a salamander, or a red hot shovel held over it.

### TO DRESS LOBSTER COLD

Put a table-spoonful of cold water on a clean plate, and with the back of a wooden spoon mash into it the coral or scarlet meat of the lobster, adding a salt-spoonful of salt, and about the same quantity of cayenne. On another part of the plate mix well together with the back of the spoon two table-spoonfuls of sweet oil, and a tea-spoonful of made mustard. Then mix the whole till they are well incorporated and perfectly smooth, adding, at the last, one table-spoonful of vinegar, and two more of oil.

This quantity of seasoning is for a small lobster. For a large one, more of course will be required. Many persons add a tea-spoonful of powdered white sugar, thinking that it gives a mellowness to the whole. (*Continued*)

The meat of the body and claws of the lobster must be carefully extracted from the shell and minced very small. When the dressing is smoothly and thoroughly amalgamated mix the meat with it, and let it be handed round to the company.

The vinegar from a jar of Indian pickle is by some preferred for lobster dressing.

You may dress the lobster *immediately before* you send it to table. When the dressing and meat are mixed together, pile it in a deep dish, and smooth it with the back of a spoon. Stick a bunch of the small claws in the top, and garnish with curled parsley.

*Very large lobsters are not the best, the meat being coarse and tough.*

### POTTED LOBSTER

Parboil the lobster in boiling water well salted. Then pick out all the meat from the body and claws, and beat it in a mortar with nutmeg, mace, cayenne, and salt, to your taste. Beat the coral separately. Then put the pounded meat into a large potting can of block tin with a cover. Press it down hard, having arranged it in alternate layers of white meat and coral to give it a marbled or variegated appearance. Cover it with fresh butter, and put it into a slow oven for half an hour. When cold, take off the butter and clarify it, by putting it into a jar, which must be set in a pan of boiling water. Watch it well, and when it melts, carefully skim off the buttermilk which will rise to the top. When no more scum rises, take it off and let it stand for a few minutes to settle, and then strain it through a sieve.

Put the lobster into small potting-cans, pressing it down very hard. Pour the clarified butter over it, and secure the covers tightly.

Potted lobster is used to lay between thin slices of bread as sandwiches. The clarified butter that accompanies it is excellent for fish sauce.

*Prawns and crabs may be potted in a similar manner.*



### FRICASSEED LOBSTER

Put the lobster into boiling salt and water, and let it boil according to its size from a quarter of an hour to half an hour. The intention is to have it parboiled only, as it is afterwards to be fricasseed. Extract the meat from the shell, and cut it into small pieces. Season it with red pepper, salt, and nutmeg; and put it into a stew-pan with as much cream as will cover it. Keep the lid close; set the pan on hot coals, and stew it slowly for about as long a time as it was previously boiled. Just before you take it from the fire, stir in the beaten yolk of an egg. Send it to table in a small dish placed on a larger one, and arrange the small claws nicely round it on the large dish.

### TO BOIL PRAWNS

Throw a handful of salt into a pot of boiling water. When it boils very hard, put in the prawns. Let them boil a quarter of an hour, and when you take them out lay them on a sieve to drain, and then wipe them on a dry cloth, and put them aside till quite cold.

Lay a handful of curled parsley in the middle of a dish. Put one prawn on the top of it, and lay the others all round, as close as you can, with the tails outside. Garnish with parsley.

*Eat them with salt, cayenne, sweet oil, mustard and vinegar, mixed together as for lobsters.*

### CRABS

Crabs are boiled in the same manner, and in serving up may be arranged like prawns.

### HOT CRABS

Having boiled the crabs, extract all the meat from the shell, cut it fine, and season it to your taste with nutmeg, salt, and cayenne pepper. Add a bit of butter, some grated bread crumbs, and sufficient vinegar to moisten it. Fill the back-shells of the crab with the mixture; set it before the fire, and brown it by holding a red-hot shovel or a salamander a little above it.

Cover a large dish with small slices of dry toast with the crust cut off. Lay on each slice a shell filled with the crab. The shell of one crab will contain the meat of two.

### COLD CRABS

Having taken all the meat out of the shells, make a dressing with sweet oil, salt, cayenne pepper, mustard and vinegar, as for lobster. You may add to it some hard-boiled yolk of egg, mashed in the oil. Put the mixture into the back-shells of the crabs, and serve it up. Garnish with the small claws laid nicely round

### SOFT CRABS

These crabs must be cooked directly, as they will not keep till next day.

Remove the spongy substance from each side of the crab, and also the little sand-bag. Put some lard into a pan, and when it is boiling hot, fry the crabs in it. After you take them out, throw in a handful of parsley, and let it crisp; but withdraw it before it loses its colour. Strew it over the crabs when you dish them.

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Make the gravy by adding cream or rich milk to the lard, with some chopped parsley, pepper and salt. Let them all boil together for a few minutes, and then serve it up in a sauce-boat.

### TERRAPINS

Have ready a pot of boiling water. When it is boiling very hard put in the terrapins, and let them remain in it till quite dead. Then take them out, pull off the outer skin and the toe-nails, wash the terrapins in warm water and boil them again, allowing a tea-spoonful of salt to two terrapins. When the flesh becomes quite tender so that you can pinch it off, take them out off the shell, remove the sand-bag, and the gall, which you must be careful not to break, as it will make the terrapin so bitter as to be uneatable. Cut up all the other parts of the inside with the meat, and season it to your taste with cayenne pepper, nutmeg, and mace. Put all into a stew-pan with the juice or liquor that it has given out in cutting up, but not any water. To every two terrapins allow a quarter of a pound of butter divided into pieces and rolled in flour, one glass of Madeira, and the yolks of two eggs. The eggs must be beaten, and not stirred in till a moment before it goes to table. Keep it closely covered. Stew it gently till every thing is tender, and serve it up hot in a deep dish. The entrails are no longer cooked with terrapins.

Terrapins, after being boiled by the cook, may be brought to table plain, with all the condiments separate, that the company may dress them according to taste.

*For this purpose heaters or chafing-dishes must be provided for each plate.*



## DIRECTIONS FOR COOKING MEAT

### BEEF

#### GENERAL REMARKS

When beef is good, it will have a fine smooth open grain, and it will feel tender when squeezed or pinched in your fingers. The lean should be of a bright carnation red, and the fat white rather than yellow—the suet should be perfectly white. If the lean looks dark or purplish, and the fat very yellow, do not buy the meat.

See that the butcher has properly jointed the meat before it goes home. For good tables, the pieces generally roasted are the sirloin and the fore and middle ribs. In genteel houses other parts are seldom served up as roast-beef. In small families the ribs are the most convenient pieces. A whole sirloin is too large, except for a numerous company, but it is the piece most esteemed.

The best beef-steaks are those cut from the ribs, or from the inner part of the sirloin. All other pieces are, for this purpose, comparatively hard and tough.

The round is generally corned or salted, and boiled. It is also used for the dish called beef à-la-mode.

The legs make excellent soup; the head and tail are also used for that purpose.

The tongue when fresh is never cooked except for mince-pies. Corned or salted it is seldom liked, as in that state it has a faint sickly taste that few persons can relish. But when pickled and afterwards smoked (the only good way of preparing a tongue) it is highly and deservedly esteemed.

The other pieces of the animal are generally salted and boiled. Or when fresh they may be used for soup or stews, if not too fat.

If the state of the weather will allow you to keep fresh beef two or three days, rub it with salt, and wrap it in a cloth.

In summer do not attempt to keep it more than twenty-four hours; and not then unless you can conveniently lay it in ice, or in a spring-house.

In winter if the beef is brought from market frozen, do not cook it that day unless you dine very late, as it will be impossible to get it sufficiently done—meat that has been frozen requiring double the usual time. To thaw it, lay it in cold water, which is the only way to extract the frost without injuring the meat. It should remain in the water three hours or more.

#### TO ROAST BEEF

The fire should be prepared at least half an hour before the beef is put down, and it should be large, steady, clear, and bright, with plenty of fine hot coals at the bottom.

The best apparatus for the purpose is the well-known roaster frequently called a tin-kitchen.

Wash the meat in cold water, and then wipe it dry, and rub it with salt. Take care not to run the spit through the best parts of it. It is customary with some cooks to tie blank paper over the fat, to prevent it from melting and wasting too fast.

Put it evenly into the roaster, and do not set it too near the fire, lest the outside of the meat should be burned before the inside is heated.

Put some nice beef-dripping or some lard into the pan or bottom of the roaster, and as soon as it melts begin to baste the beef with it; taking up the liquid with a long spoon, and pouring it over the meat so as to let it trickle down again into the pan. Repeat this frequently while it is roasting; after a while you can baste it with its own fat. Turn the spit often, so that the meat may be equally done on all sides.

Once or twice draw back the roaster, and improve the fire by clearing away the ashes, bringing forward the hot coals, and putting on fresh fuel at the back. Should a coal fall into the dripping-pan take it out immediately.

An allowance of about half an hour to each pound of

meat is the time commonly given for roasting; but this rule, like most others, admits of exceptions according to circumstances. Also, some persons like their meat very much done; others prefer it rare, as it is called. In summer, meat will roast in a shorter time than in winter.

When the beef is nearly done, and the steam draws towards the fire, remove the paper that has covered the fat part, sprinkle on a little salt, and having basted the meat well with the dripping, pour off nicely (through the spout of the roaster) all the liquid fat from the top of the gravy.

Lastly, dredge the meat very lightly with a little flour, and baste it with fresh butter. This will give it a delicate froth. To the gravy that is now running from the meat add nothing but a tea-cup of boiling water. Skim it, and send it to table in a boat. Serve up with the beef in a small deep plate, scraped horseradish moistened with vinegar.

Fat meat requires more roasting than lean, and meat that has been frozen will take nearly double the usual time.

Basting the meat continually with flour and water is a bad practice, as it gives it a coddled par-boiled appearance, and diminishes the flavour.

These directions for roasting beef will apply equally to mutton.

Pickles are generally eaten with roast beef. French mustard is an excellent condiment for it. In carving begin by cutting a slice from the side.

### TO SAVE BEEF-DRIPPING

Pour off through the spout of the roaster or tin-kitchen, all the fat from the top of the gravy, after you have done basting the meat with it. Hold a little sieve under the spout, and strain the dripping through it into a pan. Set it away in a cool place; and next day when it is cold and congealed, turn the cake of fat, and scrape with a knife the sediment from the bottom. Put the dripping into a jar; cover it tightly, and set it away in the refrigerator, or in the coldest place you have. It will be found useful for frying, and for many other purposes.

*Mutton-dripping cannot be used for any sort of cooking, as it communicates to every thing the taste of tallow.*

### BAKED BEEF

This is a plain family dish, and is never provided for company.

Take a nice but not a fat piece of fresh beef. Wash it, rub it with salt, and place it on a trivet in a deep block tin or iron pan. Pour a little water into the bottom, and put under and round the trivet a sufficiency of pared potatoes, either white or sweet ones. Put it into a hot oven, and let it bake till thoroughly done, basting it frequently with its own gravy. Then transfer it to a hot dish, and serve up the potatoes in another. Skim the gravy, and send it to table in a boat.

Or you may boil the potatoes, mash them with milk, and put them into the bottom of the pan about half an hour before the meat is done baking. Press down the mashed potatoes hard with the back of a spoon, score them in cross lines over the top, and let them brown under the meat, serving them up laid round it.

Instead of potatoes, you may put in the bottom of the pan what is called a Yorkshire pudding, to be baked under the meat.

To make this pudding,—stir gradually four table-spoonfuls of flour into a pint of milk, adding a salt-spoon of salt. Beat four eggs very light, and mix them gradually with the milk and flour. See that the batter is not lumpy. Do not put the pudding under the meat at first, as if baked too long it will be hard and solid. After the meat has baked till the pan is quite hot and well greased with the drippings, you may put in the batter; having continued stirring it till the last moment.

If the pudding is so spread over the pan as to be but an inch thick, it will require about two hours baking, and need not be turned. If it is thicker than an inch, you must (after it is brown on the top) loosen it in the pan, by inserting a knife beneath it, and having cut it across into four pieces, turn them all nicely that the other side may be equally done.

But this pudding is lighter and better if laid so thin as not to require turning.

When you serve up the beef lay the pieces of pudding round it, to be eaten with the meat.

*Veal may be baked in this manner with potatoes or a pudding. Also fresh pork.*

### TO BOIL CORNED OR SALTED BEEF.

The best piece is the round. You may either boil it whole, or divide it into two, or even three pieces if it is large, taking care that each piece shall have a portion of the fat. Wash it well; and, if very salt, soak it in two waters. Skewer it up tightly and in a good compact shape, wrapping the flap piece firmly round it. Tie it round with broad strong tape, or with a strip of coarse linen. Put it into a large pot, and cover it well with water. It will be found a convenience to lay it on a fish drainer.

Hang it over a moderate fire that it may heat gradually all through. Carefully take off the scum as it rises, and when no more appears, keep the pot closely covered, and let it boil slowly and regularly, with the fire at an equal temperature. Allow at least four hours to a piece weighing about twelve pounds, and from that to five or six hours in proportion to the size. Turn the meat twice in the pot while it is boiling. Put in some carrots and turnips about two hours after the meat. Many persons boil cabbage in the same pot with the beef, but it is a much nicer way to do the greens in a separate vessel, lest they become saturated with the liquid fat. Cauliflower or brocoli (which are frequent accompaniments to corned beef) should never be boiled with it.

Wash the cabbage in cold water, removing the outside leaves, and cutting the stalk close. Examine all the leaves carefully, lest insects should be lodged among them. If the cabbage is large, divide it into quarters. Put it into a pot of boiling water with a handful of salt, and boil it till the stalk is quite tender. Half an hour will generally be sufficient for a small young cabbage; an hour for a large full-grown one. Drain it well before you dish it. If boiled separately from the meat, have ready some melted butter to eat with it.

Should you find the beef under-done, you may reboil it next day; putting it into boiling water and letting it simmer for half an hour or more, according to its size.

Cold corned beef will keep very well for some days wrapped in several folds of a thick linen cloth, and set away in a cool dry place.

In carving a round of beef, slice it horizontally and very thin. Do not help any one to the outside pieces, as they are generally too hard and salt. French mustard is very nice with corned beef.\*

This receipt will apply equally to any piece of corned beef, except that being less solid than the round, they will, in proportion to their weight, require rather less time to boil.

In dishing the meat, remove the wooden skewers and substitute plated or silver ones.

Many persons think it best (and they are most probably right) to stew corned beef rather than to boil it. If you intend to stew it, put no more water in the pot than will barely cover the meat, and keep it gently simmering over a slow fire for four, five, or six hours, according to the size of the piece.

*\*French mustard is made of the very best mustard powder, diluted with tarragon vinegar and an equal portion of sweet oil, adding a few drops of garlic vinegar. Use a wooden spoon.*



## TO BROIL BEEF-STEAKS

The best beef steaks are those cut from the ribs or from the inside of the sirloin. All other parts are for this purpose comparatively hard and tough.

They should be cut about three quarters of an inch thick, and, unless the beef is remarkably fine and tender, the steaks will be much improved by beating them on both sides with a steak mallet, or with a rolling-pin. Do not season them till you take them from the fire.

Have ready on your hearth a fine bed of clear bright coals, entirely free from smoke and ashes. Set the gridiron over the coals in a slanting direction, that the meat may not be smoked by the fat dropping into the fire directly under it. When the gridiron is quite hot, rub the bars with suet, sprinkle a little salt over the coals, and lay on the steaks. Turn them frequently with a pair of steak-tongs, or with a knife and fork. A quarter of an hour is generally sufficient time to broil a beef-steak. For those who like them underdone or rare, ten or twelve minutes will be enough.

When the fat blazes and smokes very much as it drips into the fire, quickly remove the gridiron for a moment, till the blaze has subsided. After they are browned, cover the upper side of the steaks with an inverted plate or dish to prevent the flavour from evaporating. Rub a dish with a shalot, or small onion, and place it near the gridiron and close to the fire, that it may be well heated. In turning the steak drop the gravy that may be standing on it into this dish, to save it from being lost. When the steaks are done, sprinkle them with a little salt and pepper, and lay them in a hot dish, putting on each a piece of fresh butter. Then, if it is liked, season them with a very little raw shalot, minced as finely as possible, and moistened with a spoonful of water; and stir a tea-spoonful of catchup into the gravy. Send the steaks to table very hot, in a covered dish. You may serve up with them onion sauce in a small tureen.

*Pickles are frequently eaten with beef-steaks.  
Mutton chops may be broiled in the same manner.*

## TO FRY BEEF-STEAKS

Beef-steaks for frying should be cut thinner than for broiling. Take them from the ribs or sirloin, and remove the bone. Beat them to make them tender. Season them with salt and pepper.

Put some fresh butter, or nice beef-dripping into a frying-pan, and hold it over a clear bright fire till it boils and has done hissing. Then put in the steaks, and (if you like them) some sliced onions. Fry them about a quarter of an hour, turning them frequently. Steaks, when fried, should be thoroughly done. After they are browned, cover them with a large plate to keep in the juices.

Have ready a hot dish, and when they are done, take out the steaks and onions and lay them in it with another dish on the top, to keep them hot while you give the gravy in the pan another boil up over the fire. You may add to it a spoonful of mushroom catchup. Pour the gravy over the steaks, and send them to table as hot as possible.

*Mutton chops may be fried in this manner.*

## A BEEF-STEAK PIE

Make a good paste in the proportion of a pound of butter to two pounds of sifted flour. Divide it in half, and line with one sheet of it the bottom and sides of a deep dish, which must first be well buttered. Have ready two pounds of the best beef-steak, cut thin, and well beaten; the bone and fat being omitted. Season it with pepper and salt. Spread a layer of the steak at the bottom of the pie, and on it a layer of sliced potato, and a few small bits of butter rolled in flour. Then another layer of meat, potato, &c., till the dish is full. You may greatly improve the flavour by adding mushrooms, or chopped clams or oysters, leaving out the hard parts. If you use clams or oysters, moisten the other ingredients with a little of their liquor. If not, pour in, at the last, half a pint of cold water, or less if the pie is small. Cover the pie with the other sheet of paste as a lid, and notch the edges handsomely, having reserved a little of the paste to make a flower or tulip to stick in the slit at the top. Bake it in a quick oven an hour and a quarter, or longer, in proportion to its size. Send it to table hot.

*You may make a similar pie of mutton chops, veal cutlets, or venison steaks, always leaving out the bone and fat.*

*Many persons in making pies stew the meat slowly in a little water till about half done, and they then put it with its gravy into the paste and finish by baking. In this case add no water to the pie, as there will be already sufficient liquid. If you half-stew the meat, do the potatoes with it.*

## BEEF-STEAK PUDDING

For a small pudding take a pound of fresh beef suet. Clear it from the skin and the stringy fibres, and mince it as finely as possible. Sift into a large pan two pounds of fine flour, and add the suet gradually, rubbing it fine with your hands and mixing it thoroughly. Then pour in, by degrees, enough of cold water to make a stiff dough. Roll it out into a large even sheet. Have ready about a pound and a half of the best beef-steak, omitting the bone and fat which should be all cut off. Divide the steak into small thin pieces, and beat them well to make them tender. Season them with pepper and salt, and, if convenient, add some mushrooms. Lay the beef in the middle of the sheet of paste, and put on the top a bit of butter rolled in flour. Close the paste nicely over the meat as if you were making a large dumpling. Dredge with flour a thick square cloth, and tie the pudding up in it, leaving space for it to swell. Fasten the string very firmly, and stop up with flour the little gap at the tying-place so that no water can get in. Have ready a large pot of boiling water. Put the pudding into it, and let it boil fast three hours or more. Keep up a good fire under it, as if it stops boiling a minute the crust will be heavy. Have a kettle of boiling water at the fire to replenish the pot if it wastes too much. Do not take up the pudding till the moment before it goes to table. Mix some catchup with the gravy on your plate.

For a large pudding you must have two pounds of suet, three pounds of flour, and two pounds and a half of meat. It must boil at least five hours.

All the fat must be removed from the meat before it goes into the pudding, as the gravy cannot be skimmed when enclosed in the crust. You may boil in the pudding some potatoes cut into slices.

*A pudding of the lean of mutton chops may be made in the same manner; also of venison steaks.*

### A-LA-MODE BEEF

Take the bone out of a round of fresh beef, and beat the meat well all over to make it tender. Chop and mix together equal quantities of sweet marjoram and sweet basil, the leaves picked from the stalks and rubbed fine. Chop also some small onions or shalots, and some parsley; the marrow from the bone of the beef; and a quarter of a pound, or more of suet. Add two penny rolls of stale bread grated; and pepper, mace, and nutmeg to your taste. Mix all these ingredients well, and bind them together with the beaten yolks of four eggs. Fill with this seasoning the place from whence you took out the bone; and rub what is left of it all over the outside of the meat. You must, of course, proportion the quantity of stuffing to the size of the round of beef. Fasten it well with skewers, and tie it round firmly with a piece of tape, so as to keep it compact and in good shape. It is best to prepare the meat the day before it is to be cooked.

Cover the bottom of a stew-pan with slices of ham. Lay the beef upon them, and cover the top of the meat with more slices of ham. Place round it four large onions, four carrots, and four turnips, all cut in thick slices. Pour in from half a pint to a pint of water, and if convenient, add two calves' feet cut in half. Cover the pan closely, set it in an oven and let it bake for at least six hours; or seven or eight, according to the size.

When it is thoroughly done, take out the beef and lay it on a dish with the vegetables round it. Remove the bacon and calves' feet, and (having skimmed the fat from the gravy carefully) strain it into a small sauce-pan; set it on hot coals, and stir into it a teacup-full of port wine, and the same quantity of pickled mushrooms. Let it just come to a boil, and then send it to table in a sauce-tureen.

If the beef is to be eaten cold, you may ornament it as follows:—Glaze it all over with beaten white of egg. Then cover it with a coat of boiled potato grated finely. Have ready some slices of cold boiled carrot, and also of beet-root. Cut them into the form of stars or flowers, and arrange them handsomely over the top of the meat by sticking them on the grated potato. In the centre place a large bunch of double parsley, interspersed with flowers cut out of raw turnips, beets, and carrots, somewhat in imitation of white and red roses, and marygolds. Fix the flowers on wooden skewers concealed with parsley.

*Cold à-la-mode beef prepared in this manner will at a little distance look like a large iced cake decorated with sugar flowers.*

*You may dress a fillet of veal according to this receipt. Of course it will require less time to stew.*



### TO STEW A ROUND OF BEEF

Trim off some pieces from a round of fresh beef—take out the bone and break it. Put the bone and the trimmings into a pan with some cold water, and add an onion, a carrot, and a turnip all cut in pieces, and a bunch of sweet herbs. Simmer them for an hour, and having skimmed it well, strain off the liquid. Season the meat highly with what is called kitchen pepper, that is, a mixture, in equal quantities, of black pepper, or of cayenne, cinnamon, cloves, ginger and nutmeg, all finely powdered. Fasten it with skewers, and tie it firmly round with tape. Lay skewers in the bottom of the stew-pan; place the beef upon them, and then pour over it the gravy you have prepared from the bone and trimmings. Simmer it about an hour and a half, and then turn the meat over, and add to it three carrots, three turnips, and two onions all sliced, and a dozen tomatoes sliced. Keep the lid close, except when you are skimming off the fat. Let the meat stew till it is thoroughly done and tender throughout. The time will depend on the size of the round. It may require from five or six to eight hours.

Just before you take it up, stir into the gravy a tablespoonful or two of mushroom catchup, a little made mustard, and a piece of butter rolled in flour.

Send it to table hot, with the gravy poured round it.

### ANOTHER WAY TO STEW A ROUND OF BEEF

Take a round of fresh beef (or the half of one if it is very large) and remove the bone. The day before you cook it, lay it in a pickle made of equal proportions of water and vinegar with salt to your taste. Next morning take it out of the pickle, put it into a large pot or stew-pan, and just cover it with water. Put in with it two or three large onions, a few cloves, a little whole black pepper, and a large glass of port or claret. If it is a whole round of beef allow two glasses of wine. Stew it slowly for at least four hours or more, in proportion to its size. It must be thoroughly done, and tender all through. An hour before you send it to table take the meat out of the pot, and pour the gravy into a pan. Put a large lump of butter into the pot, dredge the beef with flour, and return it to the pot to brown, turning it often to prevent its burning. Or it will be better to put it into a Dutch oven. Cover the lid with hot coals, renewing them as they go out. Take the gravy that you poured from the meat, and skim off all the fat. Put it into a sauce-pan, and mix with it a little butter rolled in flour, and add some more cloves and wine. Give it a boil up. If it is not well browned, burn some sugar on a hot shovel, and stir it in.

If you like it stuffed, have ready when you take the meat out of the pickle, a force meat of grated bread crumbs, sweet herbs, butter, spice, pepper and salt, and minced parsley, mixed with beaten yolk of egg. Fill with this the opening from whence you took the bone, and bind a tape firmly round the meat.



## TO STEW BEEF

Take a good piece of fresh beef. It must not be too fat. Wash it, rub it with salt, and put it into a pot with barely sufficient water to cover it. Set it over a slow fire, and after it has stewed an hour, put in some potatoes pared and cut in half, and some parsnips, scraped and split. Let them stew with the beef till quite tender. Turn the meat several times in the pot. When all is done, serve up the meat and vegetables together, and the gravy in a boat, having first skimmed it.

*This is a good family dish.  
You may add turnips (pared and sliced)  
to the other vegetables.  
Fresh pork may be stewed in this manner,  
or with sweet potatoes.*

## BEEF BOUILLI

Take part of a round of fresh beef (or if you prefer it a piece of the flank or brisket) and rub it with salt. Place skewers in the bottom of the stew-pot, and lay the meat upon them with barely water enough to cover it. To enrich the gravy you may add the necks and other trimmings of whatever poultry you may happen to have; also the root of tongue, if convenient. Cover the pot, and set it over a quick fire. When it boils and the scum has risen, skim it well, and then diminish the fire so that the meat shall only simmer; or you may set the pot on hot coals. Then put in four or five carrots sliced thin, a head of celery cut up, and four or five sliced turnips. Add a bunch of sweet herbs, and a small table-spoonful of black peppercorns tied in a thin muslin rag. Let it stew slowly for four or five hours, and then add a dozen very small onions roasted and peeled, and a large table-spoonful of capers or nasturtians. You may, if you choose, stick a clove in each onion. Simmer it half an hour longer, then take up the meat, and place it in a dish, laying the vegetables round it. Skim and strain the gravy; season it with catchup, and made mustard, and serve it up in a boat.

*Mutton may be cooked in this manner.*

## BEEF CAKES

Take some cold roast beef that has been under-done, and mince it very fine. Mix with it grated bread crumbs, and a little chopped onion and parsley. Season it with pepper and salt, and moisten it with some beef-dripping and a little walnut or onion pickle. Some scraped cold tongue or ham will be found an improvement. Make it into broad flat cakes, and spread a coat of mashed potato thinly on the top and bottom of each. Lay a small bit of butter on the top of every cake, and set them in an oven to warm and brown.

*Beef cakes are frequently a breakfast dish.  
Any other cold fresh meat may be prepared  
in the same manner.*

*Cold roast beef may be cut into slices,  
seasoned with salt and pepper, broiled  
a few minutes over a clear fire, and served up  
hot with a little butter spread on them.*

## HASHED BEEF

Take some roast beef that has been rather under-done, and having cut off the fat and skin, put the trimmings with the bones broken up into a stew-pan with two large onions sliced, a few sliced potatoes, and a bunch of sweet herbs. Add about a pint of warm water, or broth if you have it. This is to make the gravy. Cover it closely, and let it simmer for about an hour. Then skim and strain it, carefully removing every particle of fat.

Take another stew-pot, and melt in it a piece of butter, about the size of a large walnut. When it has melted, shake in a spoonful of flour. Stir it a few minutes, and then add to it the strained gravy. Let it come to a boil, and then put to it a table-spoonful of catchup, and the beef cut either in thin small slices or in mouthfuls. Let it simmer from five to ten minutes, but do not allow it to boil, lest (having been cooked already) it should become tasteless and insipid. Serve it up in a deep dish with thin slices of toast cut into triangular or pointed pieces, the crust omitted. Dip the toast in the gravy, and lay the pieces in regular order round the sides of the dish.

You may hash mutton or veal in the same manner, adding sliced carrots, turnips, potatoes, or any vegetables you please. tomatoes are an improvement.

To hash cold meat is an economical way of using it; but there is little or no nutriment in it after being twice cooked, and the natural flavour is much impaired by the process.

Hashed meat would always be much better if the slices were cut from the joint or large piece as soon as it leaves the table, and soaked in the gravy till next day

## TO ROAST A BEEF'S HEART

Cut open the heart, and (having removed the ventricles) soak it in cold water to free it from the blood. Parboil it about ten minutes. Prepare a force meat of grated bread crumbs, butter or minced suet, sweet marjoram and parsley chopped fine, a little grated lemon-peel, nutmeg, pepper, and salt to your taste, and some yolk of egg to bind the ingredients. Stuff the heart with the force meat, and secure the opening by tying a string around it. Put it on a spit, and roast it till it is tender throughout.

Add to the gravy a piece of butter rolled in flour, and a glass of red wine. Serve up the heart very hot in a covered dish. It chills immediately.

Eat currant jelly with it.

*Boiled beef's heart is frequently used in mince pies.*

## TO STEW A BEEF'S HEART

Clean the heart, and cut it lengthways into large pieces. Put them into a pot with a little salt and pepper, and cover them with cold water. Parboil them for a quarter of an hour, carefully skimming off the blood that rises to the top. Then take them out, cut them into mouthfuls, and having strained the liquid, return them to it, adding a head or two of chopped celery, a few sliced onions, a dozen potatoes pared and quartered, and a piece of butter rolled in flour. Season with whole pepper, and a few cloves if you like. Let it stew slowly till all the pieces of heart and the vegetables are quite tender.

*You may stew a beef's kidney in the same manner.  
The heart and liver of a calf make a good  
dish cooked as above.*

### TO DRESS BEEF KIDNEY

Having soaked a fresh kidney in cold water and dried it in a cloth, cut it into mouthfuls, and then mince it fine. Dust it with flour. Put some butter into a stew-pan over a moderate fire, and when it boils put in the minced kidney. When you have browned it in the butter, sprinkle on a little salt and cayenne pepper, and pour in a very little boiling water. Add a glass of champagne or other wine, or a large tea-spoonful of mushroom catchup, or of walnut pickle. Cover the pan closely, and let it stew till the kidney is tender. Send it to table hot in a covered dish. It is eaten generally at breakfast.

### TO BOIL TRIPE

Wash it well in warm water, and trim it nicely, taking off all the fat. Cut it into small pieces, and put it on to boil five hours before dinner, in water enough to cover it very well. After it has boiled four hours, pour off the water, season the tripe with pepper and salt, and put it into a pot with milk and water mixed in equal quantities. Boil it an hour in the milk and water.

Boil in a sauce-pan ten or a dozen onions. When they are quite soft, drain them in a cullender, and mash them. Wipe out your sauce-pan and put them on again, with a bit of butter rolled in flour, and a wine-glass of cream or milk. Let them boil up, and add them to the tripe just before you send it to table. Eat it with pepper, vinegar, and mustard.

*It is best to give tripe its first and longest boiling the day before it is wanted.*

### TRIPLE AND OYSTERS

Having boiled the tripe in milk and water, for four or five hours till it is quite tender, cut it up into small pieces. Put it into a stew-pan with just milk enough to cover it, and a few blades of mace. Let it stew about five minutes, and then put in the oysters, adding a large piece of butter rolled in flour, and salt and cayenne pepper to your taste. Let it stew five minutes longer, and then send it to table in a tureen; first skimming off whatever fat may float on the surface.

### TO FRY TRIPE

Boil the tripe the day before, till it is quite tender, which it will not be in less than four or five hours. Then cover it and set it away. Next day cut it into long slips, and dip each piece into beaten yolk of egg, and afterwards roll them in grated bread crumbs. Have ready in a frying-pan over the fire, some good beef-dripping. When it is boiling hot put in the tripe, and fry it about ten minutes, till of a light brown.

*You may serve it up with onion sauce.*

*Boiled tripe that has been left from the dinner of the preceding day may be fried in this manner.*



### PEPPER POT

Take four pounds of tripe, and four ox feet. Put them into a large pot with as much water as will cover them, some whole pepper, and a little salt. Hang them over the fire early in the morning. Let them boil slowly, keeping thy pot closely covered. When the tripe is quite tender, and the ox feet boiled to pieces, take them out, and skim the liquid and strain it. Then cut the tripe into small pieces; put it back into the pot, and pour the soup or liquor over it. Have ready some sweet herbs chopped fine, some sliced onions, and some sliced potatoes. Make some small dumplings with flour and butter. Season the vegetables well with pepper and salt, and put them into the pot. Have ready a kettle of boiling water, and pour on as much as will keep the ingredients covered while boiling, but take care not to weaken the taste by putting too much water. Add a large piece of butter rolled in flour, and lastly put in the dumplings. Let it boil till all the things are thoroughly done, and then serve it up in the tureen.

### TO BOIL A SMOKED TONGUE

In buying dried tongues, choose those that are thick and plump, and that have the smoothest skins. They are the most likely to be young and tender.

A smoked tongue should soak in cold water at least all night. One that is very hard and dry will require twenty-four hours' soaking. When you boil it put it into a pot full of cold water. Set it over a slow fire that it may heat gradually for an hour before it comes to a boil. Then keep it simmering from three and a half to four hours, according to its size and age. Probe it with a fork, and do not take it up till it is tender throughout. Send it to table with mashed potato laid round it, and garnish with parsley. Do not split it in half when you dish it, as is the practice with some cooks. Cutting it lengthways spoils the flavour, and renders it comparatively insipid.

If you wish to serve up the tongue very handsomely, rub it with yolk of egg after you take it from the pot, and strew over it grated bread crumbs; baste it with butter, and set it before the fire till it becomes of a light brown. Cover the root (which is always an unsightly object) with thick sprigs of double parsley; and (instead of mashed potato) lay slices of currant jelly all round the tongue.

### TO CORN BEEF

Wash the beef well, after it has lain awhile in cold water. Then drain and examine it, take out all the kernels, and rub it plentifully with salt. It will imbibe the salt more readily after being washed. In cold weather warm the salt by placing it before the fire. This will cause it to penetrate the meat more thoroughly.

In summer do not attempt to corn any beef that has not been fresh killed, and even then it will not keep more than a day and a half or two days. Wash and dry it, and rub a great deal of salt well into it. Cover it carefully, and keep it in a cold dry cellar.

*Pork is corned in the same manner.*



### TO PICKLE BEEF OR TONGUES

The beef must be fresh killed, and of the best kind. You must wipe every piece well, to dry it from the blood and moisture. To fifty pounds of meat allow two pounds and a quarter of coarse salt, two pounds and a quarter of fine salt, one ounce and a half of saltpetre, two pounds of good brown sugar, and two quarts of molasses. Mix all these ingredients well together, boil and skim it for about twenty minutes, and when no more scum rises, take it from the fire. Have ready the beef in a large tub, or in a barrel; pour the brine gradually upon it with a ladle, and as it cools rub it well into every part of the meat. A molasses hogshead sawed in two is a good receptacle for pickled meat. Cover it well with a thick cloth, and look at it frequently, skimming off whatever may float on the top, and basting the meat with the brine. In about a fortnight the beef will be fit for use.

Tongues may be put into the same cask with the beef, one or two at a time, as you procure them from the butcher. None of them will be ready for smoking in less than six weeks; but they had best remain in pickle seven or eight months. They should not be sent to the smoke-house later than March. If you do them at home, they will require three weeks' smoking over a wood fire. Hang them with the root or large end upwards. When done, sew up each tongue tightly in coarse linen, and hang them up in a dark dry cellar.

Pickled tongues without smoking are seldom liked.

The last of October is a good time for putting meat into pickle. If the weather is too warm or too cold, it will not take the salt well.

In the course of the winter the pickle may probably require a second boiling with additional ingredients.

Half an ounce of pearl-ash added to the other articles will make the meat more tender, but many persons think it injures the taste.

The meat must always be kept completely immersed in the brine. To effect this a heavy board should be laid upon it.

### TO BOIL A SALTED OR PICKLED TONGUE

Put it into boiling water, and let it boil three hours or more, according to its size. When you take it out peel and trim it, and send it to table surrounded with mashed potato, and garnished with sliced carrot.

### DRIED OR SMOKED BEEF

The best part for this purpose is the round, which you must desire the butcher to cut into four pieces. Wash the meat and dry it well in a cloth. Grind or beat to powder an equal quantity of cloves and mace, and having mixed them together, rub them well into the beef with your hand. The spice will be found a great improvement both to the taste and smell of the meat. Have ready a pickle made precisely as that in the preceding article. Boil and skim it, and (the meat having been thoroughly rubbed all over with the spice) pour on the pickle as before directed. Keep the beef in the pickle at least six weeks, and then smoke it about three weeks. Corn cobs make a good fire for smoking meat.

Smoked beef is brought on the tea-table either shaved into thin chips without cooking, or chipped and fried in a skillet with some butter and beaten egg.

*This receipt for dried or smoked beef will  
answer equally well for venison ham, which  
is also used as a relish at the tea-table.*

*Mutton hams may be prepared in the same way.*

### POTTED BEEF

Take a good piece of a round of beef, and cut off all the fat. Rub the lean well with salt, and let it lie two days. Then put it into a jar, and add to it a little water in the proportion of half a pint to three pounds of meat. Cover the jar as closely as possible, (the best cover will be a coarse paste or dough) and set it in a slow oven, or in a vessel of boiling water for about four hours. Then drain off all the gravy and set the meat before the fire that all the moisture may be drawn out. Pull or cut it to pieces and pound it for a long time in a mortar with black pepper, cloves, mace, nutmeg, and oiled fresh butter, adding these ingredients gradually, and moistening it with a little of the gravy. You must pound it to a fine paste, or till it becomes of the consistence of cream cheese.

Put it into potting cans, and cover it an inch thick with fresh butter that has been melted, skimmed, and strained. Tie a leather over each pot, and keep them closely covered. Set them in a dry place.

*Game and poultry may be potted in this manner.*



## VEAL

### GENERAL REMARKS

The fore-quarter of a calf comprises the neck, breast, and shoulder: the hind-quarter consists of the loin, fillet, and knuckle. Separate dishes are made of the head, heart, liver, and sweetbread. The flesh of good veal is firm and dry, and the joints stiff. The lean is of a very light delicate red, and the fat quite white. In buying the head see that the eyes look full, plump, and lively; if they are dull and sunk the calf has been killed too long. In buying calves' feet for jelly or soup, endeavour to get those that have been singed only, and not skinned; as a great deal of gelatinous substance is contained in the skin. Veal should always be thoroughly cooked, and never brought to table rare or under-done, like beef or mutton. The least redness in the meat or gravy is disgusting.

Veal suet may be used as a substitute for that of beef; also veal-dripping.

### TO STEW A FILLET OF VEAL

Take a fillet of veal, wipe it well, and then with a sharp knife make deep incisions all over the surface, the bottom as well as the top and sides. Make a stuffing of grated stale bread, butter, chopped sweet marjoram, grated lemon-peel, nutmeg, pepper and salt, mixed up with beaten yolk of egg to bind and give it consistency. Fill the holes or incisions with the stuffing, pressing it down well with your fingers. Reserve some of the stuffing to rub all over the outside of the meat. Have ready some very thin slices of cold boiled ham, the fatter the better. Cover the veal with them, fastening them on with skewers. Put it into a pot, and stew it slowly in a very little water, just enough to cover it. It will take at least five hours to stew; or more, in proportion to its size. When done, take off the ham, and lay it round the veal in a dish.

You may stew with it a quart or three pints of young green peas, put in about an hour before dinner; add to them a little butter and pepper while they are stewing. Serve them up in the dish with the veal, laying the slices of ham upon them.

*If you omit the ham, stew the veal entirely in lard.*

### TO STEW A BREAST OF VEAL

Divide the breast into pieces according to the position of the bones. Put them into a stew-pan with a few slices of ham, some whole pepper, a bunch of sweet herbs, and a sliced onion. Add sufficient water to keep it from burning, and let it stew slowly till the meat is quite tender. Then put to it a quart or more of green peas that have boiled twenty minutes in another pot, and a piece of butter rolled in flour. Let all stew together a quarter of an hour longer. Serve it up, with the veal in the middle, the peas round it, and the ham laid on the peas.

*You may stew a breast of veal with tomatoes.*

### TO STEW A KNUCKLE OF VEAL

Lay four wooden skewers across the bottom of your stew-pan, and place the meat upon them; having first carefully washed it, and rubbed it with salt. Add a table-spoonful of whole pepper, the leaves from a bunch of sweet marjoram, a sprig of parsley leaves chopped, two onions peeled and sliced, and a piece of butter rolled in flour. Pour in two quarts of water. Cover it closely, and after it has come to a boil, lessen the fire, and let the meat only simmer for two hours or more. Before you serve it up, pour the liquid over it.

*This dish will be greatly improved by stewing with it a few slices of ham, or the remains of a cold ham.*

*Veal when simply boiled is too insipid.*

*To stew it is much better.*

### TO ROAST A BREAST OF VEAL

A breast of veal will require about three hours and a half to roast. In preparing it for the spit, cover it with the caul, and skewer the sweetbread to the back. Take off the caul when the meat is nearly done. The breast, being comparatively tough and coarse, is less esteemed than the loin and the fillet.

### TO ROAST A LOIN OF VEAL

The loin is the best part of the calf. It is always roasted. See that your fire is clear and hot, and broad enough to brown both ends. Cover the fat of the kidney and the back with paper to prevent it from scorching. A large loin of veal will require *at least* four hours and a half to roast it sufficiently. At first set the roaster at a tolerable distance from the fire that the meat may heat gradually in the beginning; afterwards place it nearer. Put a little salt and water into the dripping-pan and baste the meat with it till the gravy begins to drop. Then baste with the gravy. When the meat is nearly done, move it close to the fire, dredge it with a very little flour, and baste it with butter. Skim the fat from the gravy, which should be thickened by shaking in a very small quantity of flour. Put it into a small sauce-pan, and set it on hot coals. Let it just come to a boil, and then send it to table in a boat. If the gravy is not in sufficient quantity, add to it about half a gill or a large wine-glass of boiling water.

*In carving a loin of veal help every one to a piece of the kidney as far as it will go.*

### VEAL CUTLETS

The best cutlets are those taken from the leg or fillet. Cut them about half an inch thick, and as large as the palm of your hand. Season them with pepper and salt. Grate some stale bread, and rub it through a cullender, adding to it chopped sweet marjoram, grated lemon-peel, and some powdered mace or nutmeg. Spread the mixture on a large flat dish. Have ready in a pan some beaten egg. First dip each cutlet into the egg, and then into the seasoning on the dish, seeing that a sufficient quantity adheres to both sides of the meat. Melt in your frying-pan, over a quick fire, some beef-dripping, lard, or fresh butter, and when it boils lay your cutlets in it, and fry them thoroughly; turning them on both sides, and taking care that they do not burn. Place them in a covered dish near the fire, while you finish the gravy in the pan, by first skimming it, and then shaking in a little flour and stirring it round. Pour the gravy hot round the cutlets, and garnish with little bunches of curled parsley.

*You may mix with the bread crumbs a little saffron.*

### TO ROAST A FILLET OF VEAL

Take out the bone, and secure with skewers the fat flap to the outside of the meat. Prepare a stuffing of fresh butter or suet minced fine, and an equal quantity of grated bread-crumbs, a large table-spoonful of grated lemon-peel, a table-spoonful of sweet marjoram chopped or rubbed to powder, a nutmeg grated, and a little pepper and salt, with a sprig of chopped parsley. Mix all these ingredients with beaten yolk of egg, and stuff the place from whence the bone was taken. Make deep cuts or incisions all over the top of the veal, and fill them with some of the stuffing. You may stick into each hole an inch of fat ham or bacon, cut very thin.

Having papered the fat, spit the veal and put it into the roaster, keeping it at first not too near the fire. Put a little salt and water into the dripping-pan, and for awhile baste the meat with it. Then baste it with its own gravy. A fillet of veal will require four hours roasting. As it proceeds, place it nearer to the fire. Half an hour before it is done, remove the paper, and baste the meat with butter, having first dredged it very lightly with flour. Having skimmed the gravy, mix some thin melted butter with it.

If convenient, you may in making the stuffing, use a large proportion of chopped mushrooms that have been preserved in sweet oil, or of chopped pickled oysters. Cold ham shred fine will improve it.

*You may stuff a fillet of veal entirely with sausage meat.*

*To accompany a fillet of veal, the usual dish is boiled ham or bacon.*

*A shoulder of veal may be stuffed and roasted in a similar manner.*

### MINCED VEAL

Take some cold veal, cut it into slices, and mince it very finely with a chopping-knife. Season it to your taste with pepper, salt, sweet marjoram rubbed fine, grated lemon-peel and nutmeg. Put the bones and trimmings into a sauce-pan with a little water, and simmer them over hot coals to extract the gravy from them. Then put the minced veal into a stew-pan, strain the gravy over it, add a piece of butter rolled in flour, and a little milk or cream. Let it all simmer together till thoroughly warmed, but do not allow it to boil lest the meat having been once cooked already, should become tasteless. When you serve it up, have ready some three-cornered pieces of bread toasted and buttered; place them all round the inside of the dish.

Or you may cover the mince with a thick layer of grated bread, moistened with a little butter, and browned on the top with a salamander, or a red hot shovel.

### VEAL PATTIES

Mince very fine a pound of the lean of cold roast veal, and half a pound of cold boiled ham, (fat and lean equally mixed.) Put it into a stew-pan with three ounces of butter divided into bits and rolled in flour, a gill of cream, and a gill of veal gravy. Season it to your taste with cayenne pepper and nutmeg, grated lemon-peel, and lemon-juice. Set the pan on hot coals, and let the ingredients simmer till well warmed, stirring them well to prevent their burning.

Have, ready baked, some small shells of puff-paste. Fill them with the mixture, and eat the patties either warm or cold.

### VEAL STEAKS

Cut a neck of veal into thin steaks, and beat them to make them tender. For seasoning, mix together some finely chopped onion sprinkled with pepper and salt, and a little chopped parsley. Add some butter, and put it with the parsley and onion into a small sauce-pan, and set it on hot coals to stew till brown. In the mean time, put the steaks on a hot gridiron (the bars of which have been rubbed with suet) and broil them well, over a bed of bright clear coals. When sufficiently done on one side turn them on the other. After the last turning, cover each steak with some of the seasoning from the sauce-pan, and let all broil together till thoroughly done.

Instead of the onions and parsley, you may season the veal steaks with chopped mushrooms, or with chopped oysters, browned in butter.

Have ready a gravy made of the scraps and trimmings of the veal, seasoned with pepper and salt, and boiled in a little hot water in the same sauce-pan in which the parsley and onions have been previously stewed. Strain the gravy when it has boiled long enough, and flavour it with catchup.

### VEAL PIE

Take two pounds of veal cut from the loin, fillet, or the best end of the neck. Remove the bone, fat, and skin, and put them into a sauce-pan with half a pint of water to stew for the gravy. Make a good paste, allowing a pound of butter to two pounds of flour. Divide it into two pieces, roll it out rather thick, and cover with one piece the sides and bottom of a deep dish. Put in a layer of veal, seasoned with black pepper, then a layer of cold ham sliced thin, then more veal, more ham, and so on till the dish is full; interspersing the meat with yolks of eggs boiled hard. If you can procure some small button mushrooms they will be found an improvement. Pour in, at the last, the gravy you have drawn from the trimmings, and put on the lid of the pie, notching the edge handsomely, and ornamenting the centre with a flower made of paste. Bake the pie at least two hours and a half.

*You may make a very plain veal pie simply of veal chops, sliced onions, and potatoes pared and quartered. Season with pepper and salt, and fill up the dish with water.*

### LARDED CALF'S LIVER

Take a calf's liver and wash it well. Cut into long slips the fat of some bacon or old ham, and insert it all through the surface of the liver by means of a larding-pin. Put the liver into a pot with a table-spoonful of lard, a few sliced tomatoes, or some tomato catchup; adding one large or two small onions minced fine, and some sweet marjoram leaves rubbed very fine. The sweet marjoram will crumble more easily if you first dry it before the fire on a plate.

Having put in all these ingredients, set the pot on hot coals in the corner of the fire-place, and keep it stewing, regularly and slowly, for four hours. Send the liver to table with the gravy round it.



### TO FRY CALF'S LIVER

Cut the liver into thin slices. Season it with pepper, salt, chopped sweet herbs, and parsley. Dredge it with flour, and fry it brown in lard or dripping. See that it is thoroughly done before you send it to table. Serve it up with its own gravy.

Some slices of cold boiled ham fried with it will be found an improvement. If you use ham, add no salt.

*You may dress a calf's heart in the same manner.*

### CALF'S HEAD DREST PLAIN

Wash the head in warm water. Then lay it in clean hot water and let it soak awhile. This will blanch it. Take out the brains and the black part of the eyes. Tie the head in a cloth, and put it into a large fish-kettle, with plenty of cold water, and add some salt to throw up the scum, which must be taken off as it rises. Let the head boil gently about three hours.

Put eight or ten sage leaves, and as much parsley, into a small sauce-pan with a little water, and boil them half an hour. Then chop them fine, and set them ready on a plate. Wash the brains well in two warm waters, and then soak them for an hour in a basin of cold water with a little salt in it. Remove the skin and strings, and then put the brains into a stew-pan with plenty of cold water, and let them boil gently for a quarter of an hour, skimming them well. Take them out, chop them, and mix them with the sage and parsley leaves, two table-spoonfuls of melted butter, and the yolks of four hard-boiled eggs, and pepper and salt to your taste. Then put the mixture into a sauce-pan and set it on coals to warm.

Take up the head when it is sufficiently boiled, score it in diamonds, brush it all over with beaten egg, and strew it with a mixture of grated bread-crumbs, and chopped sage and parsley. Stick a few bits of butter over it, and set it in a Dutch oven to brown. Serve it up with the brains laid round it. Or you may send to table the brains and the tongue in a small separate dish, having first trimmed the tongue and cut off the roots. Have also parsley-sauce in a boat. You may garnish with very thin small slices of broiled ham, curled up.

*If you get a calf's head with the hair on, sprinkle it all over with pounded rosin, and dip it into boiling water. This will make the hairs scrape off easily.*



### CALF'S HEAD HASHED

Take a calf's head and a set of feet, and boil them until tender, having first removed the brains. Then cut the flesh off the head and feet in slices from the bone, and put both meat and bones into a stew-pan with a bunch of sweet herbs, some sliced onions, and pepper and salt to your taste; also a large piece of butter rolled in flour, and a little water. After it has stewed awhile slowly till the flavour is well extracted from the herbs and onions, take out the meat, season it a little with cayenne pepper, and lay it in a dish. Strain the gravy in which it was stewed, and stir into it two glasses of madeira, and the juice and grated peel of a lemon. Having poured some of the gravy over the meat, lay a piece of butter on the top, set it in an oven and bake it brown.

In the mean time, having cleaned and washed the brains (skinning them and removing the strings) parboil them in a sauce-pan, and then make them into balls with chopped sweet herbs, grated bread-crumbs, grated lemon-peel, nutmeg, and beaten yolk of egg. Fry them in lard and butter mixed; and send them to table laid round the meat (which should have the tongue placed on the top) and garnish with sliced lemon. Warm the remaining gravy in a small sauce-pan on hot coals, and stir into it the beaten yolk of an egg a minute before you take it from the fire.

*Send it to table in a boat.*

### CHITTERLINGS OR CALF'S TRIPE

See that the chitterlings are very nice and white. Wash them, cut them into pieces, and put them into a stew-pan with pepper and salt to your taste, and about two quarts of water. Boil them two hours or more. In the mean time, peel eight or ten white onions, and throw them whole into a sauce-pan with plenty of water. Boil them slowly till quite soft; then drain them in a cullender, and mash them. Wipe out your sauce-pan, and put in the mashed onions with a piece of butter, two table-spoonfuls of cream or rich milk, some nutmeg, and a very little salt. Sprinkle in a little flour, set the pan on hot coals (keeping it well covered) and give it one boil up.

When the chitterlings are quite tender all through, take them up and drain them. Place in the bottom of a dish a slice or two of buttered toast with all the crust cut off. Lay the chitterlings on the toast, and send them to table with the stewed onions in a sauce-boat. When you take the chitterlings on your plate season them with pepper and vinegar.

*This, if properly prepared, is a very nice dish.*

### TO FRY CALF'S FEET

Having first boiled them till tender, cut them in two, and (having taken out the large bones) season the feet with pepper and salt, and dredge them well with flour. Strew some chopped parsley or sweet marjoram over them, and fry them of a light brown in lard or butter. Serve them up with parsley-sauce.

### TO ROAST SWEET-BREADS

Take four fine sweet-breads, and having trimmed them nicely, parboil them, and then lay them in a pan of cold water till they become cool. Afterwards dry them in a cloth. Put some butter into a sauce-pan, set it on hot coals, and melt and skim it. When it is quite clear, take it off. Have ready some beaten egg in one dish, and some grated bread-crumbs in another. Skewer each sweet-bread, and fasten them on a spit. Then glaze them all over with egg, and sprinkle them with bread-crumbs. Spread on some of the clarified butter, and then another coat of crumbs. Roast them before a clear fire, at least a quarter of an hour. Have ready some nice veal gravy flavoured with lemon-juice, and pour it round the sweet-breads before you send them to table.

### LARDED SWEET-BREADS

Parboil four or five of the largest sweet-breads you can get. This should be done as soon as they are brought in, as few things spoil more rapidly if not cooked at once. When half boiled, lay them in cold water. Prepare a force meat of grated bread, lemon-peel, butter, cayenne, and nutmeg mixed with beaten yolk of egg. Cut open the sweet-breads and stuff them with it, fastening them afterwards with a skewer, or tying them round with packthread. Have ready some slips of bacon-fat, and some slips of lemon-peel cut about the thickness of very small straws. Lard the sweet-

breads with them in alternate rows of bacon and lemon-peel, drawing them through with a larding-needle. Do it regularly and handsomely. Then put the sweet-breads into a Dutch oven, and bake them brown. Serve them up with veal gravy flavoured with a glass of Madeira, and enriched with beaten yolk of egg stirred in at the last.

### MARBLED VEAL

Having boiled and skinned two fine smoked tongues, cut them to pieces and pound them to a paste in a mortar, moistening them with plenty of butter as you proceed. Have ready an equal quantity of the lean of veal stewed and cut into very small pieces. Pound the veal also in a mortar, adding butter to it by degrees. The tongue and veal must be kept separate till both have been pounded. Then fill your potting cans with lumps of the veal and tongue, pressed down hard, and so placed, that when cut, the mixture will look variegated or marbled. Close the cans with veal; again press it down very hard, and finish by pouring on clarified butter. Cover the cans closely, and keep them in a dry place. It may be eaten at tea or supper. Send it to table cut in slices.

*You may use it for sandwiches.*

*To clarify butter, cut it up, melt it in a sauce-pan over the fire, and skim it well.*

## MUTTON AND LAMB

### GENERAL REMARKS

The fore-quarter of a sheep contains the neck, breast, and shoulder; and the hind-quarter the loin and leg. The two loins together are called the chine or saddle. The flesh of good mutton is of a bright red, and a close grain, and the fat firm and quite white. The meat will feel tender and springy when you squeeze it with your fingers. The vein in the neck of the fore-quarter should be of a fine blue.

Lamb is always roasted; generally a whole quarter at once. In carving lamb, the first thing done is to separate the shoulder from the breast, or the leg from the loin.

If the weather is cold enough to allow it, mutton is more tender after being kept a few days.

### TO ROAST MUTTON

Mutton should be roasted with a quick brisk fire. Every part should be trimmed off that cannot be eaten. Wash the meat well. The skin should be taken off and skewered on again before the meat is put on the spit; this will make it more juicy. Otherwise tie paper over the fat, having soaked the twine in water to prevent the string from burning. Put a little salt and water into the dripping-pan, to baste the meat at first, then use its own gravy for that purpose. A quarter of an hour before you think it will be done, take off the skin or paper, dredge the meat very lightly with flour, and baste it with butter. Skim the gravy and send it to table in a boat.

A leg of mutton will require from two hours roasting to two hours and a half in proportion to its size. A chine or saddle, from two hours and a half, to three hours. A shoulder, from an hour and a half, to two hours. A loin, from an hour and three quarters, to two hours. A haunch (that is a leg with part of the loin) cannot be well roasted in less than four hours.

Always have some currant jelly on the table to eat with roast mutton. It should also be accompanied by mashed turnips.

Slices cut from a cold leg of mutton that has been under-done, are very nice broiled or warmed on a gridiron, and sent to the breakfast table covered with currant jelly.

*Pickles are always eaten with mutton.*

In preparing a leg of mutton for roasting, you may make deep incisions in it, and stuff them with chopped oysters, or with a force meat made in the usual manner; or with chestnuts parboiled and peeled.

*The gravy will be improved by stirring into it a glass of port wine.*

### A CASSEROLE OF MUTTON

Butter a deep dish or mould, and line it with potatoes mashed with milk or butter, and seasoned with pepper and salt. Fill it with slices of the lean of cold mutton, or lamb, seasoned also. Cover the whole with more mashed potatoes. Put it into an oven, and bake it till the meat is thoroughly warmed, and the potatoes brown. Then carefully turn it out on a large dish; or you may, if more convenient, send it to table in the dish it was baked in.

### TO BOIL MUTTON

To prepare a leg of mutton for boiling, wash it clean, cut a small piece off the shank bone, and trim the knuckle. Put it into a pot with water enough to cover it, and boil it gently for three hours, skimming it well. Then take it from the fire, and keeping the pot well covered, let it finish by remaining in the steam for ten or fifteen minutes. Serve it up with a sauce-boat of melted butter into which a tea-cup full of capers or nasturtians have been stirred.

Have mashed turnips to eat with it.

A few small onions boiled in the water with the mutton are thought by some to improve the flavour of the meat. It is much better when sufficient time is allowed to boil or simmer it slowly; for instance, four hours.

A neck or a loin of mutton will require also about three hours slow boiling. These pieces should on no account be sent to table the least under-done. Serve up with them carrots and whole turnips. You may add a dish of suet dumplings to eat with the meat, made of finely chopped suet mixed with double its quantity of flour, and a little cold water.

### CUTLETS À LA MAINTENON

Cut a neck of mutton into steaks with a bone in each; trim them nicely, and scrape clean the end of the bone. Flatten them with a rolling pin, or a meat beetle, and lay them in oiled butter. Make a seasoning of hard-boiled yolk of egg and sweet-herbs minced small, grated bread, pepper, salt, and nutmeg; and, if you choose, a little minced onion. Take the chops out of the butter, and cover them with the seasoning. Butter some half sheets of white paper, and put the cutlets into them, so as to be entirely covered, securing the paper with pins or strings; and twisting them nicely round the bone. Heat your gridiron over some bright lively coals. Lay the cutlets on it, and broil them about twenty minutes. The custom of sending them to table in the papers had best be omitted, as (unless managed by a French cook) these envelopes, after being on the gridiron, make a very bad appearance.

Serve them up hot, with mushroom sauce in a boat, or with a brown gravy, flavoured with red wine. You may make the gravy of the bones and trimmings, stewed in a little water, skimmed well, and strained when sufficiently stewed. Thicken it with flour browned in a Dutch oven, and add a glass of red wine.

*You may bake these cutlets in a Dutch oven without the papers. Moisten them frequently with a little oiled butter.*

### MUTTON HARICO

Take a neck of mutton, cut it into chops, and fry them brown. Then put them into a stew-pan with a bunch of sweet herbs, two or three cloves, a little mace, and pepper and salt to your taste. Cover them with boiling water, and let them stew slowly for about an hour. Then cut some carrots and turnips into dice; slice some onions, and cut up a head of celery; put them all into the stew-pan, and keep it closely covered except when you are skimming off the fat. Let the whole stew gently for an hour longer, and then send it to table in a deep dish, with the gravy about it.

*You may make a similar harico of veal steaks, or of beef cut very thin.*

### STEWED LEG OF MUTTON

Take a leg of mutton and trim it nicely. Put it into a pot with three pints of water; or with two pints of water and one quart of gravy drawn from bones, trimmings, and coarse pieces of meat. Add some slices of carrots, and a little salt. Stew it slowly three hours. Then put in small onions, small turnips, tomatoes or tomato catchup, and shred or powdered sweet marjoram to your taste, and let it stew three hours longer. A large leg will require from first to last from six hours and a half to seven hours stewing. But though it must be tender and well done all through, do not allow it to stew to rags. Serve it up with the vegetables and gravy round it. Have mashed potatoes in another dish.

### STEWED MUTTON CHOPS

Cut a loin or neck of mutton into chops, and trim away the fat and bones. Beat and flatten them. Season them with pepper and salt, and put them into a stew-pan with barely sufficient water to cover them, and some sliced carrots, turnips, onions, potatoes, and a bunch of sweet herbs, or a few tomatoes. Let the whole stew slowly about three hours, or till every thing is tender. Keep the pan closely covered, except when you are skimming it.

*Send it to table with sippets or three-cornered pieces of toasted bread, laid all round the dish.*

### HASHED MUTTON

Cut into small pieces the lean of some cold mutton that has been underdone, and season it with pepper and salt. Take the bones and other trimmings, put them into a sauce-pan with as much water as will cover them, and some sliced onions, and let them stew till you have drawn from them a good gravy. Having skimmed it well, strain the gravy into a stew-pan, and put the mutton into it. Have ready-boiled some carrots, turnips, potatoes and onions. Slice them, and add them to the meat and gravy. Set the pan on hot coals, and let it simmer till the meat is warmed through, but do not allow it to boil, as it has been once cooked already. Cover the bottom of a dish with slices of buttered toast. Lay the meat and vegetables upon it, and pour over them the gravy.

*Tomatoes will be found an improvement.*

*If green peas, or Lima beans are in season, you may boil them, and put them to the hashed mutton; leaving out the other vegetables, or serving them up separately.*

### MUTTON CHOPS

Take chops or steaks from a loin of mutton, cut off the bone close to the meat, and trim off the skin, and part of the fat. Beat them to make them tender, and season them with pepper and salt. Make your gridiron hot over a bed of clear bright coals; rub the bars with suet, and lay on the chops. Turn them frequently; and if the fat that falls from them causes a blaze and smoke, remove the gridiron for a moment till it is over. When they are thoroughly done, put them into a warm dish and butter them. Keep them covered till a moment before they are to be eaten.

When the chops have been turned for the last time, you may strew over them some finely minced onion moistened with boiling water, and seasoned with pepper.

*Some like them flavoured with mushroom catchup.*

### TO ROAST LAMB

The best way of cooking lamb is to roast it; when drest otherwise it is insipid, and not so good as mutton. A hind-quarter of eight pounds will be done in about two hours; a fore-quarter of ten pounds, in two hours and a half; a leg of five pounds will take from an hour and a quarter to an hour and a half; a loin about an hour and a half. Lamb, like veal and pork, is not eatable unless thoroughly done; no one preferring it rare, as is frequently the case with beef and mutton.

Wash the meat, wipe it dry, spit it, and cover the fat with paper. Place it before a clear brisk fire. Baste it at first with a little salt and water, and then with its own drippings. Remove the paper when the meat is nearly done, and dredge the lamb with a little flour. Afterwards baste it with butter. Do not take it off the spit till you see it drop white gravy.

Prepare some mint-sauce by stripping from the stalks the leaves of young green mint, mincing them very fine, and mixing them with vinegar and sugar. There must be just sufficient vinegar to moisten the mint, but not enough to make the sauce liquid. Send it to table in a boat, and the gravy in another boat. Garnish with sliced lemon.

In carving a quarter of lamb, separate the shoulder from the breast, or the leg from the ribs, sprinkle a little salt and pepper, and squeeze on some lemon juice.

*It should be accompanied by asparagus, green peas, and lettuce.*

### MUTTON HAMS

Take large fine legs of mutton freshly killed, and wipe them dry with a clean towel. Allow to each ham half a pound of salt, and an ounce of saltpetre, and half a pound of brown sugar, all mixed together, slightly heated over the fire, and then well rubbed into the meat. Put the hams into a salting-tub, and keep them there two or three days, turning and rubbing them frequently. Then make a mixture, (allowing to each ham half a pound more of brown sugar, the same of salt, and an ounce of saltpetre, pounded fine, with an ounce of black pepper, and an ounce of cloves,) and heat this mixture a few minutes. Take the hams out of the tub, wipe them dry, and then rub into them this second mixture. Clean the salting-tub, and return the hams to it. Cover them, and let them lie for a fortnight, turning them several times, and basting them with the liquid. Then smoke them a fortnight, using for the fire green birch, oak, hickory, or corn-cobs.

Sew them up in new cloths and white-wash the outside of the covers.

## PORK, HAM, &c.

### GENERAL REMARKS

In cutting up pork, you have the spare-rib, shoulder, griskin or chine, the loin, middlings and leg; the head, feet, heart and liver. On the spare-rib and chine there is but little meat, and the pieces called middlings consist almost entirely of fat. The best parts are the loin, and the leg or hind quarter. Hogs make the best pork when from two and a half to four years old. They should be kept up and fed with corn at least six weeks before they are killed, or their flesh will acquire a disagreeable taste from the trash and offal which they eat when running at large. The Portuguese pork, which is fed on chestnuts, is perhaps the finest in the world.

If the meat is young, the lean will break on being pinched, and the skin will dent by nipping it with the fingers; the fat will be white, soft, and pulpy. If the skin or rind is rough, and cannot be nipped, it is old.

Hams that have short shank-bones, are generally preferred. If you put a knife under the bone of a ham, and it comes out clean, the meat is good; but quite the contrary if the knife appears smeared and slimy. In good bacon the fat is white, and the lean sticks close to the bone; if it is streaked with yellow, the meat is rusty, and unfit to eat.

Pork in every form should be thoroughly cooked. If the least under-done, it is distrusting and unwholesome.

### TO ROAST A LEG OF PORK

Take a sharp knife and score the skin across in narrow stripes (you may cross it again so as to form diamonds) and rub in some powdered sage. Raise the skin at the knuckle, and put in a stuffing of minced onion and sage, bread-crumbs, pepper, salt, and beaten yolk of egg. Fasten it down with a buttered string, or with skewers. You may make deep incisions in the meat of the large end of the leg, and stuff them also; pressing in the filling very hard. Rub a little sweet oil all over the skin with a brush or a goose-feather, to make it crisp and of a handsome brown. Do not place the spit too near the fire, lest the skin should burn and blister. A leg of pork will require from three to four hours to roast. Moisten it all the time by brushing it with sweet oil, or with fresh butter tied in a rag. To baste it with its own dripping will make the skin tough and hard. Skim the fat carefully from the gravy, which should be thickened with a little flour.

*A roast leg of pork should always be accompanied by apple-sauce, and by mashed potato and mashed turnips.*

### TO ROAST A LOIN OF PORK

Score the skin in narrow strips, and rub it all over with a mixture of powdered sage-leaves, pepper and salt. Have ready a force meat or stuffing of sage and marjoram, mixed with a little grated bread and beaten yolk of egg, and seasoned with pepper and salt. Make deep incisions between the ribs and fill them with this stuffing. Put it on the spit before a clear fire and moisten it with butter or sweet oil, rubbed lightly over it. It will require three hours to roast.

Having skimmed the gravy well, thicken it with a little flour, and serve it up in a boat. Have ready some apple-sauce to eat with the pork. Also mashed turnips and mashed potatoes.

*You may roast in the same manner, a shoulder, spare-rib, or chine of pork; seasoning it with sage and marjoram.*

### TO ROAST A MIDDLELING OR SPRING PIECE OF PORK

Make a force meat of grated bread, and minced onion and sage, pepper, salt, and beaten yolk of egg; mix it well, and spread it all over the inside of the pork. Then roll up the meat, and with a sharp knife score it round in circles, rubbing powdered sage into the cuts. Tie a buttered twine round the roll of meat so as to keep it together in every direction. Put a hook through one end, and roast the pork before a clear brisk fire, moistening the skin occasionally with butter. Or you may bake it in a Dutch oven. It is a good side dish. Thicken the gravy with a little flour, and flavour it with a glass of wine. Have currant jelly to eat with it.

*It should be delicate young pork.*

### PORK AND BEANS

Allow two pounds of pickled pork to two quarts of dried beans. Soak the meat all night in a pan of cold water. Put the beans into a pot with cold water, and let them hang all night over the embers of the fire, or set them in the chimney corner, that they may warm as well as soak. Early in the morning rinse them through a cullender. Having scored the rind of the pork, (which should not be a very fat piece,) put it into a pot with cold water, and boil it till tender, carefully skimming off the liquid fat. *In another pot* boil the beans till they have all bursted. When soft, take them up; lay the pork in a tin pan; and cover it with the beans, adding a very little water. Then bake them in an oven till brown, but not longer.

*This is a homely dish, but is by many persons much liked. It is customary to bring it to table in the pan in which it is baked.*

*The chine is the proper piece for this purpose.*

## TO ROAST A PIG

Begin your preparations by making the stuffing. Take a sufficient quantity of grated stale bread, and mix it with sage and sweet marjoram rubbed fine or powdered; also some grated lemon-peel. Season it with pepper, salt, powdered nutmeg and mace; mix in butter enough to moisten it, and some beaten yolk of egg to bind it. Let the whole be very well incorporated.

The pig should be newly killed, (that morning if possible,) nicely cleaned, fat, and not too large. Wash it well in cold water, and cut off the feet close to the joints, leaving some skin all round to fold over the ends. Take out the liver and heart, and reserve them, with the feet, to make the gravy. Truss back the legs. Fill the body with the stuffing (it must be quite full) and then sew it up, or tie it round with a buttered twine. Put the pig on the spit, and place it before a clear brisk fire, but not too near lest it scorch. The fire should be largest at the ends, that the middle of the pig may not be done before the extremities. If you find the heat too great in the centre, you may diminish it by placing a flat-iron before the fire. When you first put it down, wash the pig all over with salt and water; afterwards rub it frequently with a feather dipped in sweet oil, or with fresh butter tied in a rag. If you baste it with any thing else, or with its own dripping, the skin will not be crisp. Take care not to blister or burn the outside by keeping it too near the fire. A good sized pig will require at least three hours' roasting.

Unless a pig is very small it is seldom sent to table whole. Take the spit from the fire, and place it across a large dish: then, having cut off the head with a sharp knife, and cut down the back, slip the spit out. Lay the two halves of the body close together in the dish, and place half the head on each side. Garnish with sliced lemon.

For the gravy,—take that from the dripping-pan and skim it well. Having boiled the heart, liver, and feet, with some minced sage in a very little water, cut the meat from the feet, and chop it. Chop also the liver and heart. Put all into a small sauce-pan, adding a little of the water that they were boiled in, and some bits of butter rolled in flour. Flavour it with a glass of Madeira, and some grated nutmeg. Give it a boil up, and send it to table in a gravy-boat.

*You may serve up with the pig, apple-sauce, cranberry-sauce, or bread-sauce in a small tureen; or currant jelly.*

*If you bake the pig instead of roasting it, rub it from time to time with fresh butter tied in a rag.*

## TO STEW PORK

Take a nice piece of the fillet or leg of fresh pork; rub it with a little salt, and score the skin. Put it into a pot with sufficient water to cover it, and stew it gently for two hours or more, in proportion to its size. Then put into the same pot a dozen or more sweet potatoes, scraped, split, and cut in pieces. Let the whole stew gently together for an hour and a half, or till all is thoroughly done, skimming it frequently. Serve up all together in a large dish.

*This stew will be found very good. For sweet potatoes you may substitute white ones mixed with sliced turnips, or parsnips scraped and split.*

## TO BOIL CORNED PORK

Take a nice piece of fresh pork, (the leg is the best,) rub it with salt, and let it lie in the salt two days. Boil it slowly in plenty of water, skimming it well. When the meat is about half done, you may put into the same pot a fine cabbage, washed clean and quartered. The pork and the cabbage should be thoroughly done, and tender throughout. Send them to table in separate dishes, having drained and squeezed all the water out of the cabbage. Take off the skin of the pork, and touch the outside at intervals with spots of cayenne pepper. Eat mustard with it.

*Pork is never boiled unless corned or salted.*

## PICKLED PORK AND PEASE PUDDING

Soak the pork all night in cold water, and wash and scrape it clean. Put it on early in the day, as it will take a long time to boil, and must boil slowly. Skim it frequently. Boil in a separate pot greens or cabbage to eat with it; also parsnips and potatoes.

Pease pudding is a frequent accompaniment to pickled pork, and is very generally liked. To make a small pudding, you must have ready a quart of dried split pease, which have been soaked all night in cold water. Tie them in a cloth, (leaving room for them to swell,) and boil them slowly till they are tender. Drain them, and rub them through a cullender or a sieve into a deep dish; season them with pepper and salt, and mix with them an ounce of butter, and two beaten eggs. Beat all well together till thoroughly mixed. Dip a clean cloth in hot water, sprinkle it with flour, and put the pudding into it. Tie it up very tightly, leaving a small space between the mixture and the tying, (as the pudding will still swell a little,) and boil it an hour longer. Send it to table and eat it with the pork.

You may make a pease pudding in a plain and less delicate way, by simply seasoning the pease with black pepper, (having first soaked them well,) tying them in a cloth, and putting them to boil in the same pot with the pork, taking care to make the string very tight, so that the water may not get in. When all is done, and you turn out the pudding, cut it into thick slices and lay it round the pork.

*Pickled pork is frequently accompanied by dried beans and hominy*

## PORK STEAKS

Pork steaks or chops should be taken from the neck, or the loin. Cut them about half an inch thick, remove the skin, trim them neatly, and beat them. Season them with pepper, salt, and powdered sage-leaves or sweet marjoram, and broil them over a clear fire till quite done all through, turning them once. They require much longer broiling than beef-steaks or mutton chops. When you think they are nearly done, take up one on a plate and try it. If it is the least red inside, return it to the gridiron. Have ready a gravy made of the trimmings, or any coarse pieces of pork stewed in a little water with chopped onions and sage, and skimmed carefully. When all the essence is extracted, take out the bits of meat, &c. and serve up the gravy in a boat to eat with the steaks.

*They should be accompanied with apple-sauce.*

## PORK CUTLETS

Cut them from the leg, and remove the skin; trim them and beat them, and sprinkle on salt and pepper. Prepare some beaten egg in a pan; and on a flat dish a mixture of bread-crumbs, minced onion, and sage. Put some lard or drippings into a frying-pan over the fire; and when it boils, put in the cutlets; having dipped every one first in the egg, and then in the seasoning. Fry them twenty or thirty minutes, turning them often. After you have taken them out of the frying-pan, skim the gravy, dredge in a little flour, give it one boil, and then pour it on the dish round the cutlets.

*Have apple-sauce to eat with them.*

*Pork cutlets prepared in this manner may be stewed instead of being fried. Add to them a little water, and stew them slowly till thoroughly done, keeping them closely covered, except when you remove the lid to skim them.*

## PORK PIE

Take the lean of a leg or loin of fresh pork, and season it with pepper, salt, and nutmeg. Cover the bottom and sides of a deep dish with a good paste, made with a pound of butter to two pounds of flour, and rolled out thick. Put in a layer of pork, and then a layer of pippin apples, pared, cored, and cut small. Strew over the apples sufficient sugar to make them very sweet. Then place another layer of pork, and so on till the dish is full. Pour in half a pint or more of sweet cider. Cover the pie with a thick lid of paste, and notch and ornament it according to your taste.

Set it in a brisk oven, and bake it well.

## TO ROAST A HAM

Take a very fine ham (a Westphalia one if you can procure it) and soak it in lukewarm water for a day or two, changing the water frequently. The day before you intend cooking it, take the ham out of the water, and (having removed the skin) trim it nicely, and pour over it a bottle of Madeira or sherry. Let it steep till next morning; frequently during the day washing the wine over it. Put it on the spit in time to allow at least six hours for slowly roasting it. Baste it continually with hot water. When it is done, dredge it all over with fine bread-raspings shaken on through the top of the dredging box; and set it before the fire to brown.

**For gravy,** take the wine in which the ham was steeped, and add to it the essence or juice which flowed from the meat when taken from the spit. Squeeze in the juice of two lemons. Put it into a sauce-pan, and boil and skim it. Send it to table in a boat. Cover the shank of the ham (which should have been sawed short) with bunches of double parsley, and ornament it with a cluster of flowers cut out with a penknife from raw carrots, beets, and turnips; and made to imitate marygolds, and red and white roses.



## HAM PIE

Cover the sides and bottom of a dish with a good paste rolled out thick. Have ready some slices of cold boiled ham, about half an inch thick, some eggs boiled hard and sliced, and a large young fowl cleaned and cut up. Put a layer of ham at the bottom, then the fowl, then the eggs, and then another layer of ham. Shake on some pepper, and pour in some water, or what will be much better, some veal gravy. Cover the pie with a crust, notch and ornament it, and bake it well.

*Some mushrooms will greatly improve it.*

*Small button mushrooms will keep very well in a bottle of sweet oil—first peeling the skin, and cutting off the stalks.*

## HAM SANDWICHES

Cut some thin slices of bread very neatly, having slightly buttered them; and, if you choose, spread on a very little mustard. Have ready some very thin slices of cold boiled ham, and lay one between two slices of bread. You may either roll them up, or lay them flat on the plates. They are used at supper, or at luncheon.

*You may substitute for the ham, cold smoked tongue, shred or grated.*

## BROILED HAM

Cut the ham into very thin slices, (the thinner the better.) Soak them in hot water at least half an hour, (a whole hour is better,) to draw out some of the salt; changing the water several times, and always pouring it on scalding hot. This process will not only extract the superfluous salt (which would otherwise ooze out in broiling and remain sticking about the surface of the meat) but it makes the ham more tender and mellow. After soaking, dry the slices in a cloth, and then heat your gridiron, and broil them over a clear fire.

If you have cold boiled ham, it is better for broiling than that which is raw; and being boiled, will require no soaking before you put it on the gridiron.

If you wish to serve up eggs with the ham, put some lard into a very clean frying-pan, and make it boiling hot. Break the eggs separately into a saucer, that in case a bad one should be among them it may not mix with the rest. Slip each egg gently into the frying pan. Do not turn them while they are frying, but keep pouring some of the hot lard over them with an iron spoon; this will do them sufficiently on the upper side. They will be done enough in about three minutes; the white must retain its transparency so that the yolk will be seen through it. When done, take them up with a tin slice, drain off the lard, and if any part of the white is discoloured or ragged, trim it off. Lay a fried egg upon each slice of the broiled ham, and send them to table hot.

This is a much nicer way than the common practice of frying the ham or bacon with the eggs. Some persons broil or fry the ham without eggs, and send it to table cut into little slips or mouthfuls.

To curl small pieces of ham for garnishing, slice as thin as possible some that has been boiled or parboiled. The pieces should be about two inches square. Roll it up round little wooden skewers, and put it into a cheese toaster, or into a tin oven, and set it before the fire for eight or ten minutes. When it is done, slip out the skewers.

## LIVER PUDDINGS

Boil some pigs' livers. When cold, mince them, and season them with pepper, salt, and some sage and sweet marjoram rubbed fine. You may add some powdered cloves. Have ready some large skins nicely cleaned, and fill them with the mixture, tying up the ends securely. Prick them with a fork to prevent their bursting; put them into hot water, and boil them slowly for about an hour. They will require no farther cooking before you eat them. Keep them in stone jars closely covered. They are eaten cold at breakfast or supper, cut into slices an inch thick or more; or they may be cut into large pieces, and broiled or fried.

*The best liver puddings are made of boiled pigs-feet and livers, mixed together in equal portions.*

## TO BOIL A HAM

Hams should always be soaked in water previous to boiling, to draw out a portion of the salt, and to make them tender. They will soften more easily if soaked in lukewarm water. If it is a new ham, and not very salt or hard, you need not put it in water till the evening before you intend to cook it. An older one will require twenty-four hours' soaking; and one that is very old and hard should be kept in soak two or three days, frequently changing the water, which must be soft. Soak it in a tub, and keep it well covered. When you take it out of the water to prepare it for boiling, scrape and trim it nicely, and pare off all the rough-looking parts.

Early in the morning put it into a large pot or kettle with plenty of cold water. Place it over a slow fire that it may heat gradually; it should not come to a boil in less than an hour and a half, or two hours. When it boils, quicken the fire, and skim the pot carefully. Then simmer it gently four or five hours or more, according to its size. A ham weighing fifteen pounds should simmer five hours after it has come to a boil. Keep the pot well skimmed.

When it is done, take it up, carefully strip off the skin, and reserve it to cover the ham when it is put away cold. Rub the ham all over with some beaten egg, and strew on it fine bread-rasplings shaken through the lid of a dredging box. Then place it in an oven to brown and crisp, or on a hot dish set over the pot before the fire. Cut some writing paper into a handsome fringe, and twist it round the shank-bone before you send the ham to table. Garnish the edge of the dish with little piles or spots of rasped crust of bread.

In carving a ham, begin not quite in the centre, but a little nearer to the hock. Cut the slices very thin. It is not only a most ungenteel practice to cut ham in thick slices, but it much impairs the flavour.

When you put it away after dinner, skewer on again the skin. This will make it keep the better.

Ham should always be accompanied by green vegetables, such as asparagus, peas, beans, spinach, cauliflower, broccoli, &c.

Bacon also should be well soaked before it is cooked; and it should be boiled very slowly, and for a long time. The greens may be boiled with the meat. Take care to skim the pot carefully, and to drain and squeeze the greens very well before you send them to table.

*If there are yellow streaks in the lean of the bacon it is rusty, and unfit to eat.*

## DIRECTIONS FOR CURING HAM OR BACON

Ham or bacon, however well cured, will never be good unless the pork of which it is made has been properly fed. The hogs should for well fattened on corn, and fed with it about eight weeks, allowing ten bushels to each hog. They are best for curing when from two to four years old, and should not weigh more than one hundred and fifty or one hundred and sixty pounds. The first four weeks they may be fed on mush, or on Indian meal moistened with water; the remaining four on corn unground; giving them always as much as they will eat. Soap-suds may be given to them three or four times a week; or oftener if convenient.

When killed and cut up, begin immediately to salt them. Rub the outside of each ham with a tea-spoonful of powdered saltpetre, and the inside with a tea-spoonful of cayenne pepper. Having mixed together two pounds brown sugar and fine salt, in the proportion of a pound and a half of brown sugar to a pint of salt, rub the pork well with it. This quantity of sugar and salt will be sufficient for fifty pounds of meat. Have ready some large tubs, the bottoms sprinkled with salt, and lay the meat in the tubs with the skin downward. Put plenty of salt between each layer of meat. After it has lain eight days, take it out and wipe off all the salt, and wash the tubs. Make a pickle of soft water, equal quantities of salt and molasses, and a little saltpetre; allowing four ounces of saltpetre to two quarts of molasses and two quarts of salt, which is the proportion for fifty pounds of meat. The pickle must be strong enough to bear up an egg. Boil and skim it; and when it is cold, pour it over the meat, which must be turned every day and basted with the pickle. The hams should remain in the pickle at least four weeks; the shoulders and middlings of the bacon three weeks; and the jowls two weeks. They should then be taken out and smoked. Having washed off the pickle, before you smoke the meat, bury it, while wet, in a tub of bran. This will form a crust over it, and prevent evaporation of the juices. Let the smoke-house be ready to receive the meat immediately. Take it out of the tub after it has lain half an hour, and rub the bran evenly over it. Then hang it up to smoke with the small end downwards. The smoke-house should be dark and cool, and should stand alone, for the heat occasioned by an adjoining building may spoil the meat, or produce insects. Keep up a good smoke all day, but have no blaze. Hickory is the best wood for a smoke-house fire. In three or four weeks the meat will be sufficiently smoked, and fit for use. During the process it should be occasionally taken down, examined, and hung up again. The best way of keeping hams is to sew them in coarse cloths, which should be white-washed. If they are to go to sea, pack them in pounded charcoal.

An old ham will require longer to soak, and longer to boil than a new one.

*Tongues may be cured in the above manner.*





### COMMON SAUSAGE-MEAT

Having cleared it from the skin, sinews, and gristle, take six pounds of the lean of young fresh pork, and three pounds of the fat, and mince it all as fine as possible. Take some dried sage, pick off the leaves and rub them to powder, allowing three tea-spoonfuls to each pound of meat. Having mixed the fat and lean well together, and seasoned it with six tea-spoonfuls of pepper, and the same quantity of salt, strew on the powdered sage, and mix the whole very well with your hands. Put it away in a stone jar, packing it down hard; and keep it closely covered. Set the jar in a cool dry place.

When you wish to use the sausage-meat, make it into flat cakes about an inch thick and the size of a dollar; dredge them with flour, and fry them in nothing, over rather a slow fire, till they are well browned on both sides, and thoroughly done. Their own fat will cook them.

*Sausages are seldom eaten except at breakfast.*

### FINE SAUSAGES

Take some fresh pork, (the leg is best,) and clear it from the skin, sinews, and gristle. Allow two pounds of fat to three pounds of lean. Mince it all very fine, and season it with two ounces and a half of salt, half an ounce of pepper, twelve cloves, and a dozen blades of mace powdered, three grated nutmegs, six table-spoonfuls of powdered sage, and two tea-spoonfuls of powdered rosemary. Mix all well together. Put it into a stone jar, and press it down very hard. Cover it closely, and keep it in a dry cool place.

When you use this sausage-meat, mix with it some beaten yolk of egg, and make it into balls or cakes. Dredge them with flour, and fry them in butter.

### BOLOGNA SAUSAGES

Take ten pounds of beef, and four pounds of pork; two-thirds of the meat should be lean, and only one third fat. Chop it very fine, and mix it well together. Then season it with six ounces of fine salt, one ounce of black pepper, half an ounce of cayenne, one table-spoonful of powdered cloves; and one clove of garlic minced very fine.

Have ready some large skins nicely cleaned and prepared, (they should be beef-skins,) and wash them in salt and vinegar. Fill them with the above mixture, and secure the ends by tying them with packthread or fine twine. Make a brine of salt and water strong enough to bear up an egg. Put the sausages into it, and let them lie for three weeks, turning them daily. Then take them out, wipe them dry, hang them up and smoke them. Before you put them away rub them all over with sweet oil.

*Keep them in ashes. That of vine-twigs is best for them.*

*You may fry them or not before you eat them.*

### PIG'S FEET AND EARS SOUSED

Having cleaned them properly, and removed the skin, boil them slowly till they are quite tender, and then split the feet and put them with the ears into salt and vinegar, flavoured with a little mace. Cover the jar closely, and set it away. When you use them, dry each piece well with a cloth; dip them first in beaten yolk of egg, and then in bread-crumbs, and fry them nicely in butter or lard. Or you may eat them cold, just out of the vinegar.

*If you intend keeping them some time, you must make a fresh pickle for them every other day.*

### PORK CHEESE

Take the heads, tongues, and feet of young fresh pork, or any other pieces that are convenient. Having removed the skin, boil them till all the meat is quite tender, and can be easily stripped from the bones. Then chop it small, and season it with salt and black pepper to your taste, and if you choose, some beaten cloves. Add sage-leaves and sweet marjoram, minced fine, or rubbed to powder. Mix the whole very well together, with your hands. Put it into deep pans, with straight sides, (the shape of a cheese,) press it down hard and closely with a plate that will fit the pan; putting the under side of the plate next to the meat, and placing a heavy weight on it. In two or three days it will be fit for use, and you may turn it out of the pan. Send it to table cut in slices, and use mustard and vinegar with it.

*It is generally eaten at supper or breakfast.*

### TO IMITATE WESTPHALIA HAM

The very finest pork must be used for these hams. Mix together an equal quantity of powdered saltpetre and brown sugar, and rub it well into the hams. Next day make a pickle in sufficient quantity to cover them very well. The proportions of the ingredients are a pound of fine salt, mixed with a pound of brown sugar, an ounce of black pepper and an ounce of cloves pounded to powder, a small bit of sal prunella, and a quart of stale strong beer or porter. Boil them all together, so as to make a pickle that will bear up an egg. Pour it boiling hot over the meat, and let it lie in the pickle two weeks, turning it two or three times every day, and basting or washing it with the liquid. Then take out the hams, rub them with bran and smoke them for a fortnight. When done, keep them in a barrel of fine charcoal.

In cooking these hams simmer them slowly for seven or eight hours.

To imitate the shape of the real Westphalia hams, cut some of the meat off the under side of the thick part, so as to give them a flat appearance. Do this before you begin to cure them, first loosening the skin and afterwards sewing it on again.

*The ashes in which you keep them must be changed frequently, wiping the hams when you take them out.*

### TO GLAZE A COLD HAM

With a brush or quill feather go all over the ham with beaten yolk of egg. Then cover it thickly with pounded cracker, made as fine as flour, or with grated crumbs of stale bread. Lastly go over it with thick cream. Put it to brown in the oven of a stove, or brown it on the spit of a tin roaster, set before the fire and turned frequently.

*This glazing will be found delicious. It should be put on half an inch thick, so as to form a crust.*





## TO ROAST A SADDLE OR HAUNCH OF VENISON

Wipe it all over with a sponge dipped in warm water. Then rub the skin with lard or nice dripping. Cover the fat with sheets of paper two double, buttered, and tied on with packthread that has been soaked to keep it from burning. Or, what is still better, you may cover the first sheets of paper with a coarse paste of flour and water rolled out half an inch thick, and then cover the paste with the second sheets of paper, securing the whole well with the string to prevent its falling off. Place the venison on the spit before a strong clear fire, such as you would have for a sirloin of beef, and let the fire be well kept up all the time. Put some claret and butter into the dripping-pan and baste the meat with it frequently. If wrapped in paste, it will not be done in less than five hours. Half an hour before you take it up, remove the coverings carefully, place the meat nearer to the fire, baste it with fresh butter and dredge it very lightly with flour. Send it to table with fringed white paper wrapped round the bone, and its own gravy well skimmed. Have currant jelly to eat with it. As venison chills immediately, the plates should be kept on heaters.

You may make another gravy with a pound and a half of scraps and trimmings or inferior pieces of venison, put into a sauce-pan with three pints of water, a few cloves, a few blades of mace, half a nutmeg; and salt and cayenne to your taste. Boil it down slowly to a pint. Then skim off the fat, and strain the gravy into a clean sauce-pan. Add to it half a pint of currant jelly, half a pint of claret, and near a quarter of a pound of butter divided into bits and rolled in flour. Send it to table in two small tureens or sauce-boats. This gravy will be found very fine.

*Venison should never be roasted unless very fat.  
The shoulder is a roasting piece, and may be  
done without the paper or paste.*

*Venison is best when quite fresh; but if it is expedient  
to keep it a week before you cook it, wash it well  
with milk and water, and then dry it perfectly  
with cloths till there is not the least damp remaining  
on it. Then mix together powdered ginger and pepper,  
and rub it well over every part of the meat.*

*Do not, however, attempt to keep it unless  
the weather is quite cold.*

## TO HASH COLD VENISON

Cut the meat in nice small slices, and put the trimmings and bones into a sauce-pan with barely water enough to cover them. Let them stew for an hour. Then strain the liquid into a stew-pan; add to it some bits of butter rolled in flour, and whatever gravy was left of the venison the day before. Stir in some currant jelly, and give it a boil up. Then put in the meat, and keep it over the fire just long enough to warm it through; but do not allow it to boil, as it has been once cooked already.

## VENISON STEAKS

Cut them from the neck or haunch. Season them with pepper and salt. When the gridiron has been well heated over a bed of bright coals, grease the bars, and lay the steaks upon it. Broil them well, turning them once, and taking care to save as much of the gravy as possible. Serve them up with some currant jelly laid on each steak. Have your plates set on heaters.

## VENISON PASTY

The neck, breast, and shoulder are the parts used for a venison pie or pasty. Cut the meat into pieces (fat and lean together) and put the bones and trimmings into a stew-pan with pepper and salt, and water or veal broth enough to cover it. Simmer it till you have drawn out a good gravy. Then strain it.

In the mean time make a good rich paste, and roll it rather thick. Cover the bottom and sides of a deep dish with one sheet of it, and put in your meat, having seasoned it with pepper, salt, nutmeg, and mace. Pour in the gravy which you have prepared from the trimmings, and two glasses of port or claret, and lay on the top some bits of butter rolled in flour. Cover the pie with a thick lid of paste, and ornament it handsomely with leaves and flowers formed with a tin cutter. Bake it two hours or more, according to its size.

## VENISON HAM

Venison for hams must be newly killed, and in every respect as good as possible. Mix together equal quantities of salt and brown sugar, and rub it well into the hams. Put them into a tub, and let them lie seven days; turning them and rubbing them daily with the mixture of salt and sugar. Next mix together equal quantities of West India molasses and fine salt. Rub it over your hams, and let them lie in it a week longer. Then wipe them, rub them with bran, and smoke them a fortnight over hickory wood. Pack them in wood ashes; or in charcoal, if to go to sea.

Venison ham must not be cooked before it is eaten. It is used for the tea-table, chipped or shred like dried beef, to which it is considered very superior.

*It will not keep as long as other smoked meat.*

## VENISON SAUSAGES

To six pounds of fresh-killed venison, allow two pounds of fresh fat pork. Chop the meat and mince it very fine. Add six tea-spoonfuls of sage leaves, dried and powdered, the same quantity of salt, and the same of ground black pepper. Having mixed the whole thoroughly, pack it down hard in stone jars, and keep it well covered in a cool dry place.

When wanted for use, make it into small flat cakes, and fry them.



### TO ROAST A KID

A kid should be cooked the day it is killed, or the day after at farthest. They are best from three to four months old, and are only eaten while they live on milk.

Wash the kid well, wipe it dry, and truss it. Stuff the body with a force meat of grated bread, butter or suet, sweet herbs, pepper, salt, nutmeg, grated lemon-peel, and beaten egg; and sew it up to keep the stuffing in its place. Put it on the spit and rub it over with lard, or sweet oil. Put a little salt and water into the dripping-pan, and baste the kid first with that, and afterwards with its own gravy. Or you may make it very nice by basting it with cream. It should roast about three hours. At the last, transfer the gravy to a small sauce-pan; thicken it with a little butter rolled in flour, give it a boil up, and send it to table in a boat. Garnish the kid with lumps of currant jelly laid round the edge of the dish.

A fawn (which should never be kept more than one day) may be roasted in the same manner; also, a hare, or a couple of rabbits.

You may send to table, to eat with the kid, a dish of chestnuts boiled or roasted, and divested of the shells.

### TO ROAST A HARE

If a hare is old do not roast it, but make soup of it. Wash and soak it in water for an hour, and change the water several times, having made a little slit in the neck to let out the blood. Take out the heart and liver, and scald them. Drain, dry, and truss the hare. Make a force meat richer and more moist than usual, and add to it the heart and liver minced fine. Soak the bread-crumbs in a little claret before you mix them with the other ingredients. Stuff the body of the hare with this force meat, and sew it up. Put it on the spit, rub it with butter, and roast it before a brisk fire. For the first half hour baste it with butter; and afterwards with cream, or with milk thickened with beaten yolk of egg. At the last, dredge it lightly with flour. The hare will require about two hours roasting.

For sauce, take the drippings of the hare mixed with cream or with claret, and a little lemon-juice, a bit of butter, and some bread-crumbs. Give it a boil up, and send it to table in a boat. Garnish the hare with slices of currant jelly laid round it in the dish.



### FRICASSEED RABBITS

The best way of cooking rabbits is to fricassee them. Take a couple of fine ones, and cut them up, or disjoint them. Put them into a stew-pan; season them with cayenne pepper and salt, some chopped parsley, and some powdered mace. Pour in a pint of warm water (or of veal broth, if you have it) and stew it over a slow fire till the rabbits are quite tender; adding (when they are about half done) some bits of butter rolled in flour. Just before you take it from the fire, enrich the gravy with a gill or more of thick cream with some nutmeg grated into it. Stir the gravy well, but take care not to let it boil after the cream is in, lest it curdle.

Put the pieces of rabbit on a hot dish, and pour the gravy over them.

### TO STEW RABBITS

Having trussed the rabbits, lay them in a pan of warm water for about fifteen minutes. Then put them into a pot with plenty of water and a little salt, and stew them slowly for about an hour, or till they are quite tender. In the mean time, peel and boil in a sauce-pan a dozen onions. When they are quite tender all through, take them out, and drain and slice them. Have ready some drawn butter, prepared by taking six ounces of butter, (cut into bits and rolled in about three tea-spoonfuls of flour,) and melting it in a gill of milk. After shaking it round over hot coals till it simmers, add to it the onions, and give it one boil up.

When the rabbits are done stewing lay them on a large dish (having first cut off their heads, which should not be sent to table) and cover them all over with the onion-sauce, to which you may add some grated nutmeg.

### TO FRY RABBITS

Having washed the rabbits well, put them into a pan of cold water, and let them lie in it two or three hours. Then cut them into joints, dry them in a cloth, dredge them with flour, strew them with chopped parsley, and fry them in butter. After you take them out of the frying-pan, stir a wine-glass of cream into the gravy, or the beaten yolk of an egg. Do not let it boil, but pour it at once into the dish with the rabbits.

*Rabbits are very good baked in a pie. A boiled or pot-pie may be made of them. They may be stuffed with force meat and roasted, basting them with butter. Cut off their heads before you send them to table.*

## POULTRY, GAME, &c

### GENERAL REMARKS

In buying poultry choose those that are fresh and fat. Half-grown poultry is comparatively insipid; it is best when full-grown but not old. Old poultry is tough and hard. An old goose is so tough as to be frequently uneatable. When poultry is young the skin is thin and tender, and can be easily ripped by trying it with a pin; the legs are smooth; the feet moist and limber; and the eyes full and bright. The body should be thick and the breast fat. The bill and feet of a young goose are yellow, and have but few hairs on them; when old they are red and hairy.

Poultry is best when killed over night, as if cooked too soon after killing, it is hard and does not taste well. It is not the custom in America, as in some parts of Europe, to keep game, or indeed any sort of eatable, till it begins to taint; all food when inclining to decomposition being regarded by us with disgust.

When poultry or game is frozen, it should be brought into the kitchen early in the morning of the day on which it is to be cooked. It may be thawed by laying it several hours in cold water. If it is not thawed it will require double the time to cook, and will be tough and tasteless when done.

In drawing poultry be very careful not to break the gall, lest its disagreeable bitterness should be communicated to the liver.

Poultry should be always scalded in hot water to make the feathers come out easily. Before they are cooked they should be held for a moment over the blaze of the fire to singe off the hairs that are about the skin. The head, neck, and feet should be cut off, and the ends of the legs skewered in the bodies. A string should be tied tightly round.

### TO BOIL A PAIR OF FOWLS

Make a force meat in the usual manner, of grated bread-crumbs, chopped sweet herbs, butter, pepper, salt, and yolk of egg. Fill the bodies of the fowls with the stuffing, and tie a string firmly round them. Skewer the livers and gizzards to the sides, under the wings. Dredge them with flour, and put them into a pot with just enough of water to cook them; cover it closely, and put it over a moderate fire. As soon as the scum rises, take off the pot and skim it. Then cover it again, and boil it slowly half an hour. Afterwards diminish the fire, and let them stew slowly till quite tender. An hour altogether is generally sufficient to boil a pair of fowls, unless they are quite old. By doing them slowly (rather stewing than boiling) the skin will not break, and they will be whiter and more tender than if boiled fast.

*Serve them up with egg-sauce in a boat.*

*Young chickens are better for being soaked two hours in skim milk, previous to boiling.*

*You need not stuff them.*

*Boil or stew them slowly in the same manner as large fowls.*

*Three quarters of an hour will cook them.*

*Serve them up with egg-sauce, and garnish with parsley.*

*Boiled fowls should be accompanied by ham or smoked tongue.*



### TO ROAST A PAIR OF FOWLS

Leave out the livers, gizzards and hearts, to be chopped and put into the gravy. Fill the crops and bodies of the fowls with a force meat, put them before a clear fire and roast them an hour, basting them with butter or with clarified dripping.

Having stewed the necks, gizzards, livers, and hearts in a very little water, strain it and mix it hot with the gravy that has dripped from the fowls, and which must be first skimmed. Thicken it with a little browned flour, add to it the livers, hearts, and gizzards chopped small. Send the fowls to table with the gravy in a boat, and have cranberry-sauce to eat with them.

### BROILED CHICKENS

Split a pair of chickens down the back, and beat them flat. Wipe the inside, season them with pepper and salt, and let them lie while you prepare some beaten yolk of egg and grated bread-crumbs. Wash the outside of the chickens all over with the egg, and then strew on the bread-crumbs. Have ready a hot gridiron over a bed of bright coals. Lay the chickens on it with the inside downwards, or next the fire. Broil them about three quarters of an hour, keeping them covered with a plate. Just before you take them up, lay some small pieces of butter on them.

In preparing chickens for broiling, you may parboil them about ten minutes, to ensure their being sufficiently cooked; as it is difficult to broil the thick parts thoroughly without burning the rest.

*None but fine plump chickens are worth broiling.*

## CHICKEN CURRY

Take a pair of fine fowls, and having cut them in pieces lay them in salt and water till the seasoning is ready. Take two table-spoonfuls of powdered ginger, one table-spoonful of fresh turmeric, a tea-spoonful of ground black pepper; some mace, a few cloves, some cardamom seeds, and a little cayenne pepper with a small portion of salt. These last articles according to your taste. Put all into a mortar, and add to them eight large onions, chopped or cut small. Mix and beat all together, till the onions, spices, &c. form a paste.

Put the chickens into a pan with sufficient butter rolled in flour, and fry them till they are brown, but not till quite done. While this is proceeding, set over the fire a sauce-pan three parts full of water, or sufficient to cover the chickens when they are ready. As soon as the water boils, throw in the curry-paste. When the paste has all dissolved, and is thoroughly mixed with the water, put in the pieces of chicken to boil, or rather to simmer. When the chicken is quite done, put it into a large dish, and eat it with boiled rice. The rice may either be laid round on the same dish, or served up separately.

*This is a genuine East India receipt for curry.*

*Lamb, veal, or rabbits may be curried  
in the same manner.*

## TO BOIL RICE FOR CURRY

Pick the rice carefully, to clear it from husks and motes. Then soak it in cold water for a quarter of an hour, or more. When you are ready to boil it, pour off the water in which it has soaked. Have ready a pot or sauce-pan of boiling water, into which you have put a little salt. Allow two quarts of water to a pound of rice. Sprinkle the rice gradually into the water. Boil it hard for twenty minutes, then take it off the fire, and pour off all the water that remains. Set the pot in the chimney corner with the lid off, while dinner is dishing, that it may have time to dry. You may toss it up lightly with two forks, to separate the grains while it is drying, but do not stir it with a spoon.

## A PILAU

Take a large fine fowl, and cover the breast with slices of fat bacon or ham, secured by skewers. Put it into a stew-pan with two sliced onions. Season it to your taste with white pepper and mace. Have ready a pint of rice that has been well picked, washed, and soaked. Cover the fowl with it. Put in as much water as will well cover the whole. Stew it about half an hour, or till the fowl and rice are thoroughly done; keeping the stew-pan closely covered. Dish it all together, either with the rice covering the fowl, or laid round it in little heaps.

*You may make a pilau of beef or mutton with a larger quantity of rice; which must not be put in at first or it will be done too much, the meat requiring a longer time to stew.*



## CHICKEN SALAD

The fowls for this purpose should be young and fine. You may either boil or roast them. They must be quite cold. Having removed all the skin and fat, and disjointed the fowls cut the meat from the bones into very small pieces, not exceeding an inch. Wash and split two large fine heads of celery, and cut the white part into pieces also about an inch long; and having mixed the chicken and celery together, put them into a deep china dish, cover it and set it away.

It is best not to prepare the dressing till just before the salad is to be eaten, that it may be as fresh as possible. Have ready the yolks of eight hard-boiled eggs. Put them into a flat dish, and mash them to a paste with the back of a wooden spoon. Add to the egg a small tea-spoonful of fine salt, the same quantity of cayenne pepper, half a gill of made mustard, a gill or a wine-glass and a half of vinegar, and rather more than two wine-glasses of sweet oil. Mix all these ingredients thoroughly; stirring them a long time till they are quite smooth.

The dressing should not be put on till a few minutes before the salad is sent in; as by lying in it the chicken and celery will become tough and hard. After you pour it on, mix the whole well together with a silver fork.

*Chicken salad should be accompanied with plates of bread and butter, and a plate of biscuits. It is a supper dish, and is brought in with terrapin, oysters, &c.*

*Cold turkey is excellent prepared as above.*

*An inferior salad may be made with cold fillet of veal, instead of chickens.*

*Cold boiled lobster is very fine cut up and drest in this manner, only substituting for celery, lettuce cut up and mixed with the lobster.*

## STEWED DUCK

Half roast a large duck. Cut it up, and put it into a stew-pan with a pint of beef-gravy, or dripping of roast-beef. Have ready two boiled onions, half a handful of sage leaves, and two leaves of mint, all chopped very fine and seasoned with pepper and salt. Lay these ingredients over the duck. Stew it slowly for a quarter of an hour. Then put in a quart of young green peas. Cover it closely, and simmer it half an hour longer, till the peas are quite soft. Then add a piece of butter rolled in flour; quicken the fire, and give it one boil. Serve up all together.

*A cold duck that has been under-done may be stewed in this manner.*



### TO HASH A DUCK

Cut up the duck and season it with pepper and mixed spices. Have ready some thin slices of cold ham or bacon. Place a layer of them in a stew-pan; then put in the duck and cover it with ham. Add just water enough to moisten it, and pour over all a large glass of red wine. Cover the pan closely and let it stew for an hour.

Have ready a quart or more of green peas, boiled tender, drained, and mixed with butter and pepper. Lay them round the hashed duck.

If you hash a cold duck in this manner, a quarter of an hour will be sufficient for stewing it; it having been cooked already.

### TO ROAST A PAIR OF DUCKS

After the ducks are drawn, wipe out the inside with a clean cloth, and prepare your stuffing. Mince very fine some green sage leaves, and twice their quantity of onion, (which should first be parboiled,) and add a little butter, and a seasoning of pepper and salt. Mix the whole very well, and fill the crops and bodies of the ducks with it, leaving a little space for the stuffing to swell. Reserve the livers, gizzards, and hearts to put in the gravy. Tie the bodies of the ducks firmly round with strings, (which should be wetted or buttered to keep them from burning,) and put them on the spit before a clear brisk fire. Baste them first with a little salt and water, and then with their own gravy, dredging them lightly with flour at the last. They will be done in about an hour. After boiling the livers, gizzards and hearts, chop them, and put them into the gravy; having first skimmed it, and thickened it with a little browned flour.

Send to table with the ducks a small tureen of onion-sauce with chopped sage leaves in it. Accompany them also with stewed cranberries and green peas, if in season.

Canvas-back ducks are roasted in the same manner, omitting the stuffing. They will generally be done enough in three quarters of an hour. Send currant jelly to table with them, and have heaters to place under the plates. Add to the gravy a little cayenne, and a large wine-glass of claret or port.

Other wild ducks and teal may be roasted in about half an hour. Before roasting, parboil them with a large carrot inside their bodies. This will draw all the fishy or sedgy taste that may be about the ducks. Then throw away the carrot, and lay them in fresh water.

You may serve up with wild ducks, &c. orange-sauce, which is made by boiling in a little water two large sweet oranges cut into slices, having first removed the rind. When the pulp is all dissolved, strain and press it through a sieve, and add to it the juice of two more oranges, and a little sugar. Send it to table either warm or cold.



### A GOOSE PIE

Cut a fine large young goose into eight pieces, and season it with pepper. Reserve the giblets for gravy. Take a smoked tongue that has been all night in soak, parboil it, peel it, and cut it into thick slices, omitting the root, which you must divide into small pieces, and put into a sauce-pan with the giblets and sufficient water to stew them slowly.

Make a nice paste, allowing a pound and a half of butter to three pounds of flour. Roll it out thick, and line with it the bottom and sides of a deep dish. Fill it with the pieces of goose, and the slices of tongue. Skim the gravy you have drawn from the giblets, thicken it with a little browned flour, and pour it into the pie dish. Then put on the lid or upper crust. Notch and ornament it handsomely with leaves and flowers of paste. Bake the pie about three hours in a brisk oven.

*In making a large goose pie you may add a fowl, or a pair of pigeons, or partridges,—all cut up.*

*A duck pie may be made in the same manner. Small pies are sometimes made of goose giblets only.*

### TO ROAST A GOOSE

Having drawn and singed the goose, wipe out the inside with a cloth, and sprinkle in some pepper and salt. Make a stuffing of four good sized onions minced fine, and half their quantity of green sage leaves minced also, a large tea-cupful of grated bread-crumbs, a piece of butter the size of a walnut, and the beaten yolks of two eggs, with a little pepper and salt. Mix the whole together, and incorporate them well. Put the stuffing into the goose, and press it in hard; but do not entirely fill up the cavity, as the mixture will swell in cooking. Tie the goose securely round with a greased or wetted string; and paper the breast to prevent it from scorching. Fasten the goose on the spit at both ends. The fire must be brisk and well kept up. It will require from two hours to two and a half to roast. Baste it at first with a little salt and water, and then with its own gravy. Take off the paper when the goose is about half done, and dredge it with a little flour towards the last. Having parboiled the liver and heart, chop them and put them into the gravy, which must be skimmed well and thickened with a little browned flour.

Send apple-sauce to table with the goose; also mashed potatoes.

A goose may be stuffed entirely with potatoes, boiled and mashed with milk, butter, pepper and salt. You may make a gravy of the giblets, that is the neck, pinions, liver, heart and gizzard, stewed in a little water, thickened with butter rolled in flour, and seasoned with pepper and salt. Add a glass of red wine. Before you send it to table, take out all but the liver and heart; mince them and leave them in the gravy. This gravy is by many preferred to that which comes from the goose in roasting. It is well to have both.

*If a goose is old it is useless to cook it, as when hard and tough it cannot be eaten.*



## A CHRISTMAS GOOSE PIE

These pies are always made with a standing crust. Put into a sauce-pan one pound of butter cut up, and a pint and a half of water; stir it while it is melting, and let it come to a boil. Then skim off whatever milk or impurity may rise to the top. Have ready four pounds of flour sifted into a pan. Make a hole in the middle of it, and pour in the melted butter while hot. Mix it with a spoon to a stiff paste, (adding the beaten yolks of three or four eggs,) and then knead it very well with your hands, on the pasteboard, keeping it dredged with flour till it ceases to be sticky. Then set it away to cool.

Split a large goose, and a fowl down the back, loosen the flesh all over with a sharp knife, and take out all the bones. Parboil a smoked tongue; peel it and cut off the root. Mix together a powdered nutmeg, a quarter of an ounce of powdered mace, a tea-spoonful of pepper, and a tea-spoonful of salt, and season with them the fowl and the goose.

Roll out the paste near an inch thick, and divide it into three pieces. Cut out two of them of an oval form for the top and bottom; and the other into a long straight piece for the sides or walls of the pie. Brush the paste all over with beaten white of egg, and set on the bottom the piece that is to form the wall, pinching the edges together, and cementing them with white of egg. The bottom piece must be large enough to turn up a little round the lower edge of the wall piece, to which it must be firmly joined all round. When you have the crust properly fixed, so as to be baked standing alone without a dish, put in first the goose, then the fowl, and then the tongue. Fill up what space is left with pieces of the flesh of pigeons, or of partridges, quails, or any game that is convenient. There must be no bones in the pie. You may add also some bits of ham, or some force meat balls. Lastly, cover the other ingredients with half a pound of butter, and put on the top crust, which, of course, must be also of an oval form to correspond with the bottom. The lid must be placed not quite on the top edge of the wall, but an inch and a half below it. Close it very well, and ornament the sides and top with festoons and leaves cut out of paste. Notch the edges handsomely, and put a paste flower in the centre. Glaze the whole with beaten yolk of egg, and bind the pie all round with a double fold of white paper. Set it in a regular oven, and bake it four hours.

*This is one way of making the celebrated goose pies that it is customary in England to send as presents at Christmas.*

*They are eaten at luncheon, and if the weather is cold,*

*and they are kept carefully covered up from the air, they will be good for two or three weeks; the standing crust assisting to preserve them.*



## TO ROAST A TURKEY

Make a force meat of grated bread-crumbs, minced suet, sweet marjoram, grated lemon-peel, nutmeg, pepper, salt, and beaten yolk of egg. You may add some grated cold ham. Light some writing paper, and singe the hairs from the skin of the turkey. Reserve the neck, liver, and gizzard for the gravy. Stuff the craw of the turkey with the force meat, of which there should be enough made to form into balls for frying, laying them round the turkey when it is dished. Dredge it with flour, and roast it before a clear brisk fire, basting it with cold lard. Towards the last, set the turkey nearer to the fire, dredge it again very lightly with flour, and baste it with butter. It will require, according to its size, from two to three hours roasting.

Make the gravy of the giblets cut in pieces, seasoned, and stewed for two hours in a very little water; thicken it with a spoonful of browned flour, and stir into it the gravy from the dripping-pan, having first skimmed off the fat.

A turkey should be accompanied by ham or tongue. Serve up with it mushroom-sauce. Have stewed cranberries on the table to eat with it. Do not help any one to the legs, or drum-sticks as they are called.

Turkeys are sometimes stuffed entirely with sausage-meat. Small cakes of this meat should then be fried, and laid round it.

To bone a turkey, you must begin with a very sharp knife at the top of the wings, and scrape the flesh loose from the bone without dividing or cutting it to pieces. If done carefully and dexterously, the whole mass of flesh may be separated from the bone, so that you can take hold of the head and draw out the entire skeleton at once. A large quantity of force meat having been prepared, stuff it hard into the turkey, restoring it by doing so to its natural form, filling out the body, breast, wings and legs, so as to resemble their original shape when the bones were in. Roast or bake it; pouring a glass of port wine into the gravy. A boned turkey is frequently served up cold, covered with lumps of currant jelly; slices of which are laid round the dish.

*Any sort of poultry or game may be boned and stuffed in the same manner.*

*A cold turkey that has not been boned is sometimes sent to table larded all over the breast with slips of fat bacon, drawn through the flesh with a larding needle, and arranged in regular form.*





### TO BOIL A TURKEY

Take twenty-five large fine oysters, and chop them. Mix with them half a pint of grated bread-crumbs, a little sweet marjoram, a quarter of a pound of butter, two table-spoonfuls of cream or rich milk, and the beaten yolks of three eggs. When it is thoroughly mixed, stuff the craw of the turkey with it, and sew up the skin. Then dredge it with flour, put it into a large pot or kettle, and cover it well with cold water. Place it over the fire, and let it boil slowly for half an hour, taking off the scum as it rises. Then remove the pot from over the fire, and set it on hot coals to stew slowly for two hours, or two hours and a half, according to its size. Just before you send it to table, place it again over the fire to get well heated. When you boil a turkey, skewer the liver and gizzard to the sides, under the wings.

Send it to table with oyster-sauce in a small tureen.

In making the stuffing, you may substitute for the grated bread, chestnuts boiled, peeled, and minced or mashed. Serve up chestnut-sauce, made by peeling some boiled chestnuts and putting them whole into melted butter.

*Some persons, to make them white, boil their turkeys tied up in a large cloth sprinkled with flour.*

*With a turkey, there should be on the table a ham, or a smoked tongue.*

### TO ROAST PIGEONS

Draw and pick four pigeons immediately after they are killed, and let them be cooked soon, as they do not keep well. Wash the inside very clean, and wipe it dry. Stuff them with a mixture of parsley parboiled and chopped, grated bread-crumbs, and butter; seasoned with pepper, salt, and nutmeg. Dredge them with flour, and roast them before a good fire, basting them with butter. They will be done in about twenty-five or thirty minutes. Serve them up with parsley-sauce. Lay the pigeons on the dish in a row.

If asparagus is in season, it will be much better than parsley both for the stuffing and sauce. It must first be boiled. Chop the green heads for the stuffing, and cut them in two for the melted butter. Have cranberry-sauce on the table.

*Pigeons may be split and broiled, like chickens; also stewed or fricasseed.*

*They are very good stewed with slices of cold ham and green peas, serving up all in the same dish.*

### PIGEON PIE

Take four pigeons, and pick and clean them very nicely. Season them with pepper and salt, and put inside of every one a large piece of butter and the yolk of a hard-boiled egg. Have ready a good paste, allowing a pound of butter to two pounds of sifted flour. Roll it out rather thick, and line with it the bottom and sides of a large deep dish. Put in the pigeons, and lay on the top some bits of butter rolled in flour. Pour in nearly enough of water to fill the dish. Cover the pie with a lid of paste rolled out thick, and nicely notched, and ornamented with paste leaves and flowers.

*You may make a similar pie of pheasants, partridges, or grouse.*

*In preparing pigeons, &c. for pies, loosen the joints with a knife, as in carving.*

### TO ROAST PHEASANTS, PARTRIDGES, QUAILS OR GROUSE

Pick and draw the birds immediately after they are brought in. Before you roast them, fill the inside with pieces of a fine ripe orange, leaving out the rind and seeds. Or stuff them with grated cold ham, mixed with bread-crumbs, butter, and a little yolk of egg. Lard them with small slips of the fat of bacon drawn through the flesh with a larding needle. Roast them before a clear fire.

Make a fine rich gravy of the trimmings of meat or poultry, stewed in a little water, and thickened with a spoonful of browned flour. Strain it, and set it on the fire again, having added half a pint of claret, and the juice of two large oranges. Simmer it for a few minutes, pour some of it into the dish with the game, and serve the remainder in a boat.

*If you stuff them with force meat, you may, instead of larding, brush them all over with beaten yolk of egg, and then cover them with bread-crumbs grated finely and sifted.*

### ANOTHER WAY TO ROAST PHEASANTS, PARTRIDGES, &c.

Chop some fine raw oysters, omitting the hard part; mix them with salt, and nutmeg, and add some beaten yolk of egg to bind the other ingredients. Cut some very thin slices of cold ham or bacon, and cover the birds with them; then wrap them closely in sheets of white paper well buttered, put them on the spit, and roast them before a clear fire.

Send them to table with oyster-sauce in a boat.

*Pies may be made of any of these birds in the same manner as a pigeon pie.*

### TO ROAST SNIPES, WOODCOCKS, OR PLOVERS

Pick them immediately; wipe them, and season them slightly with pepper and salt. Cut as many slices of bread as you have birds. Toast them brown, butter them, and lay them in the dripping-pan. Dredge the birds with flour, and put them on a small spit before a clear brisk fire. Baste them with lard, or fresh butter. They will be done in twenty or thirty minutes. Serve them up laid on the toast, and garnished with sliced orange, or with orange jelly.

*Have brown gravy in a boat.*

### TO ROAST REED-BIRDS, OR ORTOLANS

Put into every bird, an oyster, or a little butter mixed with some finely sifted bread-crumbs. Dredge them with flour. Run a small skewer through them, and tie them on the spit. Baste them with lard or with fresh butter. They will be done in about ten minutes.

A very nice way of cooking these birds is, (having greased them all over with lard or with fresh butter, and wrapped them in vine leaves secured closely with a string,) to lay them in a heated iron pan, and bury them in ashes hot enough to roast or bake them. Remove the vine leaves before you send the birds to table.

Reed birds are very fine made into little dumplings with a thin crust of flour and butter, and boiled about twenty minutes. Each must be tied in a separate cloth. Or you may cook a dozen in one paste, like an apple pudding.

### FINE PARTRIDGE PIE

Having trussed your partridges, loosen all the joints with a knife, but do not cut them apart. Scald, peel, and chop some fresh mushrooms, mix them with grated bread crumbs, moistened with cream and beaten yolk of egg, and with this stuff the partridges. Cover the sides and bottom of a deep dish with a rich paste, adding a layer of cold boiled ham sliced very thin. Add some whole button mushrooms, and some hard boiled yolks of eggs. Season with pepper only. Put in the partridges, laying on each a bit of butter rolled in flour. Cover the whole with a thick lid of paste handsomely notched, and ornamented with paste leaves.

Before you put on the cover, pour a little water into the pie.

### FORCE MEAT BALLS

To a pound of the lean of a leg of veal, allow a pound of beef suet. Mince them together very fine. Then season it to your taste with pepper, salt, mace, nutmeg, and chopped sage or sweet marjoram. Then chop a half-pint of oysters, and beat six eggs very well. Mix the whole together, and pound it to a paste in a marble mortar. If you do not want it immediately, put it away in a stone pot, strew a little flour on the top, and cover it closely.

When you wish to use the force meat, divide into equal parts as much of it as you want; and having floured your hands, roll it into round balls, all of the same size. Either fry them in butter, or boil them.

*This force meat will be found a very good stuffing for meat or poultry.*

### LARDING

To lard meat or poultry is to introduce into the surface of the flesh, slips of the fat only of bacon, by means of a larding-pin or larding-needle, it being called by both names. It is a steel instrument about a foot long, sharp at one end, and cleft at the other into four divisions, which are near two inches in length, and resemble tweezers. It can be obtained at the hardware stores.

Cut the bacon into slips about two inches in length, half an inch in breadth, and half an inch in thickness. If intended for poultry, the slips of bacon should not be thicker than a straw. Put them, one at a time, into the cleft or split end of the larding-needle. Give each slip a slight twist, and press it down hard into the needle with your fingers. Then push the needle through the flesh, (avoiding the places where the bones are,) and when you draw it out it will have left behind it the slip of bacon sticking in the surface. Take care to have all the slips of the same size, and arranged in regular rows at equal distances. Every slip should stand up about an inch. If any are wrong, take them out and do them over again. To lard handsomely and neatly requires practice and dexterity.

Fowls and game are generally larded on the breast only. If cold, they can be done with the fat of cold boiled ham. Larding may be made to look very tastefully on any thing that is not to be cooked afterwards.



## **GRAVY AND SAUCES**

### **DRAWN OR MADE GRAVY**

For this purpose you may use coarse pieces of the lean of beef or veal, or the giblets and trimmings of poultry or game. It must be stewed for a long time, skimmed, strained, thickened, and flavoured with whatever condiments are supposed most suited to the dish it is to accompany.

In preparing meat to stew for gravy, beat it with a mallet or meat-beetle, score it, and cut it into small pieces; this makes it give out the juices. Season it with pepper and salt, and put it into a stew-pan with butter only. Heat it gradually, till it becomes brown. Shake the pan frequently, and see that it does not burn or stick to the bottom. It will generally be browned sufficiently in half an hour. Then put in some boiling water, allowing one pint to each pound of meat. Simmer it on coals by the side of the fire for near three hours, skimming it well, and keeping it closely covered. When done, remove it from the heat, let it stand awhile to settle, and then strain it.

If you wish to keep it two or three days, (which you may in winter,) put it into a stone vessel, cover it closely, and set it in a cool place.

Do not thicken this gravy till you go to use it.

Mutton is unfit for made gravy.

### **MELTED BUTTER, SOMETIMES CALLED DRAWN BUTTER**

Melted butter is the foundation of most of the common sauces. Have a covered sauce-pan for this purpose. One lined with porcelain will be best. Take a quarter of a pound of the best fresh butter, cut it up, and mix with it about two tea-spoonfuls of flour. When it is thoroughly mixed, put it into the sauce-pan, and add to it four table-spoonfuls of cold water. Cover the sauce-pan, and set it in a large tin pan of boiling water. Shake it round continually (always moving it the same way) till it is entirely melted and begins to simmer. Then let it rest till it boils up.

If you set it on hot coals, or over the fire, it will be oily.

If the butter and flour is not well mixed it will be lumpy.

If you put too much water, it will be thin and poor. All these defects are to be carefully avoided.

In melting butter for sweet or pudding sauce, you may use milk instead of water.

### **TO BROWN FLOUR**

Spread some fine flour on a plate, and set it in the oven, turning it up and stirring it frequently that it may brown equally all through.

Put it into a jar, cover it well, and keep it to stir into gravies to thicken and colour them.

### **TO BROWN BUTTER**

Put a lump of butter into a frying-pan, and toss it round over the fire till it becomes brown. Then dredge some browned flour over it, and stir it round with a spoon till it boils. It must be made quite smooth.

You may make this into a plain sauce for fish by adding cayenne and some flavoured vinegar.



## PLAIN SAUCES

### LOBSTER SAUCE

Boil a dozen blades of mace and half a dozen peppercorns in about a gill and a half (or three wine-glasses) of water, till all the strength of the spice is extracted. Then strain it, and having cut three quarters of a pound of butter into little bits, melt it in this water, dredging in a little flour as you hold it over the fire to boil. Toss it round, and let it just boil up and no more.

Take a cold boiled lobster,—pound the coral in a mortar, adding a little sweet oil. Then stir it into the melted butter.

Chop the meat of the body into very small pieces, and rub it through a cullender into the butter. Cut up the flesh of the claws and tail into dice, and stir it in. Give it another boil up, and it will be ready for table.

Serve it up with fresh salmon, or any boiled fish of the best kind.

*Crab sauce is made in a similar manner;  
also prawn and shrimp sauce.*

### ANCHOVY SAUCE

Soak eight anchovies for three or four hours, changing the water every hour. Then put them into a sauce-pan with a quart of cold water. Set them on hot coals and simmer them till they are entirely dissolved, and till the liquid is diminished two-thirds. Then strain it, stir two glasses of red wine, and add to it about half a pint of melted butter.

Heat it over again, and send it to table with salmon or fresh cod.

### NASTURTIAN SAUCE

This is by many considered superior to caper sauce and is eaten with boiled mutton. It is made with the green seeds of nasturtians, pickled simply in cold vinegar.

Cut about six ounces of butter into small bits, and put them into a small sauce-pan. Mix with a wine-glass of water, sufficient flour to make a thick batter, pour it on the butter, and hold the sauce-pan over hot coals, shaking it quickly round, till the butter is melted. Let it just boil up, and then take it from the fire. Thicken it with the pickled nasturtians and send it to table in a boat.

Never pour melted butter over any thing, but always send it to table in a sauce-tureen or boat.

### WHITE ONION SAUCE

Peel a dozen onions, and throw them into salt and water to keep them white. Then boil them tender. When done, squeeze the water from them, and chop them. Have ready some butter that has been melted rich and smooth with milk or cream instead of water. Put the onions into the melted butter, and boil them up at once. If you wish to have them very mild, put in a turnip with them at the first boiling.

*Young white onions, if very small, need not be chopped, but may be put whole into the butter.*

*Use this sauce for rabbits, tripe, boiled poultry,  
or any boiled fresh meat.*

### BROWN ONION SAUCE

Slice some large mild Spanish onions. Cover them with butter, and set them over a slow fire to brown. Then add salt and cayenne pepper to your taste, and some good brown gravy of roast meat, poultry or game, thickened with a bit of butter rolled in flour that has first been browned by holding it in a hot pan or shovel over the fire. Give it a boil, skim it well, and just before you take it off, stir in a half glass of port or claret, and the same quantity of mushroom catchup.

*Use this sauce for roasted poultry, game, or meat.*

### CELERY SAUCE

Take a large bunch of young celery. Wash and pare it very clean. Cut it into pieces, and boil it gently in a small quantity of water, till it is quite tender. Then add a little powdered mace and nutmeg, and a very little pepper and salt. Take a tolerably large piece of butter, roll it well in flour, and stir it into the sauce. Boil it up again, and it is ready to send to table.

You may make it with cream, thus:—Prepare and boil your celery as above, adding some mace, nutmeg, a piece of butter the size of a walnut, rolled in flour; and half a pint of cream. Boil all together.

*Celery sauce is eaten with boiled poultry.*

*When celery is out of season, you may use celery seed,  
boiled in the water which you afterwards use for the  
melted butter, but strained out after boiling.*

### MUSHROOM SAUCE

Wash a pint of small button mushrooms,—remove the stems and the outside skin. Stew them slowly in veal gravy or in milk or cream, seasoning them with pepper and salt, and adding a piece of butter rolled in a large proportion of flour. Stew them till quite tender, now and then shaking the pan round.

The flavour will be heightened by having salted a few the night before in a covered dish, to extract the juice, and then stirring it into the sauce while stewing.

This sauce may be served up with poultry, game, or beef-steaks.

### CAUTION

In gathering mushrooms take only those that are of a dull pearl colour on the outside, and that have the under part tinged with pale pink.

Boil an onion with them. If there is a poisonous one among them the onion will turn black.

Then throw away the whole.

### EGG SAUCE

Boil four eggs ten minutes. Dip them into cold water to prevent their looking blue. Peel off the shell. Chop the yolks of all, and the whites of two, and stir them into melted butter. Serve this sauce with boiled poultry or fish.

### BREAD SAUCE

Put some grated crumbs of stale bread into a sauce-pan, and pour over them some of the liquor in which poultry or fresh meat has been boiled. Add some plums or dried currants that have been picked and washed. Having simmered them till the bread is quite soft, and the currants well plumped, add melted butter or cream.

*This sauce is for a roast pig.*

### MINT SAUCE

Take a large bunch of young green mint; if old the taste will be unpleasant. Wash it very clean. Pick all the leaves from the stalks. Chop the leaves very fine, and mix them with cold vinegar, and a large proportion of powdered sugar. There must be merely sufficient vinegar to moisten the mint well, but by no means enough to make the sauce liquid. It should be very sweet.

Send it to table in a sauce-tureen.

*It is only eaten in the spring with roast lamb.*

### CAPER SAUCE

Take two large table-spoonfuls of capers and a little vinegar. Stir them for some time into half a pint of thick melted butter.

*This sauce is for boiled mutton.*

If you happen to have no capers, pickled cucumber chopped fine, or the pickled pods of radish seeds, may be stirred into the butter as a tolerable substitute, or nasturtians.

### PARSLEY SAUCE

Wash a bunch of parsley in cold water. Then boil it about six or seven minutes in salt and water. Drain it, cut the leaves from the stalks, and chop them fine. Have ready some melted butter, and stir in the parsley. Allow two small table-spoonfuls of leaves to half a pint of butter.

Serve it up with boiled fowls, rock-fish, sea-bass, and other boiled fresh fish. Also with knuckle of veal, and with calf's head boiled plain.

### APPLE SAUCE

Pare, core, and slice some fine apples. Put them into a sauce-pan with just sufficient water to keep them from burning, and some grated lemon-peel. Stew them till quite soft and tender. Then mash them to a paste, and make them very sweet with brown sugar, adding a small piece of butter and some nutmeg.

Be careful not to have it thin and watery.

*Apple sauce is eaten with roast pork,  
roast goose and roast ducks.*

### PEACH SAUCE

Take a quart of dried peaches, (those are richest and best that are dried with the skins on,) and soak them in cold water till they are tender. Then drain them, and put them into a covered pan with a very little water. Set them on coals, and simmer them till they are entirely dissolved. Then mash them with brown sugar, and send them to table cold to eat with roast meat, game or poultry.

### CRANBERRY SAUCE

Wash a quart of ripe cranberries, and put them into a pan with about a wine-glass of water. Stew them slowly, and stir them frequently, particularly after they begin to burst. They require a great deal of stewing, and should be like a marmalade when done.

After you take them from the fire, stir in a pound of brown sugar.

When they are thoroughly done, put them into a deep dish, and set them away to get cold.

You may strain the pulp through a cullender or sieve into a mould, and when it is in a firm shape send it to table on a glass dish. Taste it when it is cold, and if not sweet enough, add more sugar. Cranberries require more sugar than any other fruit, except plums.

*Cranberry sauce is eaten with roast turkey,  
roast fowls, and roast ducks.*

### WINE SAUCE

Have ready some rich thick melted or drawn butter, and the moment you take it from the fire, stir in two large glasses of white wine, two table-spoonfuls of powdered white sugar, and a powdered nutmeg.

Serve it up with plum pudding, or any sort of boiled pudding that is made of a batter.

### COLD SWEET SAUCE

Stir together, as for a pound-cake, equal quantities of fresh butter and powdered white sugar. When quite light and creamy, add some powdered cinnamon or nutmeg, and the juice of a lemon. Send it to table in a small deep plate with a tea-spoon in it.

Eat it with batter pudding, bread pudding, Indian pudding, &c. whether baked or boiled. Also with boiled apple pudding or dumplings, and with fritters and pancakes.

### CREAM SAUCE

Boil a pint and a half of rich cream with four table-spoonfuls of powdered sugar, some powdered nutmeg, and a dozen bitter almonds or peach kernels slightly broken up, or a dozen fresh peach leaves. As soon as it has boiled up, take it off the fire and strain it. If it is to be eaten with boiled pudding or with dumplings send it to table hot, but let it get quite cold if you intend it as an accompaniment to fruit pies or tarts.

### OYSTER SAUCE

Take a pint of oysters, and save out a little of their liquor. Put them with their remaining liquor, and some mace and nutmeg, into a covered saucepan, and simmer them on hot coals about ten minutes. Then drain them. Oysters for sauce should be large.

Having prepared in another saucepan some drawn or melted butter, (mixed with oyster liquor instead of water,) pour it into a sauce-boat, add the oysters to it, and serve it up with boiled poultry, or with boiled fresh fish.

*Celery, first boiled and then chopped, is  
an improvement to oyster sauce.*



## STORE FISH SAUCES

### GENERAL REMARKS

Store fish sauces if properly made will keep for many months. They may be brought to table in fish castors, but a customary mode is to send them round in the small black bottles in which they have been originally deposited. They are in great variety, and may be purchased of the grocers that sell oil, pickles, anchovies, &c. In making them at home, the few following receipts may be found useful.

The usual way of eating these sauces is to pour a little on your plate, and mix it with the melted butter. They give flavour to fish that would otherwise be insipid, and are in general use at genteel tables.

Two table-spoonfuls of any of these sauces may be added to the melted butter a minute before you take it from the fire. But if brought to table in bottles, the company can use it or omit it as they please.

### GENERAL SAUCE

Chop six shalots or small onions, a clove of garlic, two peach leaves, a few sprigs of lemon-thyme and of sweet basil, and a few bits of fresh orange-peel. Bruise in a mortar a quarter of an ounce of cloves, a quarter of an ounce of mace, and half an ounce of long pepper. Mix two ounces of salt, a gill of claret, the juice of two lemons, and a pint of Madeira. Put the whole of these ingredients together in a stone jar, very closely covered. Let it stand all night over embers by the side of the fire. In the morning pour off the liquid quickly and carefully from the lees or settlings, strain it and put it into small bottles, dipping the corks in melted rosin.

*This sauce is intended to flavour melted butter or gravy, for every sort of fish and meat.*

### SCOTCH SAUCE

Take fifteen anchovies, chop them fine, and steep them in vinegar for a week, keeping the vessel closely covered. Then put them into a pint of claret or port wine. Scrape fine a large stick of horseradish, and chop two onions, a handful of parsley, a tea-spoonful of the leaves of lemon-thyme, and two large peach leaves. Add a nutmeg, six or eight blades of mace, nine cloves, and a tea-spoonful of black pepper, all slightly pounded in a mortar. Put all these ingredients into a silver or black tin sauce-pan, or into an earthen pipkin, and add a few grains of cochineal to colour it. Pour in a large half pint of the best vinegar, and simmer it slowly till the bones of the anchovies are entirely dissolved.

Strain the liquor through a sieve, and when quite cold put it away for use in small bottles; the corks dipped in melted rosin, and well secured by pieces of leather tied closely over them. Fill each bottle quite full, as it will keep the better for leaving no vacancy.

*This sauce will give a fine flavour to melted butter*



### QUIN'S SAUCE

Pound in a mortar six large anchovies, moistening them with their own pickle. Then chop and pound six small onions. Mix them with a little black pepper and a little cayenne, half a glass of soy, four glasses of mushroom catchup, two glasses of claret, and two of black walnut pickle. Put the mixture into a small sauce-pan or earthen pipkin, and let it simmer slowly till all the bones of the anchovies are dissolved. Strain it, and when cold, bottle it for use; dipping the cork in melted rosin, and tying leather over it. Fill the bottles quite full.

### HARVEY'S SAUCE

Dissolve six anchovies in a pint of strong vinegar and then add to them three table-spoonfuls of India soy, and three table-spoonfuls of mushroom catchup, two heads of garlic bruised small, and a quarter of an ounce of cayenne. Add sufficient cochineal powder to colour the mixture red. Let all these ingredients infuse in the vinegar for a fortnight, shaking it every day, and then strain and bottle it for use. Let the bottles be small, and cover the corks with leather..

### KITCHINER'S FISH SAUCE

Mix together a pint of claret, a pint of mushroom catchup, and half a pint of walnut pickle, four ounces of pounded anchovy, an ounce of fresh lemon-peel pared thin, and the same quantity of shalot or small onion. Also an ounce of scraped horseradish, half an ounce of black pepper, and half an ounce of allspice mixed, and the same quantity of cayenne and celery-seed. Infuse these ingredients in a wide-mouthed bottle (closely stopped) for a fortnight, shaking the mixture every day. Then strain and bottle it for use. Put it up in small bottles, filling them quite full.

### PINK SAUCE

Mix together half a pint of port wine, half a pint of strong vinegar, the juice and grated peel of two large lemons, a quarter of an ounce of cayenne, a dozen blades of mace, and a quarter of an ounce of powdered cochineal. Let it infuse a fortnight, stirring it several times a day. Then boil it ten minutes, strain it, and bottle it for use.

*Eat it with any sort of fish or game. It will give a fine pink tinge to melted butter.*

## CATCHUPS

### LOBSTER CATCHUP

This catchup, warmed in melted butter, is an excellent substitute for fresh lobster sauce at seasons when the fish cannot be procured, as, if properly made, it will keep a year.

Take a fine lobster that weighs about three pounds. Put it into boiling water, and cook it thoroughly. When it is cold break it up, and extract all the flesh from the shell. Pound the red part or coral in a marble mortar, and when it is well bruised, add the white meat by degrees, and pound that also; seasoning it with a tea-spoonful of cayenne, and moistening it gradually with sherry wine. When it is beaten to a smooth paste, mix it well with the remainder of the bottle of sherry. Put it into wide-mouthed bottles, and on the top of each put a table-spoonful of sweet oil. Dip the corks in melted rosin, and secure them well by tying leather over them.

In using this catchup, allow four table-spoonfuls to a common-sized sauce-boat of melted butter. Put in the catchup at the last, and hold it over the fire just long enough to be thoroughly heated.

### ANCHOVY CATCHUP

Bone two dozen anchovies, and then chop them. Put to them ten shalots, or very small onions, cut fine, and a handful of scraped horseradish, with a quarter of an ounce of mace. Add a lemon, cut into slices, twelve cloves, and twelve pepper-corns. Then mix together a pint of port, a pint of madeira, and a pint of anchovy liquor. Put the other ingredients into the liquid, and boil it slowly till reduced one-half. Then strain it, and when cold put it into small bottles, securing the corks with leather.

### TOMATO CATCHUP

Take a peck of large ripe tomatoes. Having cut a slit in each, put them into a large preserving-kettle, and boil them half an hour. Then take them out, and press and strain the pulp through a hair sieve. Put it back into the kettle, and add an ounce of salt, an ounce of powdered mace, half an ounce of powdered cloves, a small tea-spoonful of ground black pepper, the same of cayenne pepper, and eight table-spoonfuls of ground mustard. Mix the seasoning with the tomato pulp; let it boil slowly during four hours. Then take it out of the kettle, and let it stand till next day, in an uncovered tureen. When cold, stir into it one pint of the best cider vinegar. Put it into clean bottles, and seal the corks. It will be found excellent for flavouring stews, hashes, fish-sauce, &c.

### OYSTER CATCHUP

Take large salt oysters that have just been opened. Wash them in their own liquor, and pound them in a mortar, omitting the hard parts. To every pint of the pounded oysters, add a half pint of white wine or vinegar, in which you must give them a boil up, removing the scum as it rises. Then to each quart of the boiled oysters allow a tea-spoonful of beaten white pepper, a tea-spoonful of pounded mace, and cayenne pepper to your taste. Let it boil up for a few minutes, and then pass it through a sieve into an earthen pan. When cold, put it into small bottles, filling them quite full, as it will not keep so well if there is a vacancy at the top. Dip the corks in melted rosin, and tie leather over each.

### WALNUT CATCHUP

Take green walnuts that are young enough to be easily pierced through with a large needle. Having pricked them all in several places, throw them into an earthen pan with a large handful of salt, and barely sufficient water to cover them. Break up and mash them with a potato-beetle, or a rolling-pin. Keep them four days in the salt and water, stirring and mashing them every day. The rinds will now be quite soft. Then scald them with boiling-hot salt and water, and raising the pan on the edge, let the walnut liquor flow away from the shells into another pan. Put the shells into a mortar, and pound them with vinegar, which will extract from them all the remaining juice.

Put all the walnut liquor together, and boil and skim it; then to every quart allow an ounce of bruised ginger, an ounce of black pepper, half an ounce of cloves, and half an ounce of nutmeg, all slightly beaten. Boil the spice and walnut liquor in a closely covered vessel for three quarters of an hour. When cold, bottle it for use, putting equal proportions of the spice into each bottle. Secure the corks with leather.

### MUSHROOM CATCHUP

Take mushrooms that have been freshly gathered, and examine them carefully to ascertain that they are of the right sort. Pick them nicely, and wipe them clean, but do not wash them. Spread a layer of them at the bottom of a deep earthen pan, and then sprinkle them well with salt; then another layer of mushrooms, and another layer of salt, and so on alternately. Throw a folded cloth over the jar, and set it by the fire or in a very cool oven. Let it remain thus for twenty-four hours, and then mash them well with your hands. Next squeeze and strain them through a bag.

To every quart of strained liquor add an ounce and a half of whole black pepper, and boil it slowly in a covered vessel for half an hour. Then add a quarter of an ounce of allspice, half an ounce of sliced ginger, a few cloves, and three or four blades of mace. Boil it with the spice fifteen minutes longer. When it is done, take it off, and let it stand awhile to settle. Pour it carefully off from the sediment, and put it into small bottles, filling them to the top. Secure them well with corks dipped in melted rosin, and leather caps tied over them.

*The longer catchup is boiled, the better it will keep.*

*You may add cayenne and nutmeg to the spices.*

### SEA CATCHUP

Take a gallon of stale strong beer, a pound of anchovies washed from the pickle, a pound of peeled shalots or small onions, half an ounce of mace, half an ounce of cloves, a quarter of an ounce of whole pepper, three or four large pieces of ginger, and two quarts of large mushroom-flaps rubbed to pieces. Put the whole into a kettle closely covered, and let it simmer slowly till reduced to one half. Then strain it through a flannel bag, and let it stand till quite cold before you bottle it. Have small bottles and fill them quite full of the catchup. Dip the corks in melted rosin.

This catchup keeps well at sea, and may be carried into any part of the world. A spoonful of it mixed in melted butter will make a fine fish sauce. It may also be used to flavour gravy.



## FLAVOURED VINEGARS

These vinegars will be found very useful, at times when the articles with which they are flavoured cannot be conveniently procured. Care should be taken to have the bottles that contain them accurately labelled, very tightly corked, and kept in a dry place. The vinegar used for these purposes should be of the very best sort.

### TARRAGON VINEGAR

Tarragon should be gathered on a dry day, just before the plant flowers. Pick the green leaves from the stalks, and dry them a little before the fire. Then put them into a wide-mouthed stone jar, and cover them with the best vinegar, filling up the jar. Let it steep fourteen days, and then strain it into wide-mouthed bottles, in each of which put a large quantity of fresh tarragon leaves, and let them remain in the vinegar.

### SWEET BASIL VINEGAR

Is made precisely in the same manner; also those of green mint, and sweet marjoram.

### CELERY VINEGAR

Pound two ounces of celery seed in a mortar, and steep it for a fortnight in a quart of vinegar. Then strain and bottle it.

### BURNET VINEGAR

Nearly fill a wide-mouthed bottle with the fresh green leaves of burnet, cover them with vinegar, and let them steep two weeks. Then strain off the vinegar, wash the bottle, put in a fresh supply of burnet leaves, pour the same vinegar over them, and let it infuse a fortnight longer. Then strain it again and it will be fit for use. The flavour will exactly resemble that of cucumbers.

### HORSERADISH VINEGAR

Make a quart of the best vinegar boiling hot, and pour it on four ounces of scraped horseradish. Let it stand a week, then strain it off, renew the horseradish, adding the same vinegar cold, and let it infuse a week longer, straining it again at the last.

### SHALOT VINEGAR

Peel and chop fine four ounces of shalots, or small button onions. Pour on them a quart of the best vinegar, and let them steep a fortnight; then strain and bottle it.

Make garlic vinegar in the same manner; using but one ounce of garlic to a quart of vinegar. Two or three drops will be sufficient to impart a garlic taste to a pint of gravy or sauce. More will be offensive.

*The cook should be cautioned to use it very sparingly, as to many persons it is extremely disagreeable.*

### CHILLI VINEGAR

Take a hundred red chillies or capsicums, fresh gathered; cut them into small pieces and infuse them for a fortnight in a quart of the best vinegar shaking the bottle every day. Then strain it.

### RASPBERRY VINEGAR

Put two quarts of ripe fresh-gathered raspberries into a stone or china vessel, and pour on them a quart of vinegar. Let it stand twenty-four hours, and then strain it through a sieve. Pour the liquid over two quarts of fresh raspberries, and let it again infuse for a day and a night. Then strain it a second time. Allow a pound of loaf sugar to every pint of juice. Break up the sugar, and let it melt in the liquor. Then put the whole into a stone jar, cover it closely, and set it in a kettle of boiling water, which must be kept on a quick boil for an hour. Take off all the scum, and when cold, bottle the vinegar for use.

*Raspberry vinegar mixed with water is a pleasant and cooling beverage in warm weather; also in fevers.*



## MUSTARD AND PEPPER

### COMMON MUSTARD

Is best when fresh made. Take good flour of mustard; put it in a plate, add to it a little salt, and mix it by degrees with boiling water to the usual consistence, rubbing it for a long time with a broad-bladed knife or a wooden spoon. It should be perfectly smooth. The less that is made at a time the better it will be. If you wish it very mild, use sugar instead of salt, and boiling milk instead of water.

### KEEPING MUSTARD

Dissolve three ounces of salt in a quart of boiling vinegar, and pour it hot upon two ounces of scraped horseradish. Cover the jar closely and let it stand twenty-four hours. Strain it and then mix it by degrees with the best flour of mustard. Make it of the usual thickness, and beat it till quite smooth. Then put it into wide-mouthed bottles and stop it closely.

### TO MAKE CAYENNE PEPPER

Take ripe chillies and dry them a whole day before the fire, turning them frequently. When quite dry, trim off the stalks and pound the pods in a mortar till they become a fine powder, mixing in about one sixth of their weight in salt. Or you may grind them in a very fine mill. While pounding the chillies, wear glasses to save your eyes from being incommoded by them. Put the powder into small bottles, and secure the corks closely.

### FRENCH MUSTARD

Mix together four ounces of the very best mustard powder, four salt-spoons of salt, a large table-spoonful of minced tarragon leaves, and two cloves of garlic chopped fine. Dilute it to the proper consistence by adding alternately equal portions of vinegar and salad oil. It will probably require about four wine-glassfuls or half a pint. Mix it well, using for the purpose a wooden spoon. When done, put it into a wide-mouthed bottle or into little white jars. Cork it very closely, and keep it in a dry place. It will not be fit for use in less than two days.

This (used as the common mustard) is a very agreeable condiment for beef or mutton.

If you cannot procure tarragon leaves, buy at a grocer's a bottle of tarragon vinegar. Mix it with an equal portion of sweet oil, adding a few drops of garlic vinegar. Then stir in mustard powder till sufficiently thick.

### KITCHEN PEPPER

Mix together two ounces of the best white ginger, an ounce of black pepper, an ounce of white pepper, an ounce of cinnamon, an ounce of nutmeg, and two dozen cloves. They must all be ground or pounded to a fine powder, and thoroughly mixed. Keep the mixture in a bottle, labeled, and well corked. It will be found useful in seasoning many dishes; and being ready prepared will save much trouble.



## VEGETABLES

### GENERAL REMARKS

All vegetables should be well picked and washed. A very little salt should always be thrown into the water in which they are boiled. A steady regular fire should be kept up, and they should never for a moment be allowed to stop boiling or simmering till they are thoroughly done. Every sort of vegetable should be cooked till tender, as if the least hard or under-done they are both unpalatable and unwholesome. The practice of putting pearl-ash in the pot to improve the colour of green vegetables should be strictly forbidden, as it destroys the flavour, and either renders them flat and insipid, or communicates a very disagreeable taste of its own.

Every sort of culinary vegetable is infinitely best when fresh from the garden, and gathered as short a time as possible before it is cooked. They should all be laid in a pan of cold water for a while previous to boiling.

When done, they should be carefully drained before they go to table, or they will be washy all through, and leave puddles of discoloured water in the bottoms of the dishes, to the disgust of the company and the discredit of the cook.

### TO BOIL POTATOES

Potatoes that are boiled together, should be as nearly as possible of the same size. Wash, but do not pare them. Put them into a pot with water enough to cover them about an inch, and do not put on the pot-lid. When the water is very near boiling, pour it off, and replace it with the same quantity of cold water, into which throw a good portion of salt. The cold water sends the heat from the surface to the heart, and makes the potatoes mealy. Potatoes of a moderate size will require about half an hour boiling; large ones an hour. Try them with a fork. When done, pour off the water, cover the pot with a folded napkin, or flannel, and let them stand by the fire about a quarter of an hour to dry.

Peel them and send them to table.

Potatoes are often served up with the skins on. It has a coarse, slovenly look, and disfigures the appearance of the dinner; besides the trouble and inconvenience of peeling them at table. But many prefer them thus.

When the skins crack in boiling, it is no proof that they are done, as too much fire under the pot will cause the skins of some potatoes to break while the inside is hard.

After March, when potatoes are old, it is best to pare them before boiling and to cut out all the blemishes. It is then better to mash them always before they are sent to table. Mash them when quite hot, using a potato-beetle for the purpose; add to them a piece of fresh butter, and a little salt, and, if convenient, some milk, which will greatly improve them. You may score and brown them on the top.

A very nice way of serving up potatoes is, after they are peeled, to pour over them some hot cream in which a very little butter has been melted, and sprinkle them with pepper. This is frequently done in country houses where cream is plenty. New potatoes (as they are called when quite young) require no peeling, but should be well washed and brushed before they are boiled.



### FRIED POTATOES

Take cold potatoes that have been boiled, grate them, make them into flat cakes, and fry them in butter. They are nice at breakfast. You may mix some beaten yolk of egg with them.

Cold potatoes may be fried in slices or quarters, or broiled on a gridiron.

*Raw potatoes, when fried, are generally hard, tough, and strong.*

### POTATO SNOW

For this purpose use potatoes that are very white, mealy, and smooth. Boil them very carefully, and when they are done, peel them, pour off the water, and set them on a trivet before the fire till they are quite dry and powdery. Then rub them through a coarse wire sieve into the dish on which they are to go to table. Do not disturb the heap of potatoes before it is served up, or the flakes will fall and it will flatten.

*This preparation looks well; but many think that it renders the potato insipid.*

### ROASTED POTATOES

Take large fine potatoes; wash and dry them, and either lay them on the hearth and keep them buried in hot wood ashes, or bake them slowly in a Dutch oven. They will not be done in less than two hours. It will save time to half-boil them before they are roasted. Send them to table with the skins on, and eat them with cold butter and salt. They are introduced with cold meat at supper.

Potatoes keep best buried in sand or earth. They should never be wetted till they are washed for cooking. If you have them in the cellar, see that they are well covered with matting or old carpet, as the frost injures them greatly



### SWEET POTATOES BOILED

If among your sweet potatoes there should be any that are very large and thick, split them, and cut them in four, that they may not require longer time to cook than the others. Boil them with the skins on in plenty of water, but without any salt. You may set the pot on coals in the corner. Try them with a fork, and see that they are done all through; they will take at least an hour. Then drain off the water, and set them for a few minutes in a tin pan before the fire, or in the stove, that they may be well dried. Peel them before they are sent to table. When very large, and all of a size, you may roast them.

### BROCCOLI

Prepare broccoli for boiling in the same manner as cauliflower, leaving the stalks rather longer, and splitting the head in half only. Tie it together again, before it goes into the pot. Put it on in hot water, and let it simmer till the stalk is perfectly tender.

As soon as it is done take it out of the water and drain it. Send melted butter to table with it.

### SPINACH

Spinach requires close examination and picking, as insects are frequently found among it, and it is often gritty. Wash it through three or four waters. Then drain it, and put it on in boiling water. Ten minutes is generally sufficient time to boil spinach. Be careful to remove the scum. When it is quite tender, take it up, and drain and squeeze it well. Chop it fine, and put it into a sauce-pan with a piece of butter and a little pepper and salt. Set it on hot coals, and let it stew five minutes, stirring it all the time.

### SPINACH AND EGGS

Boil the spinach as above, and drain and press it, but do not chop it. Have ready some eggs poached as follows. Boil in a sauce-pan, and skim some clear spring water, adding to it a table-spoonful of vinegar. Break the eggs separately, and having taken the sauce-pan off the fire, slip the eggs one at a time into it with as much dexterity as you can. Let the sauce-pan stand by the side of the fire till the white is set, and then put it over the fire for two minutes. The yolk should be thinly covered by the white. Take them up with an egg slice, and having trimmed the edges of the whites, lay the eggs on the top of the spinach, which should first be seasoned with pepper and salt and a little butter, and must be sent to table hot.

### CALE-CANNON

Boil separately some potatoes and cabbage. When done, drain and squeeze the cabbage, and chop or mince it very small. Mash the potatoes, and mix them gradually but thoroughly with the chopped cabbage, adding butter, pepper and salt. There should be twice as much potato as cabbage.

*Cale-cannon is eaten with corned beef, boiled pork, or bacon.*

*Cabbages may be kept good all winter by burying them in a hole dug in the ground.*

### CAULIFLOWER

Remove the green leaves that surround the head or white part, and peel off the outside skin of the small piece of stalk that is left on. Cut the cauliflower in four, and lay it for an hour in a pan of cold water. Then tie it together before it goes into the pot. Put it into boiling water and simmer it till the stalk is thoroughly tender, keeping it well covered with water, and carefully removing the scum. It will take about two hours.

Take it up as soon as it is done; remaining in the water will discolour it. Drain it well, and send it to table with melted butter.

*It will be much whiter if put on in boiling milk and water.*

### FRIED SWEET POTATOES

Choose them of the largest size. Half boil them, and then having taken off the skins, cut the potatoes in slices, and fry them in butter, or in nice dripping.

Sweet potatoes are very good stewed with fresh pork, veal, or beef.

The best way to keep them through the cold weather, is to bury them in earth or sand; otherwise they will be scarcely eatable after October.

### CABBAGE

ALL vegetables of the cabbage kind should be carefully washed, and examined in case of insects lurking among the leaves. To prepare a cabbage for boiling, remove the outer leaves, and pare and trim the stalk, cutting it close and short. If the cabbage is large, quarter it; if small, cut it in half; and let it stand for a while in a deep pan of cold water with the large end downwards. Put it into a pot with plenty of water, (having first tied it together to keep it whole while boiling,) and, taking off the scum, boil it two hours, or till the stalk is quite tender. When done, drain and squeeze it well. Before you send it to table introduce a little fresh butter between the leaves; or have melted butter in a boat. If it has been boiled with meat add no butter to it.

*A young cabbage will boil in an hour or an hour and a half.*

### TURNIPS

Take off a thick paring from the outside, and boil the turnips gently for an hour and a half. Try them with a fork, and when quite tender, take them up, drain them on a sieve, and either send them to table whole with melted butter, or mash them in a cullender, (pressing and squeezing them well;) season with a little pepper and salt, and mix with them a very small quantity of butter. Setting in the sun after they are cooked, or on a part of the table upon which the sun may happen to shine, will give to turnips a singularly unpleasant taste, and should therefore be avoided.

When turnips are very young, it is customary to serve them up with about two inches of the green top left on them.

If stewed with meat, they should be sliced or quartered.

*Mutton, either boiled or roasted, should always be accompanied by turnips.*

## CARROTS

Wash and scrape them well. If large cut them into two, three, or four pieces. Put them into boiling water with a little salt in it. Full grown carrots will require three hours' boiling; smaller ones two hours, and young ones an hour. Try them with a fork, and when they are tender throughout, take them up and dry them in a cloth. Divide them in pieces and split them, or cut them into slices.

Eat them with melted butter.

*They should accompany boiled beef or mutton.*

## PARSNIPS

Wash, scrape and split them. Put them into a pot of boiling water; add a little salt, and boil them till quite tender, which will be in from two to three hours, according to their size. Dry them in a cloth when done, and pour melted butter over them in the dish. Serve them up with any sort of boiled meat, or with salt cod.

*Parsnips are very good baked or stewed with meat.*

## RUSSIAN OR SWEDISH TURNIPS

This turnip (the Ruta Baga) is very large and of a reddish yellow colour; they are generally much liked. Take off a thick paring, cut the turnips into large pieces, or thick slices, and lay them awhile in cold water. Then boil them gently about two hours, or till they are quite soft. When done, drain, squeeze and mash them, and season them with pepper and salt, and a very little butter. Take care not to set them in a part of the table where the sun comes, as it will spoil the taste.

*Russian turnips should always be mashed.*

## SQUASHES OR CYMLINGS

The green or summer squash is best when the outside is beginning to turn yellow, as it is then less watery and insipid than when younger. Wash them, cut them into pieces, and take out the seeds. Boil them about three quarters of an hour, or till quite tender. When done, drain and squeeze them well till you have pressed out all the water; mash them with a little butter, pepper and salt. Then put the squash thus prepared into a stew-pan, set it on hot coals, and stir it very frequently till it becomes dry.

Take care not to let it burn.

## WINTER SQUASH, OR CASHAW

This is much finer than the summer squash. It is fit to eat in August, and, in a dry warm place, can be kept well all winter. The colour is a very bright yellow. Pare it, take out the seeds, cut it in pieces, and stew it slowly till quite soft, in a very little water. Afterwards drain, squeeze, and press it well, and mash it with a very little butter, pepper and salt.

## HOMINY [Outdated spelling 'homony' used elsewhere]

Wash the hominy very clean through three or four waters. Then put it into a pot (allowing two quarts of water to one quart of hominy) and boil it slowly five hours. When done, take it up, and drain the liquid from it through a cullender. Put the hominy into a deep dish, and stir into it a small piece of fresh butter.

*The small grained hominy is boiled in rather less water, and generally eaten with butter and sugar.*

## PUMPKIN

Deep coloured pumpkins are generally the best. In a dry warm place they can be kept perfectly good all winter. When you prepare to stew a pumpkin, cut it in half and take out all the seeds. Then cut it in thick slices, and pare them. Put it into a pot with a very little water, and stew it gently for an hour, or till soft enough to mash. Then take it out, drain, and squeeze it till it is as dry as you can get it. Afterwards mash it, adding a little pepper and salt, and a very little butter.

*Pumpkin is frequently stewed with fresh beef or fresh pork.*

*The water in which pumpkin has been boiled, is said to be very good to mix bread with, it having a tendency to improve it in sweetness and to keep it moist.*

## INDIAN CORN

Corn for boiling should be full grown but young and tender. When the grains become yellow it is too old. Strip it of the outside leaves and the silk, but let the inner leaves remain, as they will keep in the sweetness. Put it into a large pot with plenty of water, and boil it rather fast for half an hour. When done, drain off the water, and remove the leaves.

You may either lay the ears on a large flat dish and send them to table whole, or broken in half; or you may cut all the corn off the cob, and serve it up in a deep dish, mixed with butter, pepper and salt.

## MOCK OYSTERS OF CORN

Take a dozen and a half ears of large young corn, and grate all the grains off the cob as fine as possible. Mix with the grated corn three large table-spoonfuls of sifted flour, the yolks of six eggs well beaten. Let all be well incorporated by hard beating.

Have ready in a frying-pan an equal proportion of lard and fresh butter. Hold it over the fire till it is boiling hot, and then put in portions of the mixture as nearly as possible in shape and size like fried oysters. Fry them brown, and send them to table hot. They should be near an inch thick.

*This is an excellent relish at breakfast, and may be introduced as a side dish at dinner.*

*In taste it has a singular resemblance to fried oysters. The corn must be young.*

## STEWED EGG PLANT

The purple egg plants are better than the white ones. Put them whole into a pot with plenty of water, and simmer them till quite tender. Then take them out, drain them, and (having peeled off the skins) cut them up, and mash them smooth in a deep dish. Mix with them some grated bread, some powdered sweet marjoram, and a large piece of butter, adding a pounded nutmeg. Grate a layer of bread over the top, and put the dish into the oven and brown it. You must send it to table in the same dish.

*Egg plant is sometimes eaten at dinner, but generally at breakfast.*

### TO FRY EGG PLANT

Do not pare your egg plants if they are to be fried, but slice them about half an inch thick and lay them an hour or two in salt and water to remove their strong taste, which to most persons is very unpleasant. Then take them out, wipe them, and season them with pepper only. Beat some yolk of egg; and in another dish grate a sufficiency of bread-crumbs. Have ready in a frying-pan some lard and butter mixed, and make it boil. Then dip each slice of egg plant first in the egg, and then in the crumbs, till both sides are well covered; and fry them brown, taking care to have them done all through, as the least rawness renders them very unpalatable.

### STUFFED EGG PLANTS

Parboil them to take off their bitterness. Then slit each one down the side, and extract the seeds. Have ready a stuffing made of grated bread-crumbs, butter, minced sweet herbs, salt, pepper, nutmeg, and beaten yolk of egg. Fill with it the cavity from whence you took the seeds, and bake the egg plants in a Dutch oven. Serve them up with a made gravy poured into the dish.

### FRIED CUCUMBERS

Having pared your cucumbers, cut them lengthways into pieces about as thick as a dollar. Then dry them in a cloth. Season them with pepper and salt, and sprinkle them thick with flour. Melt some butter in a frying-pan, and when it boils, put in the slices of cucumber, and fry them of a light brown. Send them to table hot.

*They make a breakfast dish.*

### TO DRESS CUCUMBERS RAW

They should be as fresh from the vine as possible, few vegetables being more unwholesome when long gathered. As soon as they are brought in lay them in cold water. Just before they are to go to table take them out, pare them and slice them into a pan of fresh cold water. When they are all sliced, transfer them to a deep dish, season them with a little salt and black pepper, and pour over them some of the best vinegar, to which you may add a little salad oil. You may mix with them a small quantity of sliced onion; not to be eaten, but to communicate a slight flavour of onion to the vinegar.

### SALSIFY

Having scraped the salsify roots, and washed them in cold water, parboil them. Then take them out, drain them, cut them into large pieces and fry them in butter.

Salsify is frequently stewed slowly till quite tender, and then served up with melted butter. Or it may be first boiled, then grated, and made into cakes to be fried in butter.

*Salsify must not be left exposed to the air  
or it will turn blackish.*



### ARTICHOKES

Strip off the coarse outer leaves, and cut off the stalks close to the bottom. Wash the artichokes well, and let them lie two or three hours in cold water. Put them with their heads downward into a pot of boiling water, keeping them down by a plate floated over them. They must boil steadily from two to three hours; take care to replenish the pot with additional boiling water as it is wanted. When they are tender all through, drain them, and serve them up with melted butter.

### BEETS

Wash the beets, but do not scrape or cut them while they are raw; for if a knife enters them before they are boiled they will lose their colour. Boil them from two to three hours, according to their size. When they are tender all through, take them up, and scrape off all the outside. If they are young beets they are best split down and cut into long pieces, seasoned with pepper, and sent to table with melted butter. Otherwise you may slice them thin, after they are quite cold, and pour vinegar over them.

### TO STEW BEETS

Boil them first, and then scrape and slice them. Put them into a stew-pan with a piece of butter rolled in flour, some boiled onion and parsley chopped fine, and a little vinegar, salt and pepper. Set the pan on hot coals, and let the beets stew for a quarter of an hour.

### TO BOIL GREEN OR FRENCH BEANS

These beans should be young, tender, and fresh gathered. Remove the strings with a knife, and take off both ends of the bean. Then cut them in two or three pieces only; for if split or cut very small, they become watery and lose much of their taste; and cannot be well drained. As you cut them, throw them into a pan of cold water, and let them lay awhile. Boil them an hour and a half. They must be perfectly tender before you take them up. Then drain and press them well, season them with pepper, and mix into them a piece of butter.

### SCARLET BEANS

It is not generally known that the pod of the scarlet bean, if green and young, is extremely nice when cut into three or four pieces and boiled. They will require near two hours, and must be drained well, and mixed as before mentioned with butter and pepper. If gathered at the proper time, when the seed is just perceptible, they are superior to any of the common beans.

### LIMA BEANS

These are generally considered the finest of all beans, and should be gathered young. Shell them, lay them in a pan of cold water, and then boil them about two hours, or till they are quite soft. Drain them well, and add to them some butter and a little pepper.

They are destroyed by the first frost, but can be kept during the winter, by gathering them on a dry day when full grown but not the least hard, and putting them in their pods into a keg. Throw some salt into the bottom of the keg, and cover it with a layer of the bean-pods; then add more salt, and then another layer of beans, till the keg is full. Press them down with a heavy weight, cover the keg closely, and keep it in a cool dry place.

*Before you use them, soak the pods all night in  
cold water; the next day shell them, and soak  
the beans till you are ready to boil them.*



### DRIED BEANS

Wash them and lay them in soak over night. Early in the morning put them into a pot with plenty of water, and boil them slowly till dinner time. They will require seven or eight hours to be sufficiently done. Then take them off, put them into a sieve, and strain off the liquid.

Send the beans to table in a deep dish, seasoned with pepper, and having a piece of butter mixed with them.

### GREEN PEAS

Green peas are unfit for eating after they become hard and yellowish; but they are better when nearly full grown than when very small and young. They should be gathered as short a time as possible before they are cooked, and laid in cold water as soon as they are shelled. They will require about an hour to boil soft. When quite done, drain them, mix with them a piece of butter, and add a little pepper.

*Peas may be greatly improved by boiling with them two or three lumps of loaf-sugar, and a sprig of mint to be taken out before they are dished. This is an English way of cooking green peas, and is to most tastes a very good one.*

### TO BOIL ONIONS

Take off the tops and tails, and the thin outer skin; but no more lest the onions should go to pieces. Lay them on the bottom of a pan which is broad enough to contain them without piling one on another; just cover them with water, and let them simmer slowly till they are tender all through, but not till they break.

Serve them up with melted butter.

### TO ROAST ONIONS

Onions are best when parboiled before roasting. Take large onions, place them on a hot hearth and roast them before the fire in their skins, turning them as they require it. Then peel them, send them to table whole, and eat them with butter and salt.

### TO FRY ONIONS

Peel, slice them, and fry them brown in butter or nice dripping.

*Onions should be kept in a very dry place, as dampness injures them.*

### POKE

The young stalks and leaves of the poke-berry plant when quite small and first beginning to sprout up from the ground in the spring, are by most persons considered very nice, and are frequently brought to market. If the least too old they acquire a strong taste, and should not be eaten, as they then become unwholesome. They are in a proper state when the part of the stalk nearest to the ground is not thicker than small asparagus. Scrape the stalks, (letting the leaves remain on them,) and throw them into cold water. Then tie up the poke in bundles, put it into a pot that has plenty of boiling water, and let it boil fast an hour at least. Serve it up with or without toast, and send melted butter with it in a boat.

### SEA KALE

Sea kale is prepared, boiled, and served up in the same manner as asparagus.

### TO BOIL ASPARAGUS

Large or full grown asparagus is the best. Before you begin to prepare it for cooking, set on the fire a pot with plenty of water, and sprinkle into it a handful of salt. Your asparagus should be all of the same size. Scrape the stalks till they are perfectly nice and white; cut them all of equal length, and short, so as to leave them but two or three inches below the green part. To serve up asparagus with long stalks is now becoming obsolete. As you scrape them, throw them into a pan of cold water. Then tie them up in small bundles with bass or tape, as twine will cut them to pieces. When the water is boiling fast, put in the asparagus, and boil it an hour; if old it will require an hour and a quarter. When it is nearly done boiling, toast a large slice of bread sufficient to cover the dish (first cutting off the crust) and dip it into the asparagus water in the pot. Lay it in a dish, and, having drained the asparagus, place it on the toast with all the heads pointed inwards towards the centre, and the stalks spreading outwards.

Serve up melted butter with it.

### STEWED TOMATOES

Peel your tomatoes, cut them in half and squeeze out the seeds. Then put them into a stew-pan without any water, and add to them cayenne and salt to your taste, some grated bread, a little minced onion, and some powdered mace. Stew them slowly till they are first dissolved and then dry.

### BAKED TOMATOES

Peel some large fine tomatoes, cut them up, and take out the seeds. Then put them into a deep dish in alternate layers with grated bread-crumbs, and a very little butter in small bits. There must be a large proportion of bread-crumbs. Season the whole with a little salt, and cayenne pepper. Set it in an oven, and bake it. In cooking tomatoes, take care not to have them too liquid. They will not lose their raw taste in less than three hours' cooking.

### BOILED RICE

Pick your rice clean, and wash it in two cold waters, not draining off the last water till you are ready to put the rice on the fire. Prepare a sauce-pan of water with a little salt in it, and when it boils, sprinkle in the rice. Boil it hard twenty minutes, keeping it covered. Then take it from the fire, and pour off the water. Afterwards set the sauce-pan in the chimney corner with the lid off, while you are dishing your dinner, to allow the rice to dry, and the grains to separate.

Rice, if properly boiled, should be soft and white, and every grain ought to stand alone. If badly managed, it will, when brought to table, be a grayish watery mass.

*In most southern families, rice is boiled every day for the dinner table, and eaten with the meat and poultry.*

*This is a Carolina receipt.*



### BROILED MUSHROOMS

For this purpose take large mushrooms, and be careful to have them freshly gathered. Peel them, score the under side, and cut off the stems. Lay them one by one in an earthen pan, brushing them over with sweet oil or oiled butter, and sprinkling each with a little pepper and salt. Cover them closely, and let them set for about an hour and a half. Then place them on a gridiron over clear hot coals, and broil them on both sides.

Make a gravy for them of their trimmings stewed in a very little milk, strained and thickened with a beaten egg stirred in just before it goes to table.

### — CAUTION —

### MUSHROOMS

Good mushrooms are only found in clear open fields where the air is pure and unconfined. Those that grow in low damp ground, or in shady places, are always poisonous. Mushrooms of the proper sort generally appear in August and September, after a heavy dew or a misty night. They may be known by their being of a pale pink or salmon colour on the gills or under side, while the top is of a dull pearl-coloured white; and by their growing only in open places. When they are a day old, or a few hours after they are gathered, the reddish colour changes to brown.

The poisonous or false mushrooms are of various colours, sometimes of a bright yellow or scarlet all over; sometimes entirely of a chalky white, stalk, top, and gills.

It is easy to detect a bad mushroom if all are quite fresh; but after being gathered a few hours the colours change, so that unpractised persons frequently mistake them.

*It is said that if you boil an onion among mushrooms the onion will turn of a bluish black when there is a bad one among them. Of course, the whole should then be thrown into the fire*

*If in stirring mushrooms, the colour of the silver spoon is changed, it is also most prudent to destroy them all.*

### TO STEW MUSHROOMS

For this purpose the small button mushrooms are best. Wash them clean, peel off the skin, and cut off the stalks. Put the trimmings into a small sauce-pan with just enough water to keep them from burning, and covering them closely, let them stew a quarter of an hour. Then strain the liquor, and having put the mushrooms into a clean sauce-pan, (a silver one, or one lined with porcelain,) add the liquid to them with a little nutmeg, pepper and salt, and a piece of butter rolled in flour. Stew them fifteen minutes, and just before you take them up, stir in a very little cream or rich milk and some beaten yolk of egg. Serve them hot. While they are cooking, keep the pan as closely covered as possible; shaking it round frequently.

If you wish to have the full taste of the mushroom only, after washing, trimming, and peeling them, put them into a stew-pan with a little salt and no water. Set them on coals, and stew them slowly till tender, adding nothing to them but a little butter rolled in flour, or else a little cream.

Be sure to keep the pan well covered.

### GROUND-NUTS

These nuts are never eaten raw. Put them, with their shells on, into an iron pan, and set them in an oven; or you may do them in a skillet on hot coals. A large quantity may be roasted in an iron pot over the fire. Stir them frequently, taking one out from time to time, and breaking it to try if they are done.

### TO DRESS LETTUCE AS SALAD

Strip off the outer leaves, wash the lettuce, split it in half, and lay it in cold water till dinner time. Then drain it and put it into a salad dish. Have ready two eggs boiled hard, (which they will be in ten minutes,) and laid in a basin of cold water for five minutes to prevent the whites from turning blue. Cut them in half and lay them on the lettuce.

Put the yolks of the eggs on a large plate, and with a wooden spoon mash them smooth, mixing with them a table-spoonful of water, and two table-spoonfuls of sweet oil. Then add, by degrees, a salt-spoonful of salt, a tea-spoonful of mustard, and a tea-spoonful of powdered loaf-sugar. When these are all smoothly united, add very gradually three table-spoonfuls of vinegar. The lettuce having been cut up fine on another plate, put it to the dressing, and mix it well.

If you have the dressing for salad made before dinner, put it into the bottom of the salad dish; then (having cut it up) lay the salad upon it, and let it rest till it is to be eaten, as stirring it will injure it.

*You may decorate the top of the salad with slices of red beet, and with the hard white of the eggs cut into rings.*

### CELERY

Scrape and wash it well, and let it lie in cold water till shortly before it goes to table; then dry it in a cloth, trim it, and split down the stalks almost to the bottom, leaving on a few green leaves. Send it to table in a celery glass, and eat it with salt only; or chop it fine, and make a salad dressing for it.

### RADISHES

To prepare radishes for eating, wash them and lay them in clean cold water as soon as they are brought in. Shortly before they go to table, scrape off the thin outside skin, trim the sharp end, cut off the leaves at the top, leaving the stalks about an inch long, and put them on a small dish. Eat them with salt.

Radishes should not be eaten the day after they are pulled, as they are extremely unwholesome if not quite fresh.

The thick white radishes, after being scraped and trimmed, should be split or cleft in four, half way down from the top.



### TO ROAST CHESTNUTS

The large Spanish chestnuts are the best for roasting. Cut a slit in the shell of every one to prevent their bursting when hot. Put them into a pan, and set them over a charcoal furnace till they are thoroughly roasted; stirring them up frequently and taking care not to let them burn. When they are done, peel off the shells, and send the chestnuts to table wrapped up in a napkin to keep them warm.

*Chestnuts should always be roasted or boiled before they are eaten.*

### CORN AND BEANS WITH PORK

Take a good piece of pork, either salt or fresh. Boil it by itself till quite tender. Boil also the corn and beans separately. Either dried or green beans will do. If string-

beans, they must be cut in three. When the corn is well boiled, cut it from the cob, and mix it with the boiled beans. Put it into a pot with the boiled pork, and barely sufficient water to cover it. Season with pepper, and stew the whole together till nearly dry.

### TO KEEP OCHRAS AND TOMATOES

Take ochras when they first come in season; slice them thin; with a large needle run a strong thread through the slices, and hang them up in your store-room in festoons. In winter, use them for soup; boiling them till quite dissolved.

Having filled a jar two-thirds with whole tomatoes, fill it quite up with good lard; covering it closely. When wanted for use, take them out from under the lard, and wash them in hot water.



## EGGS, &c.

### TO KEEP EGGS

There is no infallible mode of ascertaining the freshness of an egg before you break it, but unless an egg is perfectly good, it is unfit for any purpose whatever, and will spoil whatever it is mixed with. You may judge with tolerable accuracy of the state of an egg by holding it against the sun or the candle, and if the yolk, as you see it through the shell, appears round, and the white thin and clear, it is most probably a good one; but if the yolk looks broken, and the white thick and cloudy, the egg is certainly bad. You may try the freshness of eggs by putting them into a pan of cold water. Those that sink the soonest are the freshest; those that are stale or addled will float on the surface.

There are various ways of preserving eggs. To keep them merely for plain boiling, you may parboil them for one minute, and then bury them in powdered charcoal with their small ends downward. They will keep a few days in a jar of salt; but do not afterwards use the salt in which they have been immersed.

They are frequently preserved for two or three months by greasing them all over, when quite fresh, with melted mutton suet, and then wedging them close together (the small end downwards) in a box of bran, layer above layer; the box must be closely covered. Charcoal is better than bran.

Another way (and a very good one) is to put some lime in a large vessel, and slack it with boiling water, till it is of the consistence of thin cream; you may allow a gallon of water to a pound of lime. When it is cold, pour it off into a large stone jar, put in the eggs, and cover the jar closely. See that the eggs are always well covered with the lime-water, and lest they should break, avoid moving the jar. If you have hens of your own, keep a jar of lime-water always ready, and put in the eggs as they are brought in from the nests. Jars that hold about six quarts are the most convenient.

*It will be well to renew the lime-water occasionally.*

### TO BOIL EGGS FOR BREAKFAST

The fresher they are the longer time they will require for boiling. If you wish them quite soft, put them into a saucepan of water that is boiling hard at the moment, and let them remain in it five minutes. The longer they boil the harder they will be. In ten minutes' fast boiling they will be hard enough for salad.

If you use one of the tin egg-boilers that are placed on the table, see that the water is boiling hard at the time you put in the eggs. When they have been in about four or five minutes, take them out, pour off the water, and replace it by some more that is boiling hard; as, from the coldness of the eggs having chilled the first water, they will not otherwise be done enough. The boiler may then be placed on the table, (keeping the lid closed,) and in a few minutes more they will be sufficiently cooked to be wholesome.

### FRICASSEED EGGS

Take a dozen eggs, and boil them six or seven minutes, or till they are just hard enough to peel and slice without breaking. Then put them into a pan of cold water while you prepare some grated bread-crumbs, (seasoned with pepper, salt and nutmeg,) and beat the yolks of two or three raw eggs very light. Take the boiled eggs out of the water, and having peeled off the shells, slice the eggs, dust a little flour over them, and dip them first into the beaten egg, and then into the bread-crumbs so as to cover them well on both sides. Have ready in a frying-pan some boiling lard; put the sliced eggs into it, and fry them on both sides. Serve them up at the breakfast table, garnished with small sprigs of parsley that has been fried in the same lard after the eggs were taken out.

### PLAIN OMELET

Take six eggs, leaving out the whites of two. Beat them very light, and strain them through a sieve. Add pepper and salt to your taste. Divide two ounces of fresh butter into little bits, and put it into the egg. Have ready a quarter of a pound of butter in a frying-pan, or a flat stew-pan. Place it on hot coals, and have the butter boiling when you put in the beaten egg. Fry it gently till of a light brown on the under side. Do not turn it while cooking as it will do better without. You may brown the top by holding a hot shovel over it. When done, lay it in the dish, double it in half, and stick sprigs of curled parsley over it.

You may flavour the omelet by mixing with the beaten egg some parsley or sweet herbs minced fine, some chopped celery, or chopped onion, allowing two moderate sized onions to an omelet of six eggs. Or what is still better, it may be seasoned with veal kidney or sweet-bread minced; with cold ham shred as fine as possible; or with minced oysters, (the hard part omitted,) with tops of asparagus (that has been previously boiled) cut into small pieces.

*You should have one of the pans that are made purposely for omelets.*



### TO POACH EGGS

Pour some boiling water out of a tea-kettle through a clean cloth spread over the top of a broad stew-pan; for by observing this process the eggs will be nicer and more easily done than when its impurities remain in the water. Set the pan with the strained water on hot coals, and when it boils, break each egg separately into a saucer. Remove the pan from the fire, and slip the eggs one by one into the surface of the water. Let the pan stand till the white of the eggs is set; then place it again on the coals, and as soon as the water boils again, the eggs will be sufficiently done. Take them out carefully with an egg-slice, and trim off all the ragged edges from the white, which should thinly cover the yolk. Have ready some thin slices of buttered toast with the crust cut off. Lay them in the bottom of the dish, with a poached egg on each slice of toast, and send them to the breakfast table.

### AN OMELETTE SOUFFLÉ

Break eight eggs, separate the whites from the yolks, and strain them. Put the whites into one pan, and the yolks into another, and beat them separately with rods till the yolks are very thick and smooth, and the whites a stiff froth that will stand alone. Then add gradually to the yolks, three quarters of a pound of the finest powdered loaf-sugar, and orange-flower water or lemon-juice to your taste. Next stir the whites lightly into the yolks. Butter a deep pan or dish (that has been previously heated) and pour the mixture rapidly into it. Set it in a Dutch oven with coals under it, and on the top, and bake it five minutes. If properly beaten and mixed, and carefully baked, it will rise very high. Send it immediately to table, or it will fall and flatten.

Do not begin to make an omelette soufflé till the company at table have commenced their dinner, that it may be ready to serve up just in time, immediately on the removal of the meats. The whole must be accomplished as quickly as possible. Send it round with a spoon.

If you live in a large town, the safest way of avoiding a failure in an omelette soufflé is to hire a French cook to come to your kitchen with his own utensils and ingredients, and make and bake it himself, while the first part of the dinner is progressing in the dining-room.

An omelette soufflé is a very nice and delicate thing when properly managed; but if flat and heavy, it should not be brought to table. If well made, you may turn it out on a dish.

### TO DRESS MACARONI

Have ready a pot of boiling water. Throw a little salt into it, and then by slow degrees put in a pound of the macaroni, a little at a time. Keep stirring it gently, and continue to do so very often while boiling. Take care to keep it well covered with water. Have ready a kettle of boiling water to replenish the macaroni pot if it should be in danger of getting too dry. In about twenty minutes it will be done. It must be quite soft, but it must not boil long enough to break.

When the macaroni has boiled sufficiently, pour in immediately a little cold water, and let it stand a few minutes, keeping it covered.

Grate half a pound of Parmesan cheese into a deep dish and scatter over it a few small bits of butter. Then with a skimmer that is perforated with holes, commence taking up the macaroni, (draining it well,) and spread a layer of it over the cheese and butter. Spread over it another layer of grated cheese and butter, and then a layer of macaroni, and so on till your dish is full; having a layer of macaroni on the top, over which spread some butter without cheese. Cover the dish, and set it in an oven for half an hour. It will then be ready to send to table.

*You may grate some nutmeg over each layer of macaroni.*

Allow half a pound of butter to a pound of macaroni and half a pound of cheese.

### ANOTHER WAY

First put on the macaroni in a very little water. Let it come to a hard boil, and then drain off the water. Put it on again with milk instead of water, and a large lump of butter. Boil it till quite tender all through. Then, while hot, mix in a little cream, and add some sugar and nutmeg, or powdered cinnamon.



## PICKLING

### GENERAL REMARKS

Never on any consideration use brass, copper, or bell-metal kettles for pickling; the verdigris produced in them by the vinegar being of a most poisonous nature. Kettles lined with porcelain are the best, but if you cannot procure them, block tin may be substituted. Iron is apt to discolour any acid that is boiled in it.

Vinegar for pickles should always be of the best cider kind. In putting away pickles, use stone or glass jars. The lead which is an ingredient in the glazing of common earthenware, is rendered very pernicious by the action of the vinegar. Have a large wooden spoon and a fork, for the express purpose of taking pickles out of the jar when you want them for the table. See that, while in the jar, they are always completely covered with vinegar. If you discern in them any symptoms of not keeping well, do them over again in fresh vinegar and spice.

Vinegar for pickles should only boil five or six minutes.

The jars should be stopped with large flat corks, fitting closely, and having a leather or a round piece of oil-cloth tied over the cork.

It is a good rule to have two-thirds of the jar filled with pickles, and one-third with vinegar.

Alum is very useful in extracting the salt taste from pickles, and in making them firm and crisp. A very small quantity is sufficient. Too much will spoil them.

In greening pickles keep them very closely covered, so that none of the steam may escape; as its retention promotes their greenness and prevents the flavour from evaporating.

Vinegar and spice for pickles should be boiled but a few minutes. Too much boiling takes away the strength.

### TO PICKLE CUCUMBERS

Cucumbers for pickling should be very small, and as free from spots as possible. Make a brine of salt and water strong enough to bear an egg. Pour it over your cucumbers, cover them with fresh cabbage leaves, and let them stand for a week, or till they are quite yellow, stirring them at least twice a day. When they are perfectly yellow, pour off the water. Take a porcelain kettle, and cover the bottom and sides with fresh vine leaves. Put in the cucumbers (with a small piece of alum) and cover them closely with vine leaves all over the top, and then with a dish or cloth to keep in the steam. Fill up the kettle with clear water, and hang it over the fire when dinner is done, but not where there is a blaze. The fire under the kettle must be kept very moderate. The water must not boil, or be too hot to bear your hand in. Keep them over the fire in a slow heat till next morning. If they are not then of a fine green, repeat the process. When they are well greened, take them out of the kettle, drain them on a sieve, and put them into a clean stone jar. Boil for five or six minutes sufficient of the best vinegar to cover the cucumbers well; putting into the kettle a thin muslin bag filled with cloves, mace, and mustard seed. Pour the vinegar scalding hot into the jar of pickles, which should be secured with a large flat cork, and an oil-cloth or leather cover tied over it.

Another way to green pickles is to cover them with vine leaves or cabbage leaves, and to keep them on a warm hearth, pouring boiling water on them five or six times a day; renewing the water as soon as it becomes cold.

In proportioning the spice to the vinegar, allow to every two quarts, an ounce of mace, two dozen cloves, and two ounces of mustard seed. You may leave the muslin bag, with the spice, for about a week in the pickle jar to heighten the flavour, if you think it necessary.

### GREEN PEPPERS

May be done in the same manner as cucumbers, only extracting the seeds before you put the pickles into the salt and water.

*Do not put peppers into the same jar with cucumbers, as the former will destroy the latter.*

### GHERKINS

The gherkin is a small thick oval-shaped species of cucumber with a hairy or prickly surface, and is cultivated solely for pickling. It is customary to let the stems remain on them. Wipe them dry, put them into a broad stone jar, and scald them five or six times in the course of the day with salt and water strong enough to bear an egg, and let them set all night. This will make them yellow. Next day, having drained them from the salt and water, throw it out, wipe them dry, put them into a clean vessel (with a little piece of alum,) and scald them with boiling vinegar and water, (half and half of each,) repeating it frequently during the day till they are green. Keep them as closely covered as possible. Then put them away in stone jars, mixing among them whole mace and sliced ginger to your taste. Fill up with cold vinegar, and add a little alum, allowing to every hundred gherkins a piece about the size of a shelled almond.

*The alum will make them firm and crisp.*

### RADISH PODS

Gather sprigs or bunches of radish pods while they are young and tender, but let the pods remain on the sprigs; it not being the custom to pick them off. Put them into strong salt and water, and let them stand two days. Then drain and wipe them and put them into a clean stone jar. Boil an equal quantity of vinegar and water. Pour it over the radish pods while hot, and cover them closely to keep in the steam. Repeat this frequently through the day till they are very green. Then pour off the vinegar and water, and boil for five minutes some very good vinegar, with a little bit of alum, and pour it over them. Put them into a stone jar, (and having added some whole mace, whole pepper, a little tumeric and a little sweet oil,) cork it closely, and tie over it a leather or oil-cloth.

### GREEN BEANS

Take young green or French beans; string them, but do not cut them in pieces. Put them in salt and water for two days, stirring them frequently. Then put them into a kettle with vine or cabbage leaves under, over, and all round them, (adding a little piece of alum.) Cover them closely to keep in the steam, and let them hang over a slow fire till they are a fine green.

Having drained them in a sieve, make for them a pickle of cider vinegar, and boil in it for five minutes, some mace, whole pepper, and sliced ginger tied up in a thin muslin bag. Pour it hot upon the beans, put them into a stone jar, and tie them up.

### PARSLEY

Make a brine of salt and water strong enough to bear an egg, and throw into it a large quantity of curled parsley tied up in little bunches with a thread. After it has stood three days (stirring it frequently) take it out, drain it well, and lay it for three days in cold spring or pump-water, changing the water daily. Then scald it in hard water, and hang it, well covered, over a slow fire till it becomes green. Afterwards take it out, and drain and press it till quite dry.

Boil for five minutes a quart of cider vinegar with a small bit of alum, a few blades of mace, a sliced nutmeg, and a few slips of horseradish. Pour it on the parsley, and put it away in a stone jar.

### MANGOES

Take very young oval shaped musk-melons. Cut a round piece out of the top or side of each, (saving the piece to put on again,) and extract the seeds. Then (having tied on the pieces with packthread) put them into strong salt and water for two days. Afterwards drain and wipe them, put them into a kettle with vine leaves or cabbage leaves under and over them, and a little piece of alum, and hang them on a slow fire to green; keeping them closely covered to retain the steam, which will greatly accelerate the greening. When they are quite green, have ready the stuffing, which must be a mixture of scraped horseradish, white mustard seed, mace and nutmeg pounded, race ginger cut small, pepper, tumeric and sweet oil. Fill your mangoes with this mixture, putting a small clove of garlic into each, and replacing the pieces at the openings; tie them with a packthread crossing backwards and forwards round the mango. Put them into stone jars, pour boiling vinegar over them, and cover them well. Before you put them on the table remove the packthread.

### NASTURTIAN

Have ready a stone or glass jar of the best cold vinegar. Take the green seeds of the nasturtian after the flower has gone off. They should be full-grown but not old. Pick off the stems, and put the seeds into the vinegar. No other preparation is necessary, and they will keep a year with nothing more than sufficient cold vinegar to cover them.

*With boiled mutton they are an excellent substitute for capers.*

### MORELLA CHERRIES

See that all your cherries are perfect. Remove the stems, and put the cherries into a jar or glass with sufficient vinegar to cover them well. They will keep perfectly in a cool dry place.

They are very good, always retaining the taste of the cherry. If you cannot procure morellas, the large red pie-cherries may be substituted.

### PEACHES

Take fine large peaches (either cling or free stones) that are not too ripe. Wipe off the down with a clean flannel, and put the peaches whole into a stone jar. Cover them with cold vinegar of the best kind, in which you have dissolved a little of salt, allowing a tea-spoonful to a quart of vinegar. Put a cork in the jar and tie leather or oil-cloth over it.

*Plums and grapes may be pickled thus in cold vinegar, but without salt.*

### BARBERRIES

Have ready a jar of cold vinegar, and put into it ripe barberries in bunches. They make a pretty garnish for the edges of dishes.

### TO PICKLE GREEN PEPPERS

The bell pepper is the best for pickling, and should be gathered when quite young. Slit one side, and carefully take out the core, so as not to injure the shell of the pepper. Then put them into boiling salt and water, changing the water every day for one week, and keeping them closely covered in a warm place near the fire. Stir them several times a day. They will first become yellow, and then green. When they are a fine green put them into a jar, and pour cold vinegar over them, adding a small piece of alum.

*They require no spice.*

*You may stuff the peppers as you do mangoes.*





### TO PICKLE BUTTERNUTS

These nuts are in the best state for pickling when the shell is soft, and when they are so young that the outer skin can be penetrated by the head of a pin. They should be gathered when the sun is hot upon them.

If you have a large quantity, the easiest way to prepare them for pickling is to put them into a tub with sufficient lye to cover them, and to stir and rub them about with a hickory broom till they are clean and smooth on the outside. This is much less trouble than scraping them, and is not so likely to injure the nuts. Another method is to scald them, and then to rub off the outer skin. Put the nuts into strong salt and water for one week; changing the water every other day, and keeping them closely covered from the air. Then drain and wipe them, (piercing each nut through in several places with a large needle,) and prepare the pickle as follows:—For a hundred large nuts, take of black pepper and ginger root of each an ounce; and of cloves, mace and nutmeg of each a half ounce. Pound all the spices to powder, and mix them well together, adding two large spoonfuls of mustard seed. Put the nuts into jars, (having first stuck each of them through in several places with a large needle,) strewing the powdered seasoning between every layer of nuts. Boil for five minutes a gallon of the very best cider vinegar, and pour it boiling hot upon the nuts. Secure the jars closely with corks and leathers. You may begin to eat the nuts in a fortnight.

*Walnuts may be pickled in the same manner.*

### TO PICKLE WALNUTS BLACK

The walnuts should be gathered while young and soft, (so that you can easily run a pin through them,) and when the sun is upon them. Rub them with a coarse flannel or tow cloth to get off the fur of the outside. Mix salt and water strong enough to bear an egg, and let them lie in it a week, (changing it every two days,) and stirring them frequently. Then take them out, drain them, spread them on large dishes, and expose them to the air about ten minutes, which will cause them to blacken the sooner. Scald them in boiling water, (but do not let them lie in it,) and then rub them with a coarse woollen cloth, and pierce every one through in several places with a large needle, (that the pickle may penetrate them thoroughly.) Put them into stone jars, and prepare the spice and vinegar. To a hundred walnuts allow a gallon of vinegar, an ounce of cloves, an ounce of allspice, an ounce of black pepper, half an ounce of mace, and half an ounce of nutmeg. Boil the spice in the vinegar for fifteen minutes, then strain the vinegar, and pour it boiling hot over the walnuts. Tie up in a thin muslin rag, a tea-cupful of mustard seed, and a large table-spoonful of scraped horse-radish, and put it into the jars with the walnuts. Cover them closely with corks and leathers.

*Another way of pickling walnuts black, is (after preparing them as above) to put them into jars with the spices pounded and strewed among them, and then to pour over them strong cold vinegar.*

### WALNUTS PICKLED WHITE

Take large young walnuts while their shells are quite soft so that you can stick the head of a pin into them. Pare them very thin till the white appears; and as you do them, throw them into spring or pump water in which some salt has been dissolved. Let them stand in that water six hours, with a thin board upon them to keep them down under the water. Fill a porcelain kettle with fresh spring water, and set it over a clear fire, or on a charcoal furnace. Put the walnuts into the kettle, cover it, and let them simmer (but not boil) for about ten minutes. Then have ready a vessel with cold spring water and salt, and put your nuts into it, taking them out of the kettle with a wooden ladle. Let them stand in the cold salt and water for a quarter of an hour, with the board keeping them down as before; for if they rise above the liquor, or are exposed to the air, they will be discoloured. Then take them out, and lay them on a cloth covered with another, till they are quite dry. Afterwards rub them carefully with a soft flannel, and put them into a stone jar; laying among them blades of mace, and sliced nutmeg, but no dark-coloured spice. Pour over them the very best vinegar, and put on the top a table-spoonful of sweet oil.

### WALNUTS PICKLED GREEN

Gather them while the shells are very soft, and rub them all with a flannel. Then wrap them singly in vine leaves, lay a few vine leaves on the bottom of a large stone jar, put in the walnuts, (seeing that each of them is well wrapped up so as not to touch one another,) and cover them with a thick layer of leaves. Fill up the jar with strong vinegar, cover it closely, and let it stand three weeks. Then pour off the vinegar, take out the walnuts, renew all the vine leaves, fill up with fresh vinegar, and let them stand three weeks longer. Then again pour off the vinegar, and renew the vine leaves. This time take the best cider vinegar; put salt in it till it will bear an egg and add to it mace, sliced nutmeg, and scraped horse-radish, in the proportion of an ounce of each and a gallon of vinegar to a hundred walnuts. Boil the spice and vinegar about ten minutes, and then pour it, hot on the walnuts. Cover the jar closely with a cork and leather, and set it away, leaving the vine leaves with the walnuts. When you take any out for use, disturb the others as little as possible, and do not put back again any that may be left.

*You may pickle butternuts green in the same manner.*



### ONIONS PICKLED WHITE

Peel some very small white onions, and lay them for three days in salt and water, changing the water every day. Then wipe them, and put them into a porcelain kettle with equal quantities of milk and water, sufficient to cover them well. Simmer them over a slow fire, but when just ready to boil take them off, and drain and dry them, and put them into wide-mouthed glass bottles; interspersing them with blades of mace. Boil a sufficient quantity of the best cider vinegar to cover them and fill up the bottles, adding to it a little salt; and when it is cold, pour it into the bottles of onions. At the top of each bottle put a spoonful of sweet oil. Set them away closely corked.

### TO PICKLE ONIONS

Take very small onions, and with a sharp knife cut off the stems as close as possible, and peel off the outer skin. Then put them into salt and water, and let them stand in the brine for six days; stirring them daily, and changing the salt and water every two days. See that they are closely covered. Then put the onions into jars, and give them a scald in boiling salt and water. Let them stand till they are cold: then drain them on a sieve, wipe them, stick a clove in the top of each, and put them into wide-mouthed bottles; dispersing among them some blades of mace and slices of ginger or nutmeg. Fill up the bottles with the best cider vinegar, and put at the top a large spoonful of salad oil. Cork the bottles well.

### TO PICKLE MUSHROOMS WHITE

Take small fresh-gathered button mushrooms, peel them carefully with a penknife, and cut off the stems; throwing the mushrooms into salt and water as you do them. Then put them into a porcelain skillet of fresh water, cover it closely, and set it over a quick fire. Boil it as fast as possible for seven or eight minutes, not more. Take out the mushrooms, drain them, and spread them on a clean board, with the bottom or hollow side of each mushroom turned downwards. Do this as quickly as possible, and immediately, while they are hot, sprinkle them over with salt. When they are cold, put them into a glass jar with slight layers of mace and sliced ginger. Fill up the jar with cold cider vinegar. Put a spoonful of sweet oil on the top of each jar, and cork it closely.

### MUSHROOMS PICKLED BROWN

Take a quart of large mushrooms and (having trimmed off the stalks) rub them with a flannel cloth dipped in salt. Then lay them in a pan of allegar or ale vinegar, for a quarter of an hour, and wash them about in it. Then put them into a sauce-pan with a quart of allegar, a quarter of an ounce of cloves, the same of allspice and whole pepper, and a tea-spoonful of salt. Set the pan over coals, and let the mushrooms stew slowly for ten minutes, keeping the pan well covered. Then take them off, let them get cold by degrees, and put them into small bottles with the allegar strained from the spice and poured upon them.

It will be prudent to boil an onion with the mushrooms, and if it turns black or blueish, you may infer that there is a poisonous one among them; and they should therefore be thrown away. Stir them for the same reason, with a silver spoon.

### TO PICKLE TOMATOES

Take a peck of tomatoes, (the small round ones are best for pickling,) and prick every one with a fork. Put them into a broad stone or earthen vessel, and sprinkle salt between every layer of tomatoes. Cover them, and let them remain two days in the salt. Then put them into vinegar and water mixed in equal quantities, half and half, and keep them in it twenty-four hours to draw out the saltiness. There must be sufficient of the liquid to cover the tomatoes well.

To a peck of tomatoes allow a bottle of mustard, half an ounce of cloves, and half an ounce of pepper, with a dozen onions sliced thin. Pack the tomatoes in a stone jar, placing the spices and onions alternately with the layers of tomatoes. Put them in till the jar is two-thirds full. Then fill it up with strong cold vinegar, and stop it closely. The pickles will be fit to eat in a fortnight. If you do not like onions, substitute for them a larger quantity of spice.

### TOMATO SOY

For this purpose you must have the best and ripest tomatoes, and they must be gathered on a dry day. Do not peel them, but merely cut them into slices. Having strewed some salt over the bottom of a tub, put in the tomatoes in layers; sprinkling between each layer (which should be about two inches in thickness) a handful of salt. Repeat this till you have put in eight quarts or one peck of tomatoes. Cover the tub and let it set for three days. Then early in the morning, put the tomatoes into a large porcelain kettle, and boil it slowly and steadily till ten at night, frequently mashing and stirring the tomatoes. Then put it out to cool. Next morning strain and press it through a sieve, and when no more liquid will pass through, put it into a clean kettle with two ounces of cloves, one ounce of mace, two ounces of black pepper, and two table-spoonfuls of cayenne, all powdered.

Again let it boil slowly and steadily all day, and put it to cool in the evening in a large pan. Cover it, and let it set all night. Next day put it into small bottles, securing the corks by dipping them in melted rosin, and tying leathers over them.

*If made exactly according to these directions, and slowly and thoroughly boiled, it will keep for years in a cool dry place, and may be used for many purposes when fresh tomatoes are not to be had.*

### TO PICKLE RED CABBAGE

Take a fine firm cabbage of a deep red or purple colour. Strip off the outer leaves, and cut out the stalk. Quarter the cabbage lengthways, and then slice it crossways. Lay it in a deep dish, sprinkle a handful of salt over it, cover it with another dish, and let it lie twenty-four hours. Then drain it in a cullender from the salt, and wipe it dry. Make a pickle of sufficient cider vinegar to cover the cabbage well, adding to it equal quantities of cloves and allspice, with some mace. The spices must be put in whole, with a little cochineal to give it a good red colour. Boil the vinegar and spices hard for five minutes, and having put the cabbage into a stone jar, pour the vinegar over it boiling hot. Cover the jar with a cloth till it gets cold; and then put in a large cork, and tie a leather over it.

### TO PICKLE CAULIFLOWERS

Take the whitest and closest full-grown cauliflowers; cut off the thick stalk, and split the blossom or flower part into eight or ten pieces. Spread them on a large dish, sprinkle them with salt, and let them stand twenty-four hours. Then wash off the salt, drain them, put them into a broad flat jar or pan, scald them with salt and water, (allowing a quarter of a pound of salt to a quart of water,) cover them closely and let them stand in the brine till next day. Afterwards drain them in a hair sieve, and spread them on a cloth in a warm place to dry for a day and a night. Then put them carefully, piece by piece, into clean broad jars and pour over them a pickle which has been prepared as follows:—Mix together three ounces of coriander seed, three ounces of turmeric, one ounce of mustard seed, and one ounce of ginger. Pound the whole in a mortar to a fine powder. Put it into three quarts of the very best cider vinegar, set it by the side of the fire in a stone jar, and let it infuse three days. These are the proportions, but the quantity of the whole pickle must depend on the quantity of cauliflower, which must be kept well covered by the liquid. Pour it over the cauliflower, and secure the jars closely from the air.

*You may pickle broccoli in the same manner.  
Also the green tops of asparagus.*

### EXCELLENT COLD SLAW

Take a nice fresh white cabbage, wash, and drain it, and cut off the stalk. Shave down the head evenly and nicely into very small shreds, with a cabbage-cutter, or a sharp knife. Put it into a deep china dish, and prepare for it the following dressing. Take a large half-pint of the best cider vinegar, and mix with it a quarter of a pound of fresh butter, divided into four bits, and rolled in flour; a small salt-spoon of salt, and the same quantity of cayenne. Stir all this well together, and boil it in a small saucepan. Have ready the yolks of four eggs well beaten. As soon as the mixture has come to a hard boil, take it off the fire, and stir in the beaten egg. Then pour it boiling hot over the shred cabbage, and mix it well, all through, with a spoon. Set it to cool on ice or snow, or in the open air. It must be quite cold before it goes to table.

### WARM SLAW

Take a red cabbage; wash, drain, and shred it finely. Put it into a deep dish. Cover it closely, and set it on the top of a stove, or in a bake oven, till it is warm all through. Then make a dressing as in the receipt for cold slaw. Pour it hot over the cabbage. Cover the dish, and send it to table as warm as possible.



### EAST INDIA PICKLE

This is a mixture of various things pickled together, and put into the same jar.

Have ready a small white cabbage, sliced, and the stalk removed; a cauliflower cut into neat branches, leaving out the large stalk; sliced cucumbers; sliced carrots; sliced beets, (all nicked round the edges;) button-onions; string-beans; radish pods; barberries; cherries; green grapes; nasturtians; capsicums; bell-peppers, &c. Sprinkle all these things with salt, put them promiscuously into a large earthen pan, and pour scalding salt and water over them. Let them lie in the brine for four days, turning them all over every day. Then take them out, wash each thing separately in vinegar, and wipe them carefully in a cloth. Afterwards lay them on sieves before the fire, and dry them thoroughly.

### FOR THE PICKLE LIQUOR

To every two quarts of the best vinegar, put an ounce and a half of white ginger root, scraped and sliced; the same of long pepper; two ounces of peeled shalots, or little button-onions, cut in pieces; half an ounce of peeled garlic; an ounce of turmeric; and two ounces of mustard seed bruised, or of mustard powder. Let all these ingredients, mixed with the vinegar, infuse in a close jar for a week, setting in a warm place, or by the fire. Then (after the vegetables have been properly prepared, and dried from the brine) put them all into one large stone jar, or into smaller jars, and strain the pickle over them. The liquid must be in a large quantity, so as to keep the vegetables well covered with it, or they will spoil. Put a table-spoonful of sweet oil on the top of each jar, and secure them well with a large cork and a leather.

If you find that after awhile the vegetables have absorbed the liquor, so that there is danger of their not having a sufficiency, prepare some more seasoned vinegar and pour it over them.

East India pickle is very convenient, and will keep two years. As different vegetables come into season, you can prepare them with the salt and water process, and add them to the things already in the jar.

*You may put small mangoes into this pickle;  
also plums, peaches and apricots*



### TO PICKLE OYSTERS FOR KEEPING

For this purpose take none but the finest and largest oysters. After they are opened, separate them from their liquor, and put them into a bucket or a large pan, and pour boiling water upon them to take out the slime. Stir them about in it, and then take them out, and rinse them well in cold water. Then put them into a large kettle with fresh water, barely enough to cover them, (mixing with it a table-spoonful of salt to every hundred oysters,) and give them a boil up, just sufficient to plump them. Take them out, spread them on large dishes or on a clean table, and cover them with a cloth. Take the liquor of the oysters, and with every pint of it mix a quart of the best vinegar, a table-spoonful of salt, a table-spoonful of whole cloves, the same of whole black pepper, and a tea-spoonful of whole mace. Put the liquid over the fire in a kettle, and when it boils throw in the oysters, and let them remain in

it five minutes. Then take the whole off the fire, stir it up well, and let it stand to get quite cold. Afterwards (if you have a large quantity) put it into a keg, which must first be well scalded, (a new keg is best,) and fill it as full as it can hold. Do not put a weight on the oysters to keep them down in the liquor, as it will crush them to pieces if the keg should be moved or conveyed to a distance. If you have not enough to fill a keg, put them into stone jars when they are perfectly cold, and cover them securely.

For pickling oysters and all other purposes use only the best cider vinegar. The sharp pungent vinegar made entirely of chemical substances will destroy the oysters, and is too unwholesome for any culinary purpose. No one should purchase it. It may be known by its excessive sharpness; being violently pungent without any pleasant flavour.

## SWEETMEATS

### GENERAL REMARKS

The introduction of iron ware lined with porcelain has fortunately almost superseded the use of brass or bell-metal kettles for boiling sweetmeats; a practice by which the articles prepared in those pernicious utensils were always more or less imbued with the deleterious qualities of the verdigris that is produced in them by the action of acids.

Charcoal furnaces will be found very convenient for preserving; the kettles being set on the top. They can be used in the open air. Sweetmeats should be boiled rather quickly, that the watery particles may exhale at once, without being subjected to so long a process as to spoil the colour and diminish the flavour of the fruit. But on the other hand, if boiled too short a time they will not keep so well.

If you wish your sweetmeats to look bright and clear, use only the very best loaf-sugar. Fruit may be preserved for family use and for common purposes, in sugar of inferior quality, but it will never have a good appearance, and it is also more liable to spoil.

If too small a proportion of sugar is allowed to the fruit, it will *certainly* not keep well. When this experiment is tried it is generally found to be false economy; as sweetmeats, when they begin to spoil, can only be recovered and made eatable by boiling them over again with additional sugar; and even then, they are never so good as if done properly at first. If jellies have not sufficient sugar, they do not congeal, but will remain liquid.

Jelly bags should be made of white flannel. It is well to have a wooden stand or frame like a towel horse, to which the bag can be tied while it is dripping. The bag should first be dipped in hot water, for if dry it will absorb too much of the juice. After the liquor is all in, close the top of the bag, that none of the flavour may evaporate.

In putting away sweetmeats, it is best to place them in small jars, as the more frequently they are exposed to the air by opening, the more danger there is of their spoiling. The best vessels for this purpose are white queen's-ware pots, or glass jars. For jellies, jams, and for small fruit, common glass tumblers are very convenient, and may be covered simply with double tissue-paper, cut exactly to fit the inside of the top of the glass, laid lightly on the sweetmeat, and pressed down all round with the finger. This covering, if closely and nicely fitted, will be found to keep them perfectly well, and as it adheres so closely as to form a complete coat over the top, it is better for jellies or jams than writing-paper dipped in brandy, which is always somewhat shrivelled by the liquor with which it has been saturated.

If you find that your sweetmeats have become dry and candied, you may liquefy them again by setting the jars in water and making it boil round them.

In preserving fruit whole, it is best to put it first in a thin syrup. If boiled in a thick syrup at the beginning, the juice will be drawn out so as to shrink the fruit.

It is better to boil it but a short time at once, and then to take it out and let it get cold, afterwards returning it to the syrup, than to keep it boiling too long at a time, which will cause it to break and lose its shape.

Preserving kettles should be rather broad than deep, for the fruit cannot be done equally if it is too much heaped. They should all have covers belonging to them, to put on after the scum has done rising, that the flavour of the fruit may be kept in with the steam.

A perforated skimmer pierced all through with holes is a very necessary utensil in making sweetmeats.

The water used for melting the sugar should be very clear; spring or pump water is best. But if you are obliged to use river water, let it first be filtered. Any turbidness or impurity in the water will injure the clearness of the sweetmeats.

If sweetmeats ferment in the jars, boil them over again with additional sugar.

### CLARIFIED SUGAR SYRUP

Take eight pounds of the best double-refined loaf-sugar and break it up or powder it. Then beat the whites of four eggs to a strong froth. Stir the white of egg gradually into two quarts of very clear spring or pump water. Put the sugar into a porcelain kettle, and mix with it the water and white of egg. While the sugar is melting, stir it frequently; and when it is entirely dissolved, put the kettle over a moderate fire, and let it boil, carefully taking off the scum as it comes to the top, and pouring in a little cold water when you find the syrup rising so as to run over the edge of the kettle. It will be well when it first boils hard to pour in half a pint of cold water to keep down the bubbles so that the scum may appear, and be easily removed. You must not however boil it to candy height, so that the bubbles will look like hard pearls, and the syrup will harden in the spoon and hang from it in strings; for though very thick and clear it must continue liquid. When it is done, let it stand till it gets quite cold; and if you do not want it for immediate use, put it into bottles and seal the corks.

When you wish to use this syrup for preserving, you have only to put the fruit into it, and boil it till tender and clear, but not till it breaks. Large fruit that is done whole, should first be boiled tender in a very thin syrup that it may not shrink. Small fruit, such as raspberries, strawberries, grapes, currants, gooseberries, &c. may, if perfectly ripe, be put raw into strong cold sugar syrup; they will thus retain their form and colour, and their freshness and natural taste. They must be put into small glass jars, and kept well covered with the syrup. This, however, is an experiment which sometimes fails, and had best be tried on a small scale, or only for immediate use.

### TO PRESERVE GINGER

Take root of green ginger, and pare it neatly with a sharp knife, throwing it into a pan of cold water as you pare it. Then boil it till tender all through, changing the water three times. Each time put on the ginger in quite cold water to take out the excessive heat. When it is perfectly tender, throw it again into a pan of cold water, and let it lie an hour or more; this will make it crisp. In the mean time prepare the syrup.

For every six pounds of ginger root, clarify eight pounds of the best double-refined loaf-sugar. Break up the sugar, put it into a preserving kettle, and melt it in spring or pump water, (into which you have stirred gradually the beaten whites of four eggs,) and half a pint of water to each pound of sugar. Boil and skim it well. Then let the syrup stand till it is cold; and having drained the ginger, pour the syrup over it, cover it, and do not disturb it for two days. Then, having poured it from the ginger, boil the syrup over again. As soon as it is cold, pour it again on the ginger, and let it stand at least three days. Afterwards boil the syrup again, and pour it *hot* over the ginger. Proceed in this manner till you find that the syrup has thoroughly penetrated the ginger, (which you may ascertain by its taste and appearance when you cut a piece off,) and till the syrup becomes very thick and rich. Then put it all into jars, and cover it closely.

If you put the syrup hot to the ginger at first, it will shrink and shrivel. After the first time, you have only to boil and reboil the syrup; as it is not probable that it will require any further clarifying if carefully skimmed. It will be greatly improved by adding some lemon-juice at the close of the last boiling.

### CANTELOPES OR MUSK-MELONS

Take very small cantelopes before they are ripe. Shave a thin paring off the whole outside. Cut out a small piece or plug about an inch square, and through it extract all the seeds, &c. from the middle. Then return the plugs to the hole from whence you took them, and secure them with a needle and thread, or by tying a small string round the cantelope.

Lay the cantelopes for four or five hours in salt and water. Then put them into spring water to extract the salt, changing the water till you find it salt no longer. Scald them in weak alum-water. Make a syrup in the proportion of a pint of water to a pound of loaf-sugar, and boil the cantelopes in it till a straw will go through them. Then take them out, and set them in the sun to harden.

Prepare some fine ripe oranges, paring off the yellow rind very thin, and cutting it into slips, and then laying it in scalding water to extract the bitterness. Cut the oranges into pieces; allow a pint of water to each orange, and boil them to a pulp. Afterwards strain them, and allow to each pint of the liquid, a pound of the best loaf-sugar, and stir in a little beaten white of egg; one white to two pounds of sugar. This is for the second syrup. Boil the peel in it, skimming it well. When the peel is soft, take it all out; for if left among the cantelopes, it will communicate to it too strong a taste of the orange.

Put the cantelopes into your jars, and pour over them the hot syrup. Cover them closely, and keep them in a dry cool place.

Large cantelopes may be prepared for preserving (after you have taken off the outer rind) by cutting them into pieces according to the natural divisions with which they are fluted.

This receipt for preserving cantelopes whole, will do very well for green lemons or limes, substituting lemon-peel and lemon-juice for that of oranges in the second syrup.

*You may use some of the first syrup to boil up the pulp of the orange or lemons that has been left. It will make a sort of marmalade, that is very good for colds.*

### PRESERVED PEPPERS

For this purpose take the small round peppers while they are green. With a sharp penknife extract the seeds and cores; and then put the outsides into a kettle with vine leaves, and a little alum to give them firmness, and assist in keeping them green. Proceed precisely as directed for the water-melon rind, in the above receipt.



## TO PRESERVE CITRONS

Pare off the outer skin of some fine citrons, and cut them into quarters. Take out the middle. You may divide each quarter into several pieces. Lay them for four or five hours in salt and water. Take them out, and then soak them in spring or pump water (changing it frequently) till all the saltiness is extracted, and till the last water tastes perfectly fresh. Boil a small lump of alum, and scald them in the alum-water. It must be very weak, or it will communicate an unpleasant taste to the citrons; a lump the size of a hickory nut will suffice for six pounds. Afterwards simmer them two hours with layers of green vine leaves. Then make a syrup, with half a pint of water to each pound of loaf-sugar; boil and skim it well. When it is quite clear, put in the citrons, and boil them slowly, till they are so soft that a straw will pierce through them without breaking. Afterwards put them into a large dish, and set them in the sun to harden.

Prepare some lemons, by paring off the yellow rind very thin, and cutting it into slips of uniform size and shape. Lay the lemon-rind in scalding water, to extract the bitterness. Then take the pared lemons, cut them into quarters, measure a half pint of water to each lemon, and boil them to a mash. Strain the boiled lemon through a sieve, and to each pint of liquid allow a pound of the best double-refined loaf-sugar, for the second syrup. Melt the sugar in the liquid, and stir into it gradually some beaten white of egg; allowing one white to four pounds of sugar. Then set it over the fire; put the lemon-peel into the syrup, and let it boil in it till quite soft.

Put the citrons cold into a glass jar, and pour the hot syrup over them. Let the lemon remain with the citrons, as it will improve their flavour.

If you wish the citrons to be candied, boil down the second syrup to candy height, (that is, till it hangs in strings from the spoon,) and pour it over the citrons. Keep them well covered.

You may, if you choose, after you take the citrons from the alum-water, give them a boil in very weak ginger tea, made of the roots of green ginger if you can procure it; if not, of race ginger. Powdered ginger will not do at all. This ginger tea will completely eradicate any remaining taste of the salt or the alum. Afterwards cover the sides and bottom of the pan with vine leaves, put a layer of leaves between each layer of citron, and cover the top with leaves. Simmer the citrons in this two hours to green them.

In the same manner you may preserve water-melon rind, or the rind of cantelopes. Cut these rinds into stars, diamonds, crescents, circles, or into any fanciful shape you choose. Be sure to pare off the outside skin before you put the rinds into the salt and water.

*Pumpkin cut into strips, may be preserved according to the above receipt.*



## PUMPKIN CHIPS

It is best to defer making this sweetmeat (which will be found very fine) till late in the season when lemons are ripe and are to be had in plenty. Pumpkins (as they keep well) can generally be procured at any time through the winter.

Take a fine pumpkin of a rich deep colour, pare off the outer rind; remove the seeds; and having sliced the best part, cut it into chips of equal size, and as thin as you can do them. They should be in long narrow pieces, two inches in breadth, and four in length. It is best to prepare the pumpkin the day before; and having weighed the chips, allow to each pound of them a pound of the best loaf-sugar. You must have several dozen of fine ripe lemons, sufficient to furnish a gill of lemon-juice to each pound of pumpkin. Having rolled them under your hand on a table, to make them yield as much juice as possible, pare off the yellow rind and put it away for some other purpose. Then having cut the lemons, squeeze out all the juice into a pitcher. Lay the pumpkin chips in a large pan or tureen, strewing the sugar among them. Then having measured the lemon-juice in a wine-glass, (two common wine-glasses making one gill,) pour it over the pumpkin and sugar, cover the vessel, and let it stand all night.

Next day transfer the pumpkin, sugar, and lemon-juice to a preserving kettle, and boil it slowly for an hour or more, or till the pumpkin becomes all through tender, crisp, and transparent; but it must not be over the fire long enough to break and lose its form. You must skim it thoroughly. Some very small pieces of the lemon-paring may be boiled with it. When you think it is done, take up the pumpkin chips in a perforated skimmer that the syrup may drain through the holes back into the kettle. Spread the chips to cool on large dishes, and pass the syrup through a flannel bag that has been first dipped in hot water. When the chips are cold, put them into glass jars or tumblers, pour in the syrup, and lay on the top white paper dipped in brandy. Then tie up the jars with leather, or with covers of thick white paper.

If you find that when cold the chips are not perfectly clear, crisp, and tender, give them another boil in the syrup before you put them up.

This, if well made, is a handsome and excellent sweetmeat. It need not be eaten with cream, the syrup being so delicious as to require nothing to improve it. Shells of puff-paste first baked empty, and then filled with pumpkin chips, will be found very nice.

*Musk-melon chips may be done in the same manner.*

## TO PREPARE FRESH PINE-APPLES

Cut off the top and bottom and pare off the rind. Then cut the pine-apples in round slices half an inch thick, and put them into a deep dish, sprinkling every slice with powdered loaf-sugar. Cover them, and let them lie in the sugar for an hour or two, before they are to be eaten.



## TO PRESERVE PINE-APPLES

Take fine large pine-apples; pare them, and cut off a small round piece from the bottom of each; let the freshest and best of the top leaves remain on. Have ready on a slow fire, a large preserving kettle with a thin syrup barely sufficient to cover the fruit. In making this syrup allow a pound of fine loaf-sugar to every quart of water, and half the white of a beaten egg; all to be mixed before it goes on the fire. Then boil and skim it, and when the scum ceases to rise, put in the pine-apples, and simmer them slowly an hour. Then take them out to cool, cover them carefully and put them away till next day; saving the syrup in another vessel. Next day, put them into the same syrup, and simmer them again an hour. On the third day, repeat the process. The fourth day, make a strong fresh syrup, allowing but a pint of water to each pound of sugar, and to every two pounds the beaten white of one egg. When this syrup has boiled, and is completely skimmed, put in the pine-apples, and simmer them half an hour. Then take them out to cool, and set them aside till next morning. Boil them again half an hour in the same syrup, and repeat this for seven or eight days, or till you can pierce through the pine-apple with a straw from a corn-broom. At the last of these boilings enrich the syrup by allowing to each pound of sugar a quarter of a pound more; and, having boiled and skimmed it, put in the pine-apples for half an hour. Then take them out, and when quite cold put each into a separate glass jar, and fill up with the syrup.

Pine apples may be preserved in slices by a very simple process. Pare them, and cut them into round pieces near an inch thick, and take out the core from the centre of each slice. Allow a pound of loaf-sugar to every pound of the sliced pine-apple. Powder the sugar, and strew it in layers between the slices of pine-apple. Cover it and let it set all night. Next morning measure some clear spring or pump water, allowing half a pint to each pound of sugar. Beat some white of egg, (one white to two pounds of sugar,) and when it is a very stiff froth, stir it gradually into the water. Then mix with it the pine-apple and sugar, and put the whole into a preserving kettle. Boil and skim it well, till the pine-apple is tender and bright all through. Then take it out, and when cold, put it up in wide-mouthed glass jars, or in large tumblers.

## TO PRESERVE APRICOTS

Take ripe apricots; scald them, peel them, cut them in half, and extract the stones. Then weigh the apricots, and to each pound allow a pound of loaf-sugar. Put them into a tureen or large pan, in alternate layers of apricots and sugar; cover them, and let them stand all night. Next morning put all together into a preserving kettle, and boil them moderately a quarter of an hour. Then take them out, spread them on dishes, and let them stand till next day. Then boil them again in the same syrup another quarter of an hour. Afterwards, spread them out to cool, put them into glass jars, and pour the syrup over them.

*Peaches may be preserved in the same manner.*

*Also large plums or green gages; but to the plums you must allow additional sugar.*

## PRESERVED WATER-MELON RIND

Having pared off the green skin, cut the rind of a water-melon into pieces of any shape you please; stars, diamonds, circles, crescents or leaves, using for the purpose a sharp penknife. Weigh the pieces, and allow to each pound a pound and a half of loaf sugar. Set the sugar aside, and put the pieces of melon-rind into a preserving kettle, the bottom and sides of which you have lined with green vine leaves. Put a layer of vine leaves between each layer of melon-rind, and cover the top with leaves. Disperse among the pieces some very small bits of alum, each about the bigness of a grain of corn, and allowing one bit to every pound of the melon-rind. Pour in just water enough to cover the whole, and place a thick double cloth (or some other covering) over the top of the kettle to keep in the steam, which will improve the greening. Let it simmer (but not boil) for two hours. Then take out the pieces of melon-rind and spread them on dishes to cool. Afterwards if you find that they taste of the alum, simmer them in very weak ginger tea for about three hours. Then proceed to make your syrup. Melt the sugar in clear spring or pump water, allowing a pint of water to a pound and a half of sugar, and mixing in with it some white of egg beaten to a stiff froth. The white of one egg will be enough for two pounds of sugar. Boil and skim it; and when the scum ceases to rise, put in the melon-rind, and let it simmer an hour. Take it out and spread it to cool on dishes, return it to the syrup, and simmer it another hour. After this take it out, and put it into a tureen. Boil up the syrup again, and pour it over the melon-rind. Cover it, and let it stand all night. Next morning give the syrup another boil; adding to it some lemon-juice, allowing the juice of one lemon to a quart of the syrup. When you find it so thick as to hang in a drop on the point of the spoon, it is sufficiently done. Then put the rind into glass jars, pour in the syrup, and secure the sweetmeats closely from the air with paper dipped in brandy, and a leather outer cover.

This, if carefully done and well greened, is a very nice sweetmeat, and may be used to ornament the top of creams, jellies, jams. &c. laying it round in rings or wreaths.

*Citrons may be preserved green in the same manner, first paring off the outer skin and cutting them into quarters.*

*Also green limes.*

## PRESERVED APPLES

Take fine ripe pippin or bell-flower apples. Pare and core them, and either leave them whole, or cut them into quarters. Weigh them, and to each pound of apples allow a pound of loaf-sugar. Put the apples into a stew-pan with just water enough to cover them, and let them boil slowly for about half an hour. They must be only parboiled. Then strain the apple water over the sugar into a preserving kettle, and when the sugar is melted put it on the fire with the yellow rind of some lemons pared thin, allowing two lemons to a dozen apples. Boil the syrup till clear and thick, skimming it carefully; then put in the apples, and after they have boiled slowly a quarter of an hour, add the juice of the lemons. Let it boil about fifteen minutes longer, or till the apples are tender and clear, but not till they break. When they are cold, put them into jars, and covering them closely, let them set a week. At the end of that time give them another boil in the same syrup; apples being more difficult to keep than any other fruit.

*You may colour them red by adding, when you boil them in the syrup, a little cochineal.*



## BAKED APPLES

Take a dozen fine large juicy apples, and pare and core them, but do not cut them in pieces. Put them side by side into a large baking-pan, and fill up with white sugar the holes from whence you have extracted the cores. Pour into each a little lemon-juice, or a few drops of essence of lemon, and stick in every one a long piece of lemon-peel evenly cut. Into the bottom of the pan put a very little water, just enough to prevent the apples from burning. Bake them about an hour, or till they are tender all through, but not till they break. When done, set them away to get cold.

If closely covered they will keep two days. They may be eaten at tea with cream. Or at dinner with a boiled custard poured over them. Or you may cover them with sweetened cream flavoured with a little essence of lemon, and whipped to a froth. Heap the froth over every apple so as to conceal them entirely.

## APPLE BUTTER

This is a compound of apples and cider boiled together till of the consistence of soft butter. It is a very good article on the tea-table, or at luncheon. It can only be made of sweet new cider fresh from the press, and not yet fermented.

Fill a very large kettle with cider, and boil it till reduced to one half the original quantity. Then have ready some fine juicy apples, pared, cored, and quartered; and put as many into the kettle as can be kept moist by the cider. Stir it frequently, and when the apples are stewed quite soft, take them out with a skimmer that has holes in it, and put them into a tub. Then add more apples to the cider, and stew them soft in the same manner, stirring them nearly all the time with a stick. Have at hand some more cider ready boiled, to thin the apple butter in case you should find it too thick in the kettle.

If you make a large quantity, (and it is not worth while to prepare apple butter on a small scale,) it will take a day to stew the apples. At night leave them to cool in the tubs, (which must be covered with cloths,) and finish next day by boiling the apple and cider again till the consistence is that of soft marmalade, and the colour a very dark brown.

Twenty minutes or half an hour before you finally take it from the fire, add powdered cinnamon, cloves, and nutmeg to your taste. If the spice is boiled too long, it will lose its flavour.

When it is cold, put it into stone jars, and cover it closely. If it has been well made, and sufficiently boiled, it will keep a year or more.

It must not be boiled in a brass or bell-metal kettle, on account of the verdigris which the acid will collect in it, and which will render the apple butter extremely unwholesome, not to say poisonous.



## APPLE JELLY

Take twenty large ripe juicy pippins. Pare, core, and chop them to pieces. Put them into a jar with the yellow rind of four lemons, pared thin and cut into little bits. Cover the jar closely, and set it into a pot of hot water. Keep the water boiling hard all round it till the apples are dissolved. Then strain them through a jelly-bag, and mix with the liquid the juice of the lemons. To each pint of the mixed juice allow a pound of loaf-sugar. Put them into a porcelain kettle, and when the sugar is melted, set it on the fire, and boil and skim it for about twenty minutes, or till it becomes a thick jelly. Put it into tumblers, and cover it with double tissue paper nicely fitted to the inside of the top.

*The red or Siberian crab apple makes a delicious jelly, prepared in the above manner.*

## TO PRESERVE GREEN CRAB APPLES

Having washed your crab apples, (which should be full grown,) cover the bottom and sides of your preserving kettle with vine leaves, and put them in; spreading a thick layer of vine leaves over them. Fill up the kettle with cold water, and hang it over a slow fire early in the morning; simmer them slowly, but do not allow them to boil. When they are quite yellow, take them out, peel off the skin with a penknife, and extract the cores very neatly. Put them again into the kettle with fresh vine leaves and fresh water, and hang them again over a slow fire to simmer, but not to boil. When they have remained long enough in the second vine leaves to become green, take them out, weigh them, and allow a pound and a half of loaf-sugar to each pound of crab apples. Then after the kettle has been well washed and wiped, put them into it with a thick layer of sugar between each layer of apples, and about half a pint of water, for each pound and a half of sugar. You may add the juice and yellow peel of some lemons. Boil them gently till they are quite clear and tender throughout. Skim them well, and keep the kettle covered when you are not skimming. When done, spread them on large dishes to cool, and then tie them up in glass jars with brandy papers.

## TO PRESERVE RED CRAB APPLES

Take red or Siberian crab apples when they are quite ripe and the seeds are black. Wash and wipe them, and put them into a kettle with sufficient water to cover them. Simmer them very slowly till you find that the skin will come off easily. Then take them out and peel and core them; extract the cores carefully with a small knife, so as not to break the apples. Then weigh them, and to every pound of crab apples allow a pound and a half of loaf-sugar and a half pint of water. Put the sugar and water into a preserving kettle, and when they are melted together, set it over the fire and let it boil. After skimming it once, put in the crab apples, adding a little cochineal powder rubbed with a knife into a very small quantity of white brandy till it has dissolved. This will greatly improve the colour of the apples. Cover them and let them boil till clear and tender, skimming the syrup when necessary. Then spread them out on dishes, and when they are cold, put them into glass jars and pour the syrup over them.

If you find that after they have been kept awhile, the syrup inclines to become dry or candied, give it another boil with the crab apples in it, adding a tea-cup full of water to about three or four pounds of the sweetmeat.

*The flavour will be greatly improved by boiling with them in the syrup, a due proportion of lemon-juice and the peel of the lemons pared thin so as to have the yellow part only.*

### TO PRESERVE QUINCES

Take large, yellow, ripe quinces, and having washed and wiped them, pare them, and extract the cores. Quarter the quinces, or cut them into slices half an inch thick, and lay them in scalding water (closely covered) and boil them till tender—lest they harden in the sugar. Put the parings, cores, and seeds into a preserving kettle, cover them with the water in which you coddled the quinces, and boil them an hour, keeping them closely covered all the time. To every pint of this liquor allow a pound of loaf-sugar; and having dissolved the sugar in it, put it over the fire in the preserving kettle. Boil it up and skim it, and when the scum has ceased rising, put in the quinces, and boil them till they are red, tender, and clear all through, but not till they break. Keep the kettle closely covered while the quinces are in it, if you wish to have them bright coloured. You may improve the colour by boiling with them a little cochineal sifted through a muslin rag.

When they are done, take them out, spread them on large dishes to cool, and then put them into glasses. Give the syrup another boil up, and it will be like a fine jelly. Pour it hot over the quinces, and when cold, cover the jars, pasting paper round the covers.

### TO PRESERVE QUINCES WHOLE

Take those that are large, smooth, and yellow; pare them and extract the cores, carefully removing all the blemishes. Boil the quinces in a close kettle with the cores and parings, in sufficient water to cover them. In half an hour take them out, spread them to cool, and add to the cores and parings some small inferior quinces cut in quarters, but not pared or cored; and pour in some more water, just enough to boil them. Cover the pan, and let them simmer for an hour. Then take it off, strain the liquid, measure it, and to each quart allow a pound of loaf-sugar. Put the sugar to melt in the liquid, and let it set all night. Next day boil the quinces in it for a quarter of an hour, and then take them out and cool them, saving the syrup. On the following day repeat the same; and the fourth day add a quarter of a pound more sugar to each pint of the syrup, and boil the quinces in it twelve minutes. If by this time they are not tender, bright, and transparent all through, repeat the boiling.

When they are quite done, put quince jelly or marmalade into the holes from whence you took the cores; put the quinces into glass jars and pour the syrup over them. If convenient, it is a very nice way to put up each quince in a separate tumbler.

### QUINCE JELLY

Take fine ripe yellow quinces, wash them and remove all the blemishes. Cut them in pieces, but do not pare or core them. Put them into a preserving-pan with clear spring water. If you are obliged to use river water, filter it first; allowing one pint to twelve large quinces. Boil them gently till they are all soft and broken. Then put them into a jelly-bag, and do not squeeze it till after the clear liquid has ceased running. Of this you must make the best jelly, allowing to each pint a pound of loaf-sugar. Having dissolved the sugar in the liquid, boil them together about twenty minutes, or till you have a thick jelly.

In the mean time squeeze out all that is left in the bag. It will not be clear, but you can make of it a very good jelly for common purposes.

### QUINCE MARMALADE

Take ten pounds of ripe yellow quinces; and having washed them clean, pare and core them, and cut them into small pieces. To each pound of the cut quinces allow half a pound of powdered loaf-sugar. Put the parings and cores into a kettle with water enough to cover them, and boil them slowly till they are all to pieces, and quite soft. Then having put the quinces with the sugar into a porcelain preserving kettle, strain over them, through a cloth, the liquid from the parings and cores. Add a little cochineal powdered, and sifted through thin muslin. Boil the whole over a quick fire till it becomes a thick smooth mass, keeping it covered except when you are skimming it; and always after skimming, stir it up well from the bottom.

When cold, put it up in glass jars.

*If you wish to use it soon, put it warm into moulds, and when it is cold, set the moulds in luke-warm water, and the marmalade will turn out easily.*

### QUINCE CHEESE

Have fine ripe quinces, and pare and core them. Cut them into pieces, and weigh them; and to each pound of the cut quinces, allow half a pound of the best brown sugar. Put the cores and parings into a kettle with water enough to cover them, keeping the lid of the kettle closed. When you find that they are all boiled to pieces and quite soft, strain off the water over the sugar, and when it is entirely dissolved, put it over the fire and boil it to a thick syrup, skimming it well. When no more scum rises, put in the quinces, cover them closely, and boil them all day over a slow fire, stirring them and mashing them down with a spoon till they are a thick smooth paste. Then take it out, and put it into buttered tin pans or deep dishes. Let it set to get cold. It will then turn out so firm that you may cut it into slices like cheese. Keep it in a dry place in broad stone pots.

*It is intended for the tea-table.*

### ORANGE JELLY

Take twenty large ripe oranges, and grate the yellow rind from seven of them. Dissolve an ounce of isinglass in as much warm water as will cover it. Mix the juice with a pound of loaf-sugar broken up, and add the grated rind and the isinglass. Put it into a porcelain pan over hot coals, and stir it till it boils. Then skim it well. Boil it ten minutes, and strain it (but do not squeeze it) through a jelly-bag till it is quite clear. Put it into a mould to congeal, and when you want to turn it out dip the mould into luke-warm water. Or you may put it into glasses at once.

You must have a pint of juice to a pound of sugar.

*A few grains of saffron boiled with the jelly will improve the colour without affecting the taste.*



## ORANGE MARMALADE

Take fine large ripe oranges, with thin deep-coloured skins. Weigh them, and allow to each pound of oranges a pound of loaf-sugar. Pare off the yellow outside of the rind from half the oranges, as thin as possible; and putting it into a pan with plenty of cold water, cover it closely (placing a double cloth beneath the tin cover) to keep in the steam, and boil it slowly till it is so soft that the head of a pin will pierce it. In the mean time grate the rind from the remaining oranges, and put it aside; quarter the oranges, and take out all the pulp and the juice; removing the seeds and core. Put the sugar into a preserving kettle, with a half pint of clear water to each pound, and mix it with some beaten white of egg, allowing one white of egg, to every two pounds of sugar. When the sugar is all dissolved, put it on the fire, and boil and skim it till it is quite clear and thick. Next take the boiled parings, and pound them to a paste in a mortar; put this paste into the sugar, and boil and stir it ten minutes. Then put it in the pulp and juice of the oranges, and the grated rind, (which will much improve the colour,) and boil all together for about half an hour, till it is a transparent mass. When cold, put it up in glass jars, laying brandy paper on the top.

*Lemon marmalade may be made in a similar manner, but you must allow a pound and a half of sugar to each pound of lemons.*

## PEACHES FOR COMMON USE

Take ripe free-stone peaches; pare, stone, and quarter them. To six pounds of the cut peaches allow three pounds of the best brown sugar. Strew the sugar among the peaches, and set them away. Next morning add a handful of the kernels, put the whole into a preserving kettle, and boil it slowly about an hour and three quarters, or two hours, skimming it well. When cold, put it up in jars, and keep it for pies, or for any common purpose.

## PRESERVED PEACHES

Take large juicy ripe peaches; free-stones are the best, as they have a finer flavour than the cling-stones, and are much more manageable both to preserve, and to eat. Pare them, and cut them in half, or in quarters, leaving out the stones, the half of which you must save. To every pound of the peaches allow a pound of loaf-sugar. Powder the sugar, and strew it among your peaches. Cover them and let them stand all night. Crack half the peach-stones, break them up, put them into a small sauce-pan and boil them slowly in as much water as will cover them. Then when the water is well flavoured with the peach-kernels, strain them out, and set the water aside. Take care not to use too much of the kernel-water; a very little will suffice. Put the peaches into a preserving kettle, and boil them in their juice over a quick fire, (adding the kernel-water,) and skimming them all the time. When they are quite clear, which should be in half an hour, take them off, and put them into a tureen. Boil the syrup five minutes longer, and pour it hot over the peaches. When they are cool, put them into glass jars, and tie them up with paper dipped in brandy laid next to them.

*Apricots, nectarines, and large plums may be preserved in the same manner.*

## PEACH JELLY

Take fine juicy free-stone peaches, and pare and quarter them. Scald them in a very little water, drain and mash them, and squeeze the juice through a jelly-bag. To every pint of juice allow a pound of loaf-sugar, and a few of the peach-kernels. Having broken up the kernels and boiled them by themselves for a quarter of an hour in just as much water as will cover them, strain off the kernel-water, and add it to the juice. Mix the juice with the sugar, and when it is melted, boil them together fifteen minutes, till it becomes a thick jelly. Skim it well when it boils. Try the jelly by taking a little in a spoon and holding it in the open air to see if it congeals. If you find, that after sufficient boiling, it still continues thin, you can make it congeal by stirring in an ounce or more of isinglass, dissolved and strained. When the jelly is done, put it into tumblers, and lay on the top double tissue paper cut exactly to fit the inside of the glass; pressing it down with your fingers.

*You may make plum jelly in the same manner, allowing a pound and a half of sugar to a pint of juice.*

## PEACH MARMALADE

Take ripe yellow free-stone peaches; pare, stone, and quarter them. To each pound of peaches, allow three quarters of a pound of powdered loaf sugar, and half an ounce of bitter almonds, or peach-kernels blanched in scalding water, and pounded smooth in a mortar. Scald the peaches in a very little water, mash them to a pulp, mix them with the sugar and pounded almonds, and put the whole into a preserving kettle. Let it boil to a smooth thick jam, skimming and stirring it well, and keeping the pan covered as much as possible. Fifteen minutes will generally suffice for boiling it. When cold, put it up in glass jars.

*Plum marmalade may be made in this manner, flavouring it with pounded plum-kernels.*

## TO DRY PEACHES

The best peaches for drying are juicy free-stones. They must be quite ripe. Cut them in half, and take out the stones. It is best not to pare them; as dried peaches are much richer with the skin on, and it dissolves and becomes imperceptible when they are cooked. Spread them out in a sunny balcony or on a scaffold, and let them dry gradually till they become somewhat like leather; always bringing them in at sunset, and not putting them out if the weather is damp or cloudy. They may also be dried in kilns or large ovens.

*Apples are dried in the same manner, except that they must be pared and quartered.*

*Cherries also may be dried in the sun, first taking out all the stones. None but the largest and best cherries should be used for drying.*



## BRANDY PEACHES

Take large white or yellow free-stone peaches, the finest you can procure. They must not be too ripe. Rub off the down with a flannel, score them down the seam with a large needle, and prick every peach to the stone in several places. Scald them with boiling water, and let them remain in the water till it becomes cold, keeping them well covered. Repeat the scalding three times: it is to make them white. Then wipe them, and spread them on a soft table-cloth, covering them over with several folds. Let them remain in the cloth to dry. Afterwards put them into a tureen, or a large jar, and pour on as much white French brandy as will cover them well. Carefully keep the air from them, and let them remain in the brandy for a week. Then make a syrup in the usual manner, allowing to each pound of peaches a pound of loaf-sugar and half a pint of water mixed with a very little beaten white of egg; one white to every two pounds of sugar.

When the syrup has boiled, and been well skimmed, put in the peaches and boil them slowly till they look clear: but do not keep them boiling more than half an hour. Then take them out, drain them, and put them into large glass jars. Mix the syrup, when it is cold, with the brandy in which you had the peaches, and pour it over them. Instead of scalding the peaches to whiten them, you may lay them for an hour in sufficient cold weak lye to cover them well. Turn them frequently while in the lye, and wipe them dry afterwards.

*Pears and apricots may be preserved in brandy, according to the above receipt. The skin of the pears should be taken off, but the stems left on.*

*Large egg plums may be preserved in the same manner.*

Another way of preparing brandy peaches is, after rubbing off the down and pricking them, to put them into a preserving kettle with cold water, and simmer them slowly till they become hot all through; but they must not be allowed to boil. Then dry them in a cloth, and let them lie till they are cold, covering them closely from the air. Dissolve loaf-sugar in the best white brandy, (a pound of sugar to a quart of brandy,) and having put the peaches into large glass jars, pour the brandy and sugar over them (without boiling) and cover the jars well with leather.

*Pears, apricots, and egg plums may also be done in this manner.*



## PRESERVED LEMONS

Take large fine ripe lemons, that have no blemishes. Choose those with thin, smooth rinds. With a sharp knife scoop a hole in the stalk end of each, large enough to admit the handle of a tea-spoon. This hole is to enable the syrup to penetrate the inside of the lemons. Put them into a preserving kettle with clear water, and boil them gently till you find them tender, keeping the kettle uncovered. Then take them out, drain, and cool them, and put them into a small tub. Prepare a thin syrup of a pound of loaf-sugar to a quart of water. When you have boiled and skimmed it, pour it over the lemons and cover them. Let them stand in the syrup till next day. Then pour the syrup from the lemons, and spread them on a large dish. Boil it a quarter of an hour, and pour it over them again, having first returned them to the tub. Cover them, and let them again stand till next day, when you must again boil the syrup and pour it over them. Repeat this process every day till you find that the lemons are quite clear, and that the syrup has penetrated them thoroughly. If you find the syrup becoming too weak, add a little more sugar to it. Finally, make a strong syrup in the proportion of half a pint of water to a pound of sugar, adding a gill of raw lemon-juice squeezed from fresh lemons, and allowing to every two pounds of sugar the beaten white of an egg. Mix all well together in the kettle. Boil and skim it, and when the scum ceases to rise, pour the syrup boiling hot over the lemons; and covering them closely, let them stand undisturbed for four days. Then look at them, and if you find that they have not sucked in enough of the syrup to make the inside very sweet, boil them gently in the syrup for a quarter of an hour. When they are cold, put them up in glass jars.

*You may green lemons by burying them in a kettle of vine leaves when you give them the first boiling in the clear water.*

*Limes may be preserved by this receipt; also oranges.*

*To prepare fresh oranges for eating, peel and cut them in round slices and remove the seeds.*

*Strew powdered loaf-sugar over them. Cover them and let them stand an hour before they are eaten.*

## PEACH LEATHER

To six pounds of ripe peaches, (pared and quartered,) allow three pounds of the best brown sugar. Mix them together, and put them into a preserving kettle, with barely water enough to keep them from burning. Pound and mash them a while with a wooden beetle. Then boil and skim them for three hours or more, stirring them nearly all the time. When done, spread them thinly on large dishes, and set them in the sun for three or four days. Finish the drying by loosening the peach leather on the dishes, and setting them in the oven after the bread is taken out, letting them remain till the oven is cold. Roll up the peach leather and put it away in a box.

*Apple leather may be made in the same manner.*

### TO PRESERVE GREEN GAGES

Take large fine green gages that are all perfectly ripe. Weigh them, and to each pound of fruit allow a pound and a half of loaf-sugar. Put a layer of fresh vine leaves at the bottom of a porcelain preserving kettle, place on it a layer of gages, then cover them with a layer of vine leaves, and so on alternately, finishing with a layer of leaves at the top. Fill up the kettle with hard water, and set it over a slow fire. When the gages rise to the top, take them out and peel them, putting them on a sieve as you do so. Then replace them in the kettle with fresh vine leaves and water; cover them very closely, so that no steam can escape, and hang them up at some distance above the fire to green slowly for six hours. They should be warm all the time, but must not boil. When they are a fine green, take them carefully out, spread them on a hair sieve to drain, and make a syrup of the sugar, allowing a half pint of water to each pound and a half of sugar. When it has boiled and been skimmed, put in the green gages and boil them gently for a quarter of an hour. Then take them out and spread them to cool. Next day boil them in the same syrup for another quarter of an hour. When cold, put them into glass jars with the syrup, and tie them up with brandy paper.

*You may green these, or any other sweetmeats, by substituting for the vine-leaves, layers of the fresh green husks that inclose the ears of young indian corn.*

### TO PRESERVE PLUMS

Take fine ripe plums: weigh them, and to each pound allow a pound and a half of loaf-sugar. Put them into a pan, and scald them in boiling water to make the skins come off easily. Peel them, and throw them as you do so into a large china pitcher. Let them set for an hour or two, and then take them out, saving all the juice that has exuded from them while in the pitcher. Spread the plums out on large dishes, and cover them with half the sugar you have allotted to them, (it must be previously powdered,) and let them lie in it all night. Next morning pour the juice out of the pitcher into a porcelain preserving kettle, add the last half of the sugar to it, and let it melt over the fire. When it has boiled skim it, and then put in the plums. Boil them over a moderate fire, for about half an hour. Then take them out one by one with a spoon, and spread them on large dishes to cool. If the syrup is not sufficiently thick and clear, boil and skim it a little longer till it is. Put the plums into glass jars and pour the syrup warm over them.

The flavour will be much improved by boiling in the syrup with the fruit a handful or more of the kernels of plums, blanched in scalding water and broken in half. Take the kernels out of the syrup before you pour it into the jars.

You may preserve plums whole, without peeling, by pricking them deeply at each end with a large needle.

*Green gages and damsons may be preserved according to this receipt.*

### PLUMS FOR COMMON USE

Take fine ripe plums, and cut them in half. Extract all the stones, and spread out the plums on large dishes. Set the dishes on the sunny roof of a porch or shed, and let the plums have the full benefit of the sun for three or four days, taking them in as soon as it is off, or if the sky becomes cloudy. This will half dry them. Then pack them closely in stone jars with a thick layer of the best brown sugar between every layer of plums; putting plenty of sugar at the bottom and top of the jars. Cover them closely, and set them away in a dry place.

If they have been properly managed, they will keep a year; and are very good for pies and other purposes, in the winter and spring.

*Peaches may be prepared for keeping in the same manner.*

### EGG PLUMS WHOLE

Take large egg plums that are all quite ripe, and prick them all over with a small silver fork. Leave on the stems. To four pounds of plums allow four pounds and a half of loaf-sugar, broken small or powdered. Put the plums and sugar into a preserving kettle, and pour in one quart of clear hard water. Hang the kettle over a moderate fire, and boil and skim it. As soon as the skin begins to crack or shrivel, take out the plums one at a time, (leaving the syrup on the fire,) and spread them on large dishes to cool. Place them in the open air, and as soon as they are cool enough to be touched with your fingers, smooth the skin down where it is broken or ruffled. When quite cold, return them to the syrup, (which in the mean time must have been kept slowly simmering,) and boil the plums again till they are quite clear, but not till they break. Put them warm into large glass or queen's-ware jars, and pour the syrup over them.

### TO PRESERVE PEARS

Take large fine juicy pears that are all perfectly ripe, and pare them smoothly and thin; leaving on the stems, but cutting out the black top at the blossom end of the fruit. As you pare them, lay them in a pan of cold water. Make a thin syrup, allowing a quart of water to a pound of loaf-sugar. Simmer the pears in it for about half an hour. Then put them into a tureen, and let them lie in the syrup for two days. There must be syrup enough to cover them well. After two days, drain the syrup from the pears, and add to it more sugar, in the proportion of a pound to each pint of the thin syrup. Stir in a very little beaten white of egg, (not more than one white to three or four pounds of sugar,) add some fresh lemon-peel pared thin, and set the syrup over a brisk fire. Boil it for ten minutes, and skim it well. Then add sufficient lemon-juice to flavour it; and put in the pears. Simmer them in the strong syrup till they are quite transparent. Then take them out, spread them to cool, and stick a clove in the blossom end of each. Put them into glass jars; and having kept the syrup warm over the fire while the pears were cooling, pour it over them.

*If you wish to have them red, add a little powdered cochineal to the strong syrup when you put in your pears.*

### BAKED PEARS

The best for baking are the large late ones, commonly called pound pears. Pare them, cut them in half, and take out the cores. Lay them in a deep white dish, with a thin slip of fresh lemon-peel in the place from which each core was taken. Sprinkle them with sugar, and strew some whole cloves or some powdered cinnamon among them. Pour into the dish some port wine. To a dozen large pears you may allow one pound of sugar, and a pint of wine. Cover the dish with a large sheet of brown paper tied on; set it in a moderate oven, and let them bake till tender all through, which you may ascertain by sticking a broom twig through them. They will be done in about an hour, or they may probably require more time; but you must not let them remain long enough in the oven to break or fall to pieces. When cool, put them up in a stone jar. In cold weather they will keep a week.

To bake smaller pears, pare them, but leave on the stems, and do not core them. Put them into a deep dish with fresh lemon or orange-peel; throw on them some brown sugar or molasses; pour in at the bottom a little water to keep them from burning; and bake them till tender throughout.

### TO PRESERVE GOOSEBERRIES

The best way of preserving gooseberries is with jelly. They should be full grown but green. Take six quarts of gooseberries, and select three quarts of the largest and finest to preserve whole, reserving the others for the jelly. Put the whole ones into a pan with sufficient water to cover them, and simmer them slowly till they begin to be tender; but do not keep them on the fire till they are likely to burst. Take them out carefully with a perforated skimmer to drain the warm water from them, and lay them directly in a pan of cold water. Put those that you intend for the jelly into a stew-pan, allowing to each quart of gooseberries half a pint of water. Boil them fast till they go all to pieces, and stir and mash them with a spoon. Then put them into a jelly-bag that has been first dipped in hot water, and squeeze through it all the juice. Measure the juice, and to each pint allow a pound and a half of loaf-sugar. Break up the sugar, and put it into a preserving kettle; pour the juice over it, and let it stand to melt, stirring it frequently. When it has all dissolved, set it over the fire, put the gooseberries into it, and let them boil twenty minutes, or till they are quite clear, and till the jelly is thick and congeals in the spoon when you hold it in the air. If the gooseberries seem likely to break, take them out carefully, and let the jelly boil by itself till it is finished. When all is done, put up the gooseberries and the jelly together in glass jars.

*Strawberries, raspberries, grapes, currants or any small fruit may in a similar manner be preserved in jelly.*



### TO STEW GOOSEBERRIES

Top and tail them. Pour some boiling water on the gooseberries, cover them up, and let them set about half an hour, or till the skin is quite tender, but not till it bursts, as that will make the juice run out into the water. Then pour off the water, and mix with the gooseberries an equal quantity of sugar. Put them into a porcelain stew-pan or skillet, and set it on hot coals, or on a charcoal furnace. In a few minutes you may begin to mash them against the side of the pan with a wooden spoon. Let them stew about half an hour, stirring them frequently. They must be quite cold before they are used for any thing.

### GOOSEBERRY FOOL

Having stewed two quarts of gooseberries in the above manner, stir them as soon as they are cold into a quart of rich boiling milk. Grate in a nutmeg, and covering the pan, let the gooseberries simmer in the milk for five minutes. Then stir in the beaten yolks of two or three eggs, and immediately remove it from the fire. Keep on the cover a few minutes longer; then turn out the mixture into a deep dish or a glass bowl, and set it away to get cold, before it goes to table. Eat it with sponge-cake. It will probably require additional sugar, stirred in at the last.

*Gooseberries prepared in this manner make a very good pudding, with the addition of a little grated bread.*

*Use both whites and yolks of the eggs.*

*Stir the mixture well, and bake it in a deep dish.*

*Eat it cold, with sugar grated over it.*

### TO BOTTLE GOOSEBERRIES

For this purpose the gooseberries must be large and full grown, but quite green. Top and tail them, and put them into wide-mouthed bottles as far up as the beginning of the neck. Cover the bottom of a large boiler or kettle with saw-dust or straw. Stand the bottles of gooseberries (slightly corked) upright in the boiler, and pour round them cold water to each, as far up as the fruit. Put a brisk fire under the boiler, and when the water boils up, instantly take out the bottles and fill them up to the mouth with boiling water, which you must have ready in a tea-kettle. Cork them again slightly, and when quite cold put in the corks very tight and seal them. Lay the bottles on their sides in a box of dry sand, and turn them every day for four or five weeks. If properly managed, the gooseberries will keep a year, and may be used at any time, by stewing them with sugar.

*You may bottle damsons in the same manner; also grapes.*



### PRESERVED RASPBERRIES

Take a quantity of ripe raspberries, and set aside the half, selecting for that purpose the largest and firmest. Then put the remainder into your preserving pan, mash them, and set them over the fire. As soon as they have come to a boil, take them out, let them cool, and then squeeze them through a bag.

While they are cooling, prepare your sugar, which must be fine loaf. Allow a pound of sugar to every quart of whole raspberries. Having washed the kettle clean, put the sugar into it, allowing half a pint of cold water to two pounds of sugar. When it has melted in the water, put it on the fire, and boil it till the scum ceases to rise, and it is a thick syrup; taking care to skim it well. Then put in the whole raspberries, and boil them rapidly a few minutes, but not long enough to cause them to burst. Take them out with a skimmer full of holes, and spread them on a large dish to cool. Then mix with the syrup the juice of those you boiled first, and let it boil about ten or fifteen minutes. Lastly, put in the whole fruit, and give it one more boil, seeing that it does not break.

Put it warm into glass jars or tumblers, and when quite cold cover it closely with paper dipped in brandy, tying another paper tightly over it.

*Strawberries may be done in the same manner; blackberries also.*

### RASPBERRY JAM

Take fine raspberries that are perfectly ripe. Weigh them, and to each pound of fruit allow three quarters of a pound of fine loaf-sugar. Mash the raspberries, and break up the sugar. Then mix them together, and put them into a preserving kettle over a good fire. Stir them frequently and skim them. The jam will be done in half an hour. Put it warm into glasses, and lay on the top a white paper cut exactly to fit the inside, and dipped in brandy. Then tie on another cover of very thick white paper.

*Make blackberry jam in the same manner.*

### TO PRESERVE CRANBERRIES

The cranberries must be large and ripe. Wash them, and to six quarts of cranberries allow nine pounds of the best loaf sugar. Take three quarts of the cranberries, and put them into a stew-pan with a pint and a half of water. Cover the pan, and boil or stew them till they are all to pieces. Then squeeze the juice through a jelly-bag. Put the sugar into a preserving kettle, pour the cranberry juice over it and let it stand till it is all melted, stirring it up frequently. Then place the kettle over the fire, and put in the remaining three quarts of whole cranberries. Let them boil till they are tender, clear, and of a bright colour, skimming them frequently. When done, put them warm into jars with the syrup, which should be like a thick jelly.



### RED CURRANT JELLY

The currants should be perfectly ripe and gathered on a dry day. Strip them from the stalks, and put them into a stone jar. Cover the jar, and set it up to the neck in a kettle of boiling water. Keep the water boiling round the jar till the currants are all broken, stirring them up occasionally. Then put them into a jelly-bag, and squeeze out all the juice. To each pint of juice allow a pound and a quarter of the best loaf-sugar. Put the sugar into a porcelain kettle, pour the juice over it, and stir it frequently till it is all melted. Then set the kettle over a moderate fire, and let it boil twenty minutes, or till you find that the jelly congeals in the spoon when you hold it in the air; skim it carefully all the time. When the jelly is done, pour it warm into tumblers, and cover each with two rounds of white tissue paper, cut to fit exactly the inside of the glass.

*Jelly of gooseberries, plums, raspberries, strawberries, barberries, blackberries, grapes, and other small fruit may all be made in this manner.*

### WHITE CURRANT JELLY

The currants should be quite ripe, and gathered on a dry day. Having stripped them from the stalks, put them into a close stone jar, and set it in a kettle of boiling water. When all the currants are broken, take them out and strain them through a linen cloth. To each pint of juice allow a pound and a quarter of the best double refined loaf-sugar; break it small, and put it into a porcelain preserving pan with barely sufficient water to melt it; not quite half a pint to a pound and a quarter of sugar; it must be either clear spring water or river water filtered. Stir up the sugar while it is dissolving, and when all is melted, put it over a brisk fire, and boil and skim it till clear and thick. When the scum ceases to rise, put in the white currant juice and boil it fast for ten minutes. Then put it warm into tumblers, and when it is cold, cover it with double white tissue paper.

In making this jelly, use only a silver spoon, and carefully observe all the above precautions, that it may be transparent and delicate. If it is not quite clear and bright when done boiling, you may run it again through a jelly-bag.

White raspberry jelly may be prepared in the same manner. A very nice sweetmeat is made of white raspberries preserved whole, by putting them in white currant jelly during the ten minutes that you are boiling the juice with the syrup.

*You may also preserve red raspberries whole, by boiling them in red currant jelly.*



### BLACK CURRANT JELLY

Take large ripe black currants; strip them from the stalks, and mash them with the back of a ladle. Then put them into a preserving kettle with a tumbler of water to each quart of currants; cover it closely, set it over a moderate fire, and when the currants have come to a boil, take them out, and squeeze them through a jelly-bag. To each pint of juice you may allow about a pound of loaf-sugar, and (having washed the preserving kettle perfectly clean) put in the sugar with the juice; stir them together till well mixed and dissolved, and then boil it not longer than ten minutes; as the juice of black currants being very thick will come to a jelly very soon, and if boiled too long will be tough and ropy.

*Black currant jelly is excellent for sore throats; and if eaten freely on the first symptoms of the disease, will frequently check it without any other remedy. It would be well for all families to keep it in the house.*

### GRAPE JELLY

Take ripe juicy grapes, pick them from the stems; put them into a large earthen pan, and mash them with the back of a wooden ladle, or with a potato beetle. Put them into a kettle, (without any water,) cover them closely, and let them boil for a quarter of an hour; stirring them up occasionally from the bottom. Then squeeze them through a jelly-bag, and to each pint of juice allow a pound of loaf-sugar. Dissolve the sugar in the grape juice; then put it over a quick fire in a preserving kettle, and boil and skim it twenty minutes. When it is a clear thick jelly, take it off, put it warm into tumblers, and cover them with double tissue paper cut to fit the inside.

*In the same manner you may make an excellent jelly for common use, of ripe fox grapes and the best brown sugar; mixing with the sugar before it goes on the fire, a little beaten white of egg; allowing two whites to two pounds of sugar.*

### BRANDY GRAPES

Take some large close bunches of fine grapes, (they must be quite ripe,) and allow to each bunch a quarter of a pound of bruised sugar candy. Put the grapes and the sugar candy into large jars, (about two-thirds full,) and fill them up with French brandy. Tie them up closely, and keep them in a dry place. Morella cherries may be done in the same manner.

*Foreign grapes are kept in bunches, laid lightly in earthen jars of dry saw-dust.*

### TO KEEP WILD GRAPES

Gather the small black wild grapes late in the season, after they have been ripened by a frost. Pick them from the stems, and put them into stone jars, (two-thirds full,) with layers of brown sugar, and fill them up with cold molasses.

*They will keep all winter; and they make good common pies. If they incline to ferment in the jars, give them a boil with additional sugar.*

### TO PRESERVE STRAWBERRIES

Strawberries for preserving should be large and ripe. They will keep best if gathered in dry weather, when there has been no rain for at least two days. Having hulled, or picked off the green, select the largest and firmest, and spread them out separately on flat dishes; having first weighed them, and allowed to each pound of strawberries a pound of powdered loaf-sugar. Sift half the sugar over them. Then take the inferior strawberries that were left, and those that are over-ripe; mix with them an equal quantity of powdered sugar, and mash them. Put them into a basin covered with a plate, and set them over the fire in a pan of boiling water, till they become a thick juice; then strain it through a bag, and mix with it the other half of the sugar that you have allotted to the strawberries, which are to be done whole. Put it into a porcelain kettle, and boil and skim it till the scum ceases to rise; then put in the whole strawberries with the sugar in which they have been lying, and all the juice that may have exuded from them. Set them over the fire in the syrup, just long enough to heat them a little; and in a few minutes take them out, one by one, with a tea-spoon, and spread them on dishes to cool; not allowing them to touch each other. Then take off what scum may arise from the additional sugar. Repeat this several times, taking out the strawberries and cooling them till they become quite clear. They must not be allowed to boil; and if they seem likely to break, they should be instantly and finally taken from the fire. When quite cold, put them with the syrup into tumblers, or into white queen's-ware pots.

*If intended to keep a long time it will be well to put at the top a layer of apple jelly.*

### CITRON MELON SLICES

Take some fine citron melons; pare, core, and cut them into long broad slices. Weigh them, and to every six pounds of melon allow six pounds of fine loaf-sugar; and the juice and yellow rind (pared off very thin) of four lemons; also, half a pound of race (root) ginger. Put the slices of melon into a preserving-kettle; cover them with strong alum water, and boil them half an hour, or longer, till they are quite clear and tender. Then drain them, lay them in a broad vessel of cold water, cover them and let them stand all night. Next morning, tie up the race ginger in a piece of thin muslin, and boil it in three pints of clear spring or pump water, till the water is highly flavoured. Having broken up the sugar, put it into a clean preserving-kettle, and pour the ginger water over it. When the sugar is all melted, set it over the fire, add the lemon parings, and boil and skim it, till no more scum rises. Then take out the lemon peel, stir in the juice, and put in the citron slices. Boil them in the syrup till they are transparent and soft, but not till they break. When done, put the citron slices and syrup into a large tureen, set it in a dry, cool, dark place, and leave it uncovered for two or three days. Then put the slices carefully into wide-mouthed glass jars, and gently pour in the syrup. Lay inside the top of each jar a double white tissue paper cut exactly to fit, and close the jars carefully with corks and cement.

*This will be found a delicious sweetmeat.*



### **RHUBARB JAM**

Peel the rhubarb stalks and cut them into small square pieces. Then weigh them, and to each pound allow three quarters of a pound of powdered loaf-sugar. Put the sugar and the rhubarb into a large, deep, white pan, in alternate layers, the top layer to be of sugar—cover it, and let it stand all night. In the morning, put it into a preserving kettle, and boil it slowly till the whole is dissolved into a thick mass, stirring it frequently, and skimming it before every stirring. Put it warm into glass jars, and tie it up with brandy paper.

### **BARBERRY JELLY**

Take ripe barberries, and having stripped them from the stalks, mash them, and boil them in their juice for a quarter of an hour. Then squeeze them through a bag; allow to each pint of juice, a pound of loaf-sugar; and having melted the sugar in the juice, boil them together twenty or twenty-five minutes, skimming carefully. Put it up in tumblers with tissue paper.

### **FROSTED FRUIT**

Take large ripe cherries, plums, apricots, or grapes, and cut off half the stalk. Have ready in one dish some beaten white of egg, and in another some fine loaf-sugar, powdered and sifted. Dip the fruit first into the white of egg, and then roll it one by one in the powdered sugar. Lay a sheet of white paper on the bottom of a reversed sieve, set it on a stove or in some other warm place, and spread the fruit on the paper till the icing is hardened.

### **CHERRY JELLY**

Take fine juicy red cherries, and stone them. Save half the stones, crack them, and extract the kernels. Put the cherries and the kernels into a preserving kettle over a slow fire, and let them boil gently in their juice for half an hour. Then transfer them to a jelly-bag, and squeeze out the juice. Measure it, and to each pint allow a pound of fine loaf-sugar. Dissolve the sugar in the juice, and then boil and skim it for twenty or thirty minutes. Put it up in tumblers covered with tissue paper.

### **CHERRY JAM**

To each pound of cherries allow three quarters of a pound of the best white sugar. Stone them, and as you do so throw the sugar gradually into the pan with them. Cover them and let them set all night. Next day, boil them slowly till the cherries and sugar form a thick smooth mass. Put it up in queen's-ware jars.

### **TO PRESERVE CHERRIES**

Take large ripe morella cherries; weigh them, and to each pound allow a pound of loaf-sugar. Stone the cherries, (opening them with a sharp quill,) and save the juice that comes from them in the process. As you stone them, throw them into a large pan or tureen, and strew about half the sugar over them, and let them lie in it an hour or two after they are all stoned. Then put them into a preserving kettle with the remainder of the sugar, and boil and skim them till the fruit is clear and the syrup thick.

### **TO DRY CHERRIES**

Choose the finest and largest red cherries for this purpose. Stone them, and spread them on large dishes in the sun, till they become quite dry, taking them in as soon as the sun is off, or if the sky becomes cloudy. Put them up in stone jars, strewing among them some of the best brown sugar.

The common practice of drying cherries with the stones in, (to save trouble,) renders them so inconvenient to eat, that they are of little use, when done in that manner.

*With the stones extracted, dried cherries will be found very good for common pies.*





## PASTRY, PUDDINGS, &c.

### THE BEST PLAIN PASTE

All paste should be made in a very cool place, as heat renders it heavy. It is far more difficult to get it light in summer than in winter. A marble slab is much better to roll it on than a paste-board. It will be improved in lightness by washing the butter in very cold water, and squeezing and pressing out all the salt, as salt is injurious to paste. In New York and in the Eastern states, it is customary, in the dairies, to put more salt in what is called fresh butter, than in New Jersey, Pennsylvania, and Delaware. This butter, therefore, should always undergo the process of washing and squeezing before it is used for pastry or cakes. None but the very best butter should be taken for those purposes; as any unpleasant taste is always increased by baking. Potted butter never makes good paste. As pastry is by no means an article of absolute necessity, it is better not to have it at all, than to make it badly, and of inferior ingredients; few things being more unwholesome than hard, heavy dough. The flour for paste should always be superfine.

You may bake paste in deep dishes or in soup plates. For shells that are to be baked empty, and afterwards filled with stewed fruit or sweetmeats, deep plates of block tin with broad edges are best. If you use patty-pans, the more flat they are the better. Paste always rises higher and is more perfectly light and flaky, when unconfined at the sides while baking. That it may be easily taken out, the dishes or tins should be well buttered.

To make a nice plain paste,—sift three pints of superfine flour, by rubbing it through a sieve into a deep pan. Divide a pound of fresh butter into four quarters. Cut up one quarter into the flour, and rub it fine with your hands. Mix in, gradually, as much cold water as will make a tolerably stiff dough, and then knead it slightly. Use as little water as possible or the paste will be tough. Sprinkle a little flour on your paste-board, lay the lump of dough upon it, and knead it a very short time. Flour it, and roll it out into a very thin sheet, always rolling from you. Flour your rolling-pin to prevent its sticking. Take a second quarter of the butter, and with your thumb, spread it all over the sheet of paste. If your hand is warm, use a knife instead of your thumb; for if the butter oils, the paste will be heavy. When you have put on the layer of butter, sprinkle it with a very little flour, and with your hands roll up the paste as you would a sheet of paper. Then flatten it with a rolling-pin, and roll it out a second time into a thin sheet. Cover it with another layer of butter, as before, and again roll it up into a scroll. Flatten it again, put on the last layer of butter, flour it slightly, and again roll up the sheet. Then cut the scroll into as many pieces as you want sheets for your dishes or patty-pans. Roll out each piece almost an inch thick. Flour your dishes, lay the paste lightly on them, notch the edges, and bake it a light brown. The oven must be moderate. If it is too hot, the paste will bake before it has risen sufficiently. If too cold, it will scarcely rise at all, and will be white and clammy. When you begin to make paste in this manner, do not quit it till it is ready for the oven. It must always be baked in a close oven where no air can reach it.

The best rolling-pins, are those that are straight, and as thick at the ends as in the middle. They should be held by the handles, and the longer the handles the more convenient. The common rolling-pins that decrease in size towards the ends, are much less effective, and more tedious, as they can roll so little at a time; the extremities not pressing on the dough at all.

All pastry is best when fresh. After the first day it loses much of its lightness, and is therefore more unwholesome.

### COMMON PIE CRUST

Sift two quarts of superfine flour into a pan. Divide one pound of fresh butter into two equal parts, and cut up one half in the flour, rubbing it fine. Mix it with a very little cold water, and make it into a round lump. Knead it a little. Then flour your paste-board, and roll the dough out into a large thin sheet. Spread it all over with the remainder of the butter. Flour it, fold it up, and roll it out again. Then fold it again, or roll it into a scroll. Cut it into as many pieces as you want sheets of paste, and roll each not quite an inch thick. Butter your pie-dish.

This paste will do for family use, when covered pies are wanted. Also for apple dumplings, pot-pies, &c.; though all boiled paste is best when made of suet instead of butter. Short cakes may be made of this, cut out with the edge of a tumbler. It should always be eaten fresh.

### SUET PASTE

Having removed the skin and stringy fibres from a pound of beef suet, chop it as fine as possible. Sift two quarts of flour into a deep pan, and rub into it one half of the suet. Make it into a round lump of dough, with cold water, and then knead it a little. Lay the dough on your paste-board, roll it out very thin, and cover it with the remaining half of the suet. Flour it, roll it out thin again, and then roll it into a scroll. Cut it into as many pieces as you want sheets of paste, and roll them out half an inch thick.

Suet paste should always be boiled. It is good for plain puddings that are made of apples, gooseberries, blackberries or other fruit; and for dumplings. If you use it for pot-pie, roll it the last time rather thicker than if wanted for any other purpose. If properly made, it will be light and flaky, and the suet imperceptible. If the suet is minced very fine, and thoroughly incorporated with the flour, not the slightest lump will appear when the paste comes to table. The suet must not be melted before it is used; but merely minced as fine as possible and mixed cold with the flour.

If for dumplings to eat with boiled mutton, the dough must be rolled out thick, and cut out of the size you want them, with a tin, or with the edge of a cup or tumbler.

### DRIPPING PASTE

To a pound of fresh beef-dripping, that has been nicely clarified, allow two pounds and a quarter of flour. Put the flour into a large pan, and mix the dripping with it, rubbing it into the flour with your hands till it is thoroughly incorporated. Then make it into a stiff dough with a little cold water, and roll it out twice.

*This may be used for common meat pies.*

### LARD PASTE

Lard for paste should never be used without an equal quantity of butter. Take half a pound of nice lard, and half a pound of fresh butter; rub them together into two pounds and a quarter of flour, and mix it with a little cold water to a stiff dough. Roll it out twice. Use it for common pies.

*Lard should always be kept in tin.*

### POTATO PASTE

To a pint and a half of flour, allow fourteen large potatoes. Boil the potatoes till they are thoroughly done throughout. Then peel, and mash them very fine. Rub them through a cullender.

Having sifted the flour into a pan, add the potatoes gradually; rubbing them well into the flour with your hands. Mix in sufficient cold water to make a stiff dough. Roll it out evenly, and you may use it for apple dumplings, boiled apple pudding, beef-steak pudding, &c.

Potato paste must be sent to table quite hot; as soon as it cools it becomes tough and heavy. It is unfit for baking; and even when boiled is less light than suet paste.

### FINE PUFF PASTE

To every pound of the best fresh butter allow a pound or a quart of superfine flour. Sift the flour into a deep pan, and then sift on a plate some additional flour to use for sprinkling and rolling. Wash the butter through two cold waters; squeezing out all the salt, and whatever milk may remain in it; and then make it up with your hands into a round lump, and put it in ice till you are ready to use it. Then divide the butter into four equal parts. Cut up one of the quarters into the pan of flour; and divide the remaining three quarters into six pieces\*, cutting each quarter in half. Mix with a knife the flour and butter that is in the pan, adding by degrees a very little cold water till you have made it into a lump of stiff dough. Then sprinkle some flour on the paste-board, (you should have a marble slab,) take the dough from the pan by lifting it out with the knife, lay it on the board, and flouring your rolling-pin, roll out the paste into a large thin sheet. Then with the knife, put all over it, at equal distances, one of the six pieces of butter divided into small bits. Fold up the sheet of paste, flour it, roll it out again, and add in the same manner another of the portions of butter. Repeat this process till the butter is all in. Then fold it once more, lay it on a plate, and set it in a cool place till you are ready to use it. Then divide it into as many pieces as you want sheets of paste; roll out each sheet, and put them into buttered plates or patty-pans. In using the rolling-pin, observe always to roll from you. Bake the paste in a moderate oven, but rather quick than slow. No air must be admitted to it while baking.

The edges of paste should always be notched before it goes into the oven.

For this purpose, use a sharp penknife, dipping it frequently in flour as it becomes sticky. The notches should be even and regular. If you do them imperfectly at first, they cannot be mended by sticking on additional bits of paste; as, when baked, every patch will be doubly conspicuous. There are various ways of notching; one of the neatest is to fold over one corner of each notch; or you may arrange the notches to stand upright and lie flat, alternately, all round the edge. They should be made small and regular. You may form the edge into leaves with the little tin cutters made for the purpose.

If the above directions for puff paste are carefully followed, and if it is not spoiled in baking, it will rise to a great thickness and appear in flakes or leaves according to the number of times you have put in the butter.

*It should be eaten the day it is baked.*

*\*Or into nine ; and roll it in that number of times.*



## SWEET PASTE

Sift a pound and a quarter of the finest flour, and three ounces of powdered loaf-sugar into a deep dish. Cut up in it one pound of the best fresh butter, and rub it fine with your hands. Make a hole in the middle, pour in the yolks of two beaten eggs, and mix them with the flour, &c. Then wet the whole to a stiff paste with half a pint of rich milk. Knead it well, and roll it out.

This paste is intended for tarts of the finest sweetmeats. If used as shells, they should be baked empty, and filled when cool. If made into covered tarts, they may be iced all over, in the manner of cakes, with beaten white of egg and powdered loaf-sugar. To make puffs of it, roll it out and cut it into round pieces with the edge of a large tumbler, or with a tin cutter. Lay the sweetmeat on one half of the paste, fold the other over it in the form of a half-moon, and unite the edges by notching them together. Bake them in a brisk oven, and when cool, send them to table handsomely arranged, several on a dish.

*Sweet paste is rarely used except for very handsome entertainments. You may add some rose water in mixing it.*

## APPLE AND OTHER PIES.

Take fine juicy acid apples; pare, core, and cut them into small pieces. Have ready a deep dish that has been lined with paste. Fill it with the apples; strewing among them layers of brown sugar, and adding the rind of a lemon pared thin, and also the juice squeezed in, or some essence of lemon. Put on another sheet of paste as a lid; close the edges well, and notch them. Bake the pie in a moderate oven, about three quarters of an hour. Eat it with cream and sugar, or with cold boiled custard.

If the pie is made of early green apples, they should first be stewed with a very little water, and then plenty of sugar stirred in while they are hot.

What are called sweet apples are entirely unfit for cooking, as they become tough and tasteless; and it is almost impossible to get them sufficiently done.

When you put stewed apples into baked shells, grate nutmeg over the top. You may cover them with cream whipped to a stiff froth, and heaped on them.

Cranberries and gooseberries should be stewed, and sweetened before they are put into paste; peaches cut in half or quartered, and the stones removed. The stones of cherries and plums should also be extracted.

*Raspberries or strawberries, mixed with cream and white sugar, may be put raw into baked shells.*



## SHELLS

Shells of paste are made of one sheet each, rolled out in a circular form, and spread over the bottom, sides, and edges of buttered dishes or patty-pans, and baked empty; to be filled, when cool, with stewed fruit, (which for this purpose should be always cold,) or with sweetmeats. They should be made either of fine puff paste, or of the best plain paste, or of sweet paste. They are generally rolled out rather thick, and will require about half an hour to bake. The oven should be rather quick, and of equal heat throughout; if hotter in one part than in another, the paste will draw to one side, and be warped and disfigured. The shells should be baked of a light brown. When cool, they must be taken out of the dishes on which they were baked, and transferred to plates, and filled with the fruit.

Shells of puff paste will rise best if baked on flat patty-pans, or tin plates. When they are cool, pile the sweetmeats on them in a heap.

The thicker and higher the paste rises, and the more it flakes in layers or leaves, the finer it is considered.

Baking paste as empty shells, prevents it from being moist or clammy at the bottom.

*Tarts are small shells with fruit in them.*

## STANDING PIES

Cut up half a pound of butter, and put it into a saucepan with three quarters of a pint of water; cover it, and set it on hot coals. Have ready in a pan two pounds of sifted flour; make a hole in the middle of it, pour in the melted butter as soon as it boils, and then with a spoon gradually mix in the flour. When it is well mixed, knead it with your hands into a stiff dough. Sprinkle your paste-board with flour, lay the dough upon it, and continue to knead it with your hands till it no longer sticks to them, and is quite light. Then let it stand an hour to cool. Cut off pieces for the bottom and top; roll them out thick, and roll out a long piece for the sides or walls of the pie, which you must fix on the bottom so as to stand up all round; cement them together with white of egg, pinching and closing them firmly. Then put in the ingredients of your pie, (which should be venison, game, or poultry,) and lay on the lid or top crust, pinching the edges closely together. You may ornament the sides and top with leaves or flowers of paste, shaped with a tin cutter, and notch or scollop the edges handsomely. Before you set it in the oven glaze it all over with white of egg. Bake it four hours.

*These pies are always eaten cold, and in winter will keep two or three weeks, if the air is carefully excluded from them; and they may be carried to a considerable distance.*



### A PYRAMID OF TARTS

Roll out a sufficient quantity of the best puff paste, or sugar paste; and with oval or circular cutters, cut it out into seven or eight pieces of different sizes; stamping the middle of each with the cutter you intend using for the next. Bake them all separately, and when they are cool, place them on a dish in a pyramid, (gradually diminishing in size,) the largest piece at the bottom, and the smallest at the top. Take various preserved fruits, and lay some of the largest on the lower piece of paste; on the next place fruit that is rather smaller; and so on till you finish at the top with the smallest sweetmeats you have. The upper one may be not so large as a half-dollar, containing only a single raspberry or strawberry.

Notch all the edges handsomely. You may ornament the top or pinnacle of the pyramid with a sprig of orange blossom or myrtle.

### RHUBARB TARTS

Take the young green stalks of the rhubarb plant, or spring fruit as it is called in England; and having peeled off the thin skin, cut the stalks into small pieces about an inch long, and put them into a sauce-pan with plenty of brown sugar, and its own juice. Cover it, and let it stew slowly till it is soft enough to mash to a marmalade. Then set it away to cool. Have ready some fresh baked shells; fill them with the stewed rhubarb, and grate white sugar over the top.

For covered pies, cut the rhubarb very small; mix a great deal of sugar with it, and put it in raw. Bake the pies about three quarters of an hour.

### MINCE PIES

These pies are always made with covers, and should be eaten warm. If baked the day before, heat them on the stove or before the fire.

Mince-meat made early in the winter, and packed closely in stone jars, will keep till spring, if it has a sufficiency of spice and liquor. Whenever you take out any for use, pour some additional brandy into the jar before you cover it again, and add some more sugar. No mince-meat, however, will keep well unless all the ingredients are of the best quality. The meat should always be boiled the day before you want to chop it.

### GOOD MINCE MEAT

Take a bullock's heart and boil it, or two pounds of the lean of fresh beef. When it is quite cold, chop it very fine. Chop three pounds of beef suet (first removing the skin and strings) and six pounds of large juicy apples that have been pared and cored. Then stone six pounds of the best raisins, (or take sultana raisins that are without stones,) and chop them also. Wash and dry three pounds of currants. Mix all together; adding to them the grated peel and the juice of two or three large oranges, two table-spoonfuls of powdered cinnamon, two powdered nutmegs, and three dozen powdered cloves, a tea-spoonful of beaten mace, one pound of fine brown sugar, one quart of Madeira wine, one pint of French brandy, and half a pound of citron cut into large slips. Having thoroughly mixed the whole, put it into a stone jar, and tie it up with brandy paper.

### THE BEST MINCE MEAT

Take a large fresh tongue, rub it with a mixture, in equal proportions, of salt, brown sugar, and powdered cloves. Cover it, and let it lie two days, or at least twenty-four hours. Then boil it two hours, and when it is cold, skin it, and mince it very fine. Chop also three pounds of beef suet, six pounds of sultana raisins, and six pounds of the best pippin apples that have been previously pared and cored. Add three pounds of currants, picked, washed and dried; two large table-spoonfuls of powdered cinnamon; the juice and grated rinds of four large lemons; one pound of sweet almonds, one ounce of bitter almonds, blanched and pounded in a mortar with half a pint of rose water; also four powdered nutmegs; two dozen beaten cloves; and a dozen blades of mace powdered. Add a pound of powdered white sugar, and a pound of citron cut into slips. Mix all together, and moisten it with a quart of Madeira, and a pint of brandy. Put it up closely in a stone jar with brandy paper; and when you take any out, add some more sugar and brandy; and chop some fresh apples.

Bake this mince-meat in puff paste.

*You may reserve the citron to put in when you make the pies. Do not cut the slips too small, or the taste will be almost imperceptible.*

### VERY PLAIN MINCE MEAT

Take a piece of fresh beef, consisting of about two pounds of lean, and one pound of fat. Boil it, and when it is quite cold, chop it fine. Or you may substitute cold roast beef. Pare and core some fine juicy apples, cut them in pieces, weigh three pounds, and chop them. Stone four pounds of raisins, and chop them also. Add a large table-spoonful of powdered cloves, and the same quantity of powdered cinnamon. Also a pound of brown sugar. Mix all thoroughly, moistening it with a quart of bottled or sweet cider. You may add the grated peel and the juice of an orange.

Bake it in good common paste.

This mince-meat will do very well for children or for family use, but is too plain to be set before a guest. Neither will it keep so long as that which is richer and more highly seasoned. It is best to make no more of it at once than you have immediate occasion for.

### MINCE MEAT FOR LENT

Boil a dozen eggs quite hard, and chop the yolks very fine. Chop also a dozen pippins, and two pounds of sultana raisins. Add two pounds of currants, a pound of sugar, a table-spoonful of powdered cinnamon, a tea-spoonful of beaten mace, three powdered nutmegs, the juice and grated peel of three large lemons, and half a pound of citron cut in large strips. Mix these ingredients thoroughly, and moisten the whole with a pint of white wine, half a pint of rose-water, and half a pint of brandy. Bake it in very nice paste.

*These mince pies may be eaten by persons who refrain from meat in Lent.*

### ORANGE PUDDING

Grate the yellow part of the rind, and squeeze the juice of two large, smooth, deep-coloured oranges. Stir together to a cream, half a pound of butter, and half a pound of powdered white sugar, and add a wine-glass of mixed wine and brandy. Beat very light six eggs, and stir then gradually into the mixture. Put it into a buttered dish with a broad edge, round which lay a border of puff-paste neatly notched. Bake it half an hour, and when cool grate white sugar over it.

Send it to table quite cold.

### LEMON PUDDING

May be made precisely in the same manner as the above; substituting lemons for oranges.

### QUINCE PUDDING

Take six large ripe quinces; pare them, and cut out all the blemishes. Then scrape them to a pulp, and mix the pulp with half a pint of cream, and half a pound of powdered sugar, stirring them together very hard. Beat the yolks of seven eggs, (omitting all the whites except two,) and stir them gradually into the mixture, adding two wine glasses of rose water. Stir the whole well together, and bake it in a buttered dish three quarters of an hour. Grate sugar over it when cold.

If you cannot obtain cream, you may substitute a quarter of a pound of fresh butter stirred with the sugar and quince.

*A baked apple pudding may be made in the same manner.*

### ALMOND PUDDING

Take half a pound of shelled sweet almonds, and three ounces of shelled bitter almonds, or peach-kernels. Scald and peel them; throwing them, as they are peeled, into cold water. Then pound them one at a time in a marble mortar, adding to each a few drops of rose water; otherwise they will be heavy and oily. Mix the sweet and bitter almonds together by pounding them alternately; and as you do them, take them out and lay them on a plate. They must each be beaten to a fine smooth paste, free from the smallest lumps. It is best to prepare them the day before you make the pudding.

Stir to a cream half a pound of fresh butter and half a pound of powdered white sugar; and by degrees pour into it a glass of mixed wine and brandy. Beat to a stiff froth, the whites only, of twelve eggs, (you may reserve the yolks for custards or other purposes,) and stir alternately into the butter and sugar the pounded almonds and the beaten white of egg. When the whole is well mixed, put it into a buttered dish and lay puff paste round the edge. Bake it about half an hour, and when cold grate sugar over it.



### ANOTHER ALMOND PUDDING

Blanch three quarters of a pound of shelled sweet almonds, and three ounces of shelled bitter almonds, and beat them in a mortar to a fine paste; mixing them well, and adding by degrees a tea-cup full, or more, of rose water. Boil in a pint of rich milk, a few sticks of cinnamon broken up, and a few blades of mace. When the milk has come to a boil, take it off the fire, strain it into a pan, and soak in it two stale rusks cut into slices. They must soak till quite dissolved. Stir to a cream three quarters of a pound of fresh butter, mixed with the same quantity of powdered loaf-sugar. Beat ten eggs very light, yolks and whites together, and then stir alternately into the butter and sugar, the rusk, eggs, and almonds. Set it on a stove or a chafing dish, and stir the whole together till very smooth and thick. Put it into a buttered dish and bake it three quarters of an hour. It must be eaten quite cold.

### COCOA-NUT PUDDING

Having opened a cocoa-nut, pare off the brown skin from the pieces, and wash them all in cold water. Then weigh three quarters of a pound, and grate it into a dish. Cut up half a pound of butter into half a pound of powdered loaf-sugar, and stir them together to a cream; add to them a glass of wine and rose water mixed. Beat the whites only, of twelve eggs, till they stand alone on the rods; and then stir the grated cocoa-nut and the beaten white of egg alternately into the butter and sugar; giving the whole a hard stirring at the last. Put the mixture into a buttered dish, lay puff paste round the flat edge, and bake it half an hour in a moderate oven. When cold, grate powdered sugar over it.

### ANOTHER COCOA-NUT PUDDING

Peel and cut up the cocoa-nut, and wash and wipe the pieces. Weigh one pound, and grate it fine. Then mix with it two stale rusks or small sponge-cakes, grated also. Stir together till very light half a pound of butter and half a pound of powdered white sugar, and add a glass of white wine. Beat six whole eggs very light, and stir them gradually into the butter and sugar in turn with the grated cocoa-nut. Having stirred the whole very hard at the last, put it into a buttered dish and bake it half an hour. Send it to table cold.

### PUMPKIN PUDDING

Take a pint of pumpkin that has been stewed soft, and pressed through a cullender. Melt in half a pint of warm milk, a quarter of a pound of butter, and the same quantity of sugar, stirring them well together. If you can conveniently procure a pint of rich cream it will be better than the milk and butter. Beat eight eggs very light, and add them gradually to the other ingredients, alternately with the pumpkin. Then stir in a wine glass of rose water and a glass of wine mixed together; a large tea-spoonful of powdered mace and cinnamon mixed, and a grated nutmeg. Having stirred the whole very hard, put it into a buttered dish and bake it three quarters of an hour. Eat it cold.



### A SQUASH PUDDING

Pare, cut in pieces, and stew in a very little water, a yellow winter squash. When it is quite soft, drain it dry, and mash it in a cullender. Then put it into a pan, and mix with it a quarter of a pound of butter. Prepare two pounded crackers, or an equal quantity of grated stale bread. Stir gradually a quarter of a pound of powdered sugar into a quart of rich milk, and add by degrees, the squash, and the powdered biscuit. Beat nine eggs very light, and stir them gradually into the mixture. Add a glass of white wine, a glass of brandy, a glass of rose water, and a table-spoonful of mixed spice, nutmeg, mace, and cinnamon powdered. Stir the whole very hard, till all the ingredients are thoroughly mixed. Bake it three quarters of an hour in a buttered dish; and when cold, grate white sugar over it.

### YAM PUDDING

Take one pound of roasted yam, and rub it through a cullender. Mix with it half a pound of white sugar, a pint of cream or half a pound of butter, a tea-spoonful of powdered cinnamon, a grated nutmeg, and a wine glass of rose water, and one of wine. Set it away to get cold. Then beat eight eggs very light, and add them by degrees to the mixture, alternately with half a pound of the mashed potato. Bake it three-quarters of an hour in a buttered dish.

### CHESTNUT PUDDING

May be made in the above manner.

### POTATO PUDDING

Boil a pound of fine potatoes, peel them, mash them, and rub them through a cullender. Stir together to a cream, three quarters of a pound of sugar, and the same quantity of butter. Add to them gradually, a wine glass of rose water, a glass of wine, and a glass of brandy; a tea-spoonful of powdered mace and cinnamon, a grated nutmeg, and the juice and grated peel of a large lemon. Then beat six eggs very light, and add them by degrees to the mixture, alternately with the potato. Bake it three quarters of an hour in a buttered dish.

### SWEET POTATO PUDDING

Take half a pound of sweet potatoes, wash them, and put them into a pot with a very little water, barely enough to keep them from burning. Let them simmer slowly for about half an hour; they must be only parboiled, otherwise they will be soft, and may make the pudding heavy. When they are half done, take them out, peel them, and when cold, grate them. Stir together to a cream, half a pound of butter and a quarter of a pound and two ounces of powdered sugar, add a grated nutmeg, a large tea-spoonful of powdered cinnamon, and half a tea-spoonful of beaten mace. Also the juice and grated peel of a lemon, a wine glass of rose water, a glass of wine, and a glass of brandy. Stir these ingredients well together. Beat eight eggs very light, and stir them into the mixture in turn with the sweet potato, a little at a time of each. Having stirred the whole very hard at the last, put it into a buttered dish and bake it three quarters of an hour. Eat it cold.

### CARROT PUDDING

May be made in the above manner.

### GREEN CORN PUDDING

Take twelve ears of green corn, as it is called, (that is, Indian corn when full grown, but before it begins to harden and turn yellow,) and grate it. Have ready a quart of rich milk, and stir into it by degrees a quarter of a pound of fresh butter, and a quarter of a pound of sugar. Beat four eggs till quite light; and then stir them into the milk, &c. alternately with grated corn, a little of each at a time. Put the mixture into a large buttered dish and bake it four hours. It should be eaten quite warm. For sauce, beat together butter and white sugar in equal proportions, mixed with grated nutmeg.

To make this pudding,—you may, if more convenient, boil the corn and cut it from the cob; but let it get quite cold before you stir it into the milk. If the corn has been previously boiled, the pudding will require but two hours to bake.

### SAGO PUDDING

Pick, wash, and dry half a pound of currants; and prepare a tea-spoonful of powdered cinnamon; a half tea-spoonful of powdered mace; and a grated nutmeg. Have ready six table-spoonfuls of sago, picked clean, and soaked for two hours in cold water. Boil the sago in a quart of milk till quite soft. Then stir alternately into the milk, a quarter of a pound of butter, and six ounces of powdered sugar, and set it away to cool. Beat eight eggs, and when they are quite light, stir them gradually into the milk, sago, &c. Add the spice, and lastly the currants; having dredged them well with flour to prevent their sinking. Stir the whole very hard, put it into a buttered dish, and bake it three quarters of an hour. Eat it cold.

### ARROW ROOT PUDDING

Take a large tea-cup of arrow root, and melt it in half a pint of rich milk. Then boil another half pint of milk with some cinnamon, and a few bitter almonds or peach-leaves. Strain the milk hot over the dissolved arrow root; stir it to a thick, smooth batter, and set it away to cool. Next, beat three eggs very light, and stir them into the batter, alternately with four large table-spoonfuls of powdered sugar. Add some nutmeg, and some fresh lemon-peel, grated. Put the mixture into a buttered dish, and bake it half an hour. When cold, ornament the top handsomely, with slices of preserved quince or peach, or with whole strawberries or raspberries.





### GROUND RICE PUDDING

Mix a quarter of a pound of ground rice with a pint of cold milk, till it is a smooth batter and free from lumps. Boil one pint of milk; and when it has boiled, stir in gradually the rice batter, alternately with a quarter of a pound of butter. Keep it over the fire, stirring all the time, till the whole is well mixed, and has boiled hard. Then take it off, add a quarter of a pound of white sugar; stir it well, and set it away to cool. Beat eight eggs very light, and stir them into the mixture when it isn't quite cold. Then strain it through a sieve, (this will make it more light and delicate,) add a grated nutmeg, and a small tea-spoonful of powdered cinnamon. Stir in the juice and the grated peel of a lemon, or a small tea-spoonful of essence of lemon. Put it into a deep dish or dishes, and bake it an hour. As soon as it comes out of the oven, lay slips of citron over the top; and when cold, strew powdered sugar on it.

### A RICE PLUM PUDDING

Take three gills of whole rice; wash it, and boil it in a pint of milk. When it is soft, mix in a quarter of a pound of butter, and set it aside to cool; and when it is quite cold, stir it into another pint of milk. Prepare a pound and a half of raisins or currants; if currants, wash and dry them; if raisins, seed them and cut them in half. Dredge them well with flour, to prevent their sinking; and prepare also a powdered nutmeg; a table-spoonful of mixed mace and cinnamon powdered; a wine glass of rose water; and a wine glass of brandy or white wine. Beat six eggs very light, and stir them into the mixture, alternately with a quarter of a pound of sugar. Then add by degrees the spice and the liquor, and lastly, stir in, a few at a time, the raisins or currants. Put the pudding into a buttered dish and bake it an hour and a half. Send it to table cool.

*You may make this pudding of ground rice, using but half a pint instead of three gills.*

### A PLAIN RICE PUDDING

Pick, wash, and boil half a pint of rice. Then drain off the water, and let the rice dry, and get cold. Afterwards mix with it two ounces of butter, and four ounces of sugar, and stir it into a quart of rich milk. Beat four or five eggs very light, and add them gradually to the mixture. Stir in at the last a table-spoonful of grated nutmeg and cinnamon. Bake it an hour in a deep dish. Eat it cold.

### A FARMER'S RICE PUDDING

This pudding is made without eggs. Wash a common-sized tea-cup of rice through cold water. Stir it raw into a quart of rich milk, or of cream and milk mixed; adding a quarter of a pound of brown sugar, and a table-spoonful of powdered cinnamon. Put it into a deep pan, and bake it two hours or more. When done, the rice will be perfectly soft, which you may ascertain by dipping a tea-spoon into the edge of the pudding and taking out a little to try. Eat it cold.

### RICE MILK

Pick and wash half a pint of rice, and boil it in a quart of water till it is quite soft. Then drain it, and mix it with a quart of rich milk. You may add half a pound of whole raisins. Set it over hot coals, and stir it frequently till it boils. When it boils hard, stir in alternately two beaten eggs, and four large table-spoonfuls of brown sugar. Let it continue boiling five minutes longer; then take it off, and send it to table hot. If you put in raisins you must let it boil till they are quite soft.

### A BOILED RICE PUDDING

Mix a quarter of a pound of ground rice with a pint of milk, and simmer it over hot coals; stirring it all the time to prevent its being lumpy, or burning at the bottom. When it is thick and smooth, take it off, and pour it into an earthen pan. Mix a quarter of a pound of sugar, and a quarter of a pound of butter with half a pint of cream or very rich milk, and stir it into the rice; adding a powdered nutmeg, and the grated rind of two lemons; also squeeze in their juice. Beat the yolks of six eggs with the whites of two only. When the eggs are quite light, mix them gradually with the other ingredients, and stir the whole very hard. Butter a large bowl, or a pudding mould. Put in the mixture; tying a cloth tightly over the top, (so that no water can get in,) and boil it two hours. When done, turn it out into a dish. Send it to table warm, and eat it with sweetened cream, flavoured with a glass of brandy or white wine and a grated nutmeg.

### A MARLBOROUGH PUDDING

Pare, core and quarter six large ripe pippin apples. Stew them in about a gill of water. When they are soft but not broken, take them out, drain them through a sieve, and mash them to a paste with the back of a spoon. Mix with them six large table-spoonfuls of sugar and a quarter of a pound of butter, and set them away to get cold. Grate two milk biscuits or small sponge cakes, or an equal quantity of stale bread, and grate also the yellow peel, and squeeze the juice of a large lemon. Beat six eggs light, and when the apple is cold stir them gradually into it, adding the grated biscuit and the lemon. Stir in a wine glass of rose water and a grated nutmeg. Put the mixture into a buttered dish or dishes; lay round the edge a border of puff paste, and bake it three quarters of an hour. When cold, grate white sugar over the top, and ornament it with slips of citron handsomely arranged.



### ALMOND CHEESE CAKE

This though usually called a cheese cake, is in fact a pudding.

Cut a piece of rennet about two inches square, wash off the salt in cold water, and wipe it dry. Put it into a tea-cup, pour on it sufficient luke-warm water to cover it, and let it soak all night, or at least several hours. Take a quart of milk, which must be made warm, but not boiling. Stir the rennet-water into it. Cover it, and set it in a warm place. When the curd has become quite firm, and the whey looks greenish, drain off the whey, and set the curd in a cool place. While the milk is turning, prepare the other ingredients. Wash and dry half a pound of currants, and dredge them well with flour. Blanch three ounces of sweet and one ounce of bitter almonds, by scalding and peeling them. Then cool them in cold water, wiping them dry before you put them into the mortar. If you cannot procure bitter almonds, peach kernels may be substituted. Beat them, one at a time, in the mortar to a smooth paste, pouring in with every one a few drops of rose water to prevent their being oily, dull-coloured, and heavy. If you put a sufficiency of rose water, the pounded almond paste will be light, creamy, and perfectly white. Mix, as you do them, the sweet and bitter almonds together. Then beat the yolks of eight eggs, and when light, mix them gradually with the curd. Add five table-spoonfuls of cream, and a tea-spoonful of mixed spice. Lastly, stir in, by degrees, the pounded almonds, and the currants alternately. Stir the whole mixture very hard. Bake it in buttered dishes, laying puff paste round the edges. If accurately made, it will be found delicious. It must be put in the oven immediately.

### COMMON CHEESE CAKE

Boil a quart of rich milk. Beat eight eggs, put them to the milk, and let the milk and eggs boil together till they become a curd. Then drain it through a very clean sieve, till all the whey is out. Put the curd into a deep dish, and mix with it half a pound of butter, working them well together. When it is cold, add to it the beaten yolks of four eggs, and four large table-spoonfuls of powdered white sugar; also a grated nutmeg. Lastly, stir in, by degrees, half a pound of currants that have been previously picked, washed, dried, and dredged with flour. Lay puff paste round the rim of the dish, and bake the cheese cake half an hour. Send it to table cold, dredged with sugar.

### EVE'S PUDDING

Pare, core, and quarter six large pippins, and chop them very fine. Grate stale bread till you have six ounces of crumbs, and roll fine six ounces of white sugar. Pick, wash, and dry six ounces of currants, and sprinkle them with flour. Mix all these ingredients together in a large pan, adding six ounces of butter cut small, and two table-spoonfuls of flour. Beat six eggs very light, and moisten the mixture with them. Add a grated nutmeg, and a tea-spoonful of powdered cinnamon. Stir the whole very well together. Have ready a pot of boiling water. Dip your pudding cloth into it, shake it out, and dredge it with flour. Then put in the mixture, and tie it very firmly; leaving space for the pudding to swell, and stopping up the tying place with a paste of wetted flour. Boil it three hours; keeping at the fire a kettle of boiling water, to replenish the pot, that the pudding may be always well covered. Send it to table hot, and eat it with sweetened cream flavoured with wine and nutmeg.

### PRUNE PUDDING

Scald a pound of prunes; cover them, and let them swell in the hot water till they are soft. Then drain them, and extract the stones; spread the prunes on a large dish, and dredge them with flour. Take one gill or eight large table-spoonfuls from a quart of rich milk, and stir into it, gradually, eight spoonfuls of sifted flour. Mix it to a smooth batter, pressing out all the lumps with the back of the spoon. Beat eight eggs light, and stir them, by degrees, into the remainder of the milk, alternately with the batter that you have just mixed. Then add the prunes one at a time, stirring the whole very hard. Tie the pudding in a cloth that has been previously dipped in boiling water and then dredged with flour. Leave room for it to swell, but secure it firmly, so that no water can get in. Put it into a pot of boiling water, and boil it two hours. Send it to table hot, (not taking it out of the pot till a moment before it is wanted,) and eat it with cream sauce; or with butter, sugar, and nutmeg beaten together, and served up in a little tureen

*A similar pudding may be made with whole raisins.*

### CINDERELLA'S OR GERMAN PUFFS

Sift half a pound of the finest flour. Cut up in a quart of rich milk, half a pound of fresh butter, and set it on the stove, or near the fire, till it has melted. Beat eight eggs very light, and stir them gradually into the milk and butter, alternately with the flour. Add a powdered nutmeg, and a tea-spoonful of powdered cinnamon. Mix the whole very well to a fine smooth batter, in which there must be no lumps. Butter some large common tea-cups, and divide the mixture among them till they are half full or a little more. Set them immediately in a quick oven, and bake them about a quarter of an hour. When done, turn them out into a dish, and grate white sugar over them. Serve them up hot, with a sauce of sweetened cream flavoured with wine and nutmeg; or you may eat them with molasses and butter; or with sugar and wine. Send them round whole, for they will fall almost as soon as cut.

### A BREAD AND BUTTER PUDDING

Cut some slices of bread and butter moderately thick, omitting the crust; stale bread is best. Butter a deep dish, and cover the bottom with slices of the buttered bread. Have ready a pound of currants, picked, washed and dried. Spread one third of them thickly over the bread and butter, and strew on some brown sugar. Then put another layer of bread and butter, and cover it also with currants and sugar. Finish with a third layer of each, and pour over the whole four eggs, beaten very light and mixed with a pint of milk, and a wine glass of rose water. Bake the pudding an hour, and grate nutmeg over it when done. Eat it warm, but not hot.

*You may substitute for the currants, raisins seeded, and cut in half.*

*This pudding may be made also with layers of stewed gooseberries instead of the currants, or with pippin apples, pared, cored and minced fine.*

### A BAKED BREAD PUDDING

Take a stale five cent loaf of bread; cut off all the crust, and grate or rub the crumb as fine as possible. Boil a quart of rich milk, and pour it hot over the bread; then stir in a quarter of a pound of butter, and the same quantity of sugar, a glass of wine and brandy mixed, or a glass of rose water. Or you may omit the liquor and substitute the grated peel of a large lemon. Add a table-spoonful of mixed cinnamon and nutmeg powdered. Stir the whole very well, cover it, and set it away for half an hour. Then let it cool. Beat seven or eight eggs very light, and stir them gradually into the mixture after it is cold. Then butter a deep dish, and bake the pudding an hour. Send it to table cool.

### A BOILED BREAD PUDDING

Boil a quart of rich milk. While it is boiling, take a small loaf of baker's bread, such as is sold for five or six cents. It may be either fresh or stale. Pare off all the crust, and cut up the crumb into very small pieces. You should have baker's bread if you can procure it, as home-made bread may not make the pudding light enough. Put the bread into a pan; and when the milk boils, pour it scalding hot over the bread. Cover the pan closely, and let it steep in the hot steam for about three quarters of an hour. Then remove the cover, and allow the bread and milk to cool. In the mean time, beat four eggs till they are thick and smooth. Then beat into them a table-spoonful and a half of fine wheat flour. Next beat the egg and flour into the bread and milk, and continue to beat hard till the mixture is as light as possible; for on this the success of the pudding chiefly depends.

Have ready over the fire a pot of boiling water. Dip your pudding-cloth into it, and shake it out. Spread out the cloth in a deep dish or pan, and dredge it well with flour. Pour in the mixture, and tie up the cloth, leaving room for it to swell. Tie the string firmly and plaster up the opening (if there is any) with flour moistened with water. If any water gets into it the pudding will be spoiled.

See that the water boils when you put in the pudding, and keep it boiling hard. If the pot wants replenishing, do it with boiling water from a kettle. Should you put in cold water to supply the place of that which has boiled away, the pudding will chill, and become hard and heavy. Boil it an hour and a half.

Turn it out of the bag the minute before you send it to table. Eat it with wine sauce, or with sugar and butter, or molasses.

It will be much improved by adding to the mixture half a pound of whole raisins, well floured to prevent their sinking. Sultana raisins are best, as they have no seeds.

If these directions are exactly followed, this will be found a remarkably good and wholesome plain pudding.

For all boiled puddings, a square pudding-cloth which can be opened out, is much better than a bag. It should be very thick.



### A SUET PUDDING

Mince very finely as much beef suet as will make two large table-spoonfuls. Grate two handfuls of bread-crumbs; boil a quart of milk and pour it hot on the bread. Cover it, and set it aside to steep for half an hour; then put it to cool. Beat eight eggs very light; stir the suet, and six table-spoonfuls of flour alternately into the bread and milk, and add, by degrees, the eggs. Lastly, stir in a table-spoonful of powdered nutmeg and cinnamon mixed, and a glass of mixed wine and brandy. Pour it into a square cloth dipped in hot water, and floured; tie it firmly, put it into a pot of boiling water, and boil it two hours. Do not take it up till immediately before it is wanted, and send it to table hot.

*Eat it with wine sauce, or with molasses.*

### A CUSTARD PUDDING

Take five table-spoonfuls out of a quart of cream or rich milk, and mix them with two large spoonfuls of fine flour. Set the rest of the milk to boil, flavouring it with half a dozen peach leaves, or with bitter almonds broken up. When it has boiled hard, take it off, strain it, and stir it in the cold milk and flour. Set it away to cool, and beat well eight yolks and four whites of eggs; add them to the milk, and stir in, at the last, a glass of brandy or white wine, a powdered nutmeg, and a quarter of a pound of sugar. Butter a large bowl or mould; pour in the mixture; tie a cloth tightly over it; put it into a pot of boiling water, and boil it two hours, replenishing the pot with hot water from a tea-kettle. When the pudding is done, let it get cool before you turn it out.

*Eat it with butter and sugar stirred together to a cream, and flavoured with lemon juice or orange.*

### FLOUR HASTY PUDDING

Tie together half a dozen peach-leaves, put them into a quart of milk, and set it on the fire to boil. When it has come to a hard boil, take out the leaves, but let the pot remain boiling on the fire. Then with a large wooden spoon in one hand, and some wheat flour in the other, thicken and stir it till it is about the consistence of a boiled custard. Afterwards throw in, one at a time, a dozen small bits of butter rolled in a thick coat of flour. You may enrich it by stirring in a beaten egg or two, a few minutes before you take it from the fire. When done, pour it into a deep dish, and strew brown sugar thickly over the top. Eat it warm.

### A BAKED INDIAN PUDDING

Cut up a quarter of a pound of butter in a pint of molasses, and warm them together till the butter is melted. Boil a quart of milk; and while scalding hot, pour it slowly over a pint of sifted Indian meal, and stir in the molasses and butter. Cover it, and let it steep for an hour. Then take off the cover, and set the mixture to cool. When it is cold, beat six eggs, and stir them gradually into it; add a table-spoonful of mixed cinnamon and nutmeg; and the grated peel of a lemon. Stir the whole very hard; put it into a buttered dish, and bake it two hours. Serve it up hot, and eat it with wine sauce, or with butter and molasses.

### A BOILED INDIAN PUDDING

Chop very fine a quarter of a pound of beef suet. Mix it with a quart of sifted Indian meal. Boil a quart of milk with some pieces of cinnamon broken up; strain it, and while it is hot, stir in gradually the meal and suet; add half a pint of molasses. Cover the mixture and set it away for an hour; then put it to cool. Beat six eggs, and stir them gradually into the mixture when it is cold; add a grated nutmeg, and the grated peel of a lemon. Tie the pudding in a cloth that has been dipped in hot water and floured; and leave plenty of room for it to swell. Secure it well at the tying place lest the water should get in, which will infallibly spoil it. Put it into a pot of boiling water, (which must be replenished as it boils away,) and boil it four hours at least; but five or six will be better. To have an Indian pudding *very good*, it should be mixed the night before, (all except the eggs,) and put on to boil early in the morning. Do not take it out of the pot till immediately before it is wanted. Eat it with wine sauce, or with molasses and butter.

*What is left may be boiled again next day.*

### INDIAN PUDDING WITHOUT EGGS

Boil some cinnamon in a quart of milk, and then strain it. While the milk is hot, stir into it a pint of molasses, and then add by degrees a quart or more of Indian meal so as to make a thick batter. It will be much improved by the grated peel and juice of a large lemon or orange. Tie it very securely in a thick cloth, leaving room for it to swell, and pasting up the tying-place with a lump of flour and water. Put it into a pot of boiling water, (having ready a kettle to fill it up as it boils away,) hang it over a good fire, and keep it boiling hard for four or five hours. Eat it warm with molasses and butter. (*The molasses should be West India.*)

*This is a very economical, and not an unpalatable pudding; and may be found convenient when it is difficult to obtain eggs.*

### INDIAN MUSH

Have ready on the fire a pot of boiling water. Stir into it by degrees (a handful at a time) sufficient Indian meal to make it very thick, and then add a very small portion of salt. You must keep the pot boiling on the fire all the time you are throwing in the meal; and between every handful, stir very hard with the mush-stick, (a round stick flattened at one end,) that the mush may not be lumpy. After it is sufficiently thick, keep it boiling for an hour longer, stirring it occasionally. Then cover the pot, and hang it higher up the chimney, so as to simmer slowly or keep hot for another hour. The goodness of mush depends greatly on its being long and thoroughly boiled. If sufficiently cooked, it is wholesome and nutritious, but exactly the reverse, if made in haste. It is not too long to have it altogether three or four hours over the fire; on the contrary it will be much the better for it.

Eat it warm; either with milk, or cover your plate with mush, make a hole in the middle, put some butter in the hole and fill it up with molasses

*Cold mush that has been left, may be cut into slices and fried in butter.*

*Burgoo is made precisely in the same manner as mush, but with oatmeal instead of Indian.*

### AN EASTERN PUDDING

Make a paste of a pound of flour and half a pound of minced suet; and roll it out thin into a square or oblong sheet; trim off the edges so as to make it an even shape. Spread thickly over it some marmalade, or cold stewed fruit, (which must be made very sweet,) either apple, peach, plum, gooseberry or cranberry. Roll up the paste, with the fruit spread on it, into a scroll. Secure each end by putting on nicely a thin round piece rolled out from the trimmings that you cut off the edges of the sheet. Put the pudding into a cloth, and boil it at least three hours. Serve it up hot, and eat it with cream sauce, or with butter and sugar. The pudding must be put on in boiling water.

### A BAKED APPLE PUDDING

Take nine large pippin apples; pare and core them whole. Set them in the bottom of a large deep dish, and pour round them a very little water, just enough to keep them from burning. Put them into an oven, and let them bake about half an hour. In the mean time, mix three table-spoonfuls of flour with a quart of milk, a quarter of a pound of white sugar, and a tea-spoonful of mixed spice. Beat seven eggs very light, and stir them gradually into the milk. Then take out the dish of apples, (which by this time should be half baked,) and fill up the holes from whence you extracted the cores, with white sugar; pressing down into each a slice of fresh lemon. Pour the batter round the apples; put the dish again into the oven, and let it bake another half hour; but not long enough for the apples to fall to pieces; as they should, when done, be soft throughout, but quite whole. Send it to table warm.

*This is sometimes called a Bird's Nest Pudding.*

*It will be much improved by previously boiling in the milk a small handful of peach-leaves.*

*Let it get cold before you stir in the eggs.*

### BOILED APPLE PUDDING

Pare, core, and quarter as many fine juicy apples as will weigh two pounds when done. Strew among them a quarter of a pound of brown sugar, and add a grated nutmeg, and the juice and yellow peel of a large lemon. Prepare a paste of suet and flour, in the proportion of a pound of chopped suet to two pounds of flour. Roll it out of moderate thickness; lay the apples in the centre, and close the paste nicely over them in the form of a large dumpling; tie it in a cloth and boil it three hours. Send it to table hot, and eat with it cream sauce, or with butter and sugar. The water must boil before the pudding goes in.

*Any fruit pudding may be made in a similar manner.*



### A BAKED PLUM PUDDING

Grate all the crumb of a stale six cent loaf; boil a quart of rich milk, and pour it boiling hot over the grated bread; cover it, and let it steep for an hour; then set it out to cool. In the mean time prepare half a pound of currants, picked, washed, and dried; half a pound of raisins, stoned and cut in half; and a quarter of a pound of citron cut in large slips; also, two nutmegs beaten to a powder; and a table-spoonful of mace and cinnamon powdered and mixed together. Crush with a rolling-pin half a pound of sugar, and cut up half a pound of butter. When the bread and milk is uncovered to cool, mix with it the butter, sugar, spice and citron; adding a glass of brandy, and a glass of white wine. Beat eight eggs very light, and when the milk is quite cold, stir them gradually into the mixture. Then add, by degrees, the raisins and currants, (which must be previously dredged with flour,) and stir the whole very hard. Put it into a buttered dish, and bake it two hours. Send it to table warm, and eat it with wine sauce, or with wine and sugar only.

*In making this pudding, you may substitute for the butter, half a pound of beef suet minced as fine as possible. It will be found best to prepare the ingredients the day before, covering them closely and putting them away.*



### A BOILED PLUM PUDDING

Grate the crumb of a twelve cent loaf of bread, and boil a quart of rich milk with a small bunch of peach leaves in it, then strain it and set it out to cool. Pick, wash and dry a pound of currants, and stone and cut in half a pound of raisins; strew over them three large table-spoonfuls of flour. Roll fine a pound of brown sugar, and mince as fine as possible three quarters of a pound of beef suet. Prepare two beaten nutmegs, and a large table-spoonful of powdered mace and cinnamon; also the grated peel and the juice of two large lemons or oranges. Beat ten eggs very light, and (when it is cold) stir them gradually into the milk, alternately with the suet and grated bread. Add, by degrees, the sugar, fruit, and spice, with a large glass of brandy, and one of white wine. Mix the whole very well, and stir it hard. Then put it into a thick cloth that has been scalded and floured; leave room for it to swell, and tie it very firmly, pasting the tying-place with a small lump of moistened flour. Put the pudding into a large pot of boiling water, and boil it steadily six hours, replenishing the pot occasionally from a boiling kettle. Turn the pudding frequently in the pot. Prepare half a pound of citron cut in slips, and half a pound of almonds blanched and split in half lengthways. Stick the almonds and the citron all over the outside of the pudding as soon as you take it out of the cloth. Send it to table hot, and eat it with wine sauce, or with cold wine and sugar.

If there is much of the pudding left, tie it in a cloth and boil it again next day.

All the ingredients of this plum pudding (except the eggs) should be prepared the day before, otherwise it cannot be made in time to allow of its being sufficiently boiled.

*We have known of a very rich plum pudding being mixed in England and sent to America in a covered bowl; it arrived perfectly good after a month's voyage, the season being winter.*



## DUMPLINGS AND FRITTERS, &c.

### APPLE DUMPLINGS

Take large fine juicy apples. Pare them, and extract the cores without dividing the apple. Fill each hole with brown sugar, and some chips of lemon-peel. Also squeeze in some lemon juice. Or you may fill the cavities with raspberry jam, or with any sort of marmalade. Have ready a paste, made in the proportion of a pound of suet, chopped as fine as possible, to two pounds and a half of sifted flour, well mixed, and wetted with as little water as possible. Roll out the paste to a moderate thickness, and cut it into circular pieces, allowing two pieces to each dumpling. Lay your apple on one piece, and put another piece on the top, closing the paste round the sides with your fingers, so as to cover the apple entirely. This is a better way than gathering up the paste at one end, as the dumpling is less liable to burst. Boil each dumpling in a small coarse cloth, which has first been dipped in hot water. There should always be a set of cloths kept for the purpose. Tie them tightly, leaving a small space for the dumpling to swell. Plaster a little flour on the inside of each tying place to prevent the water from getting in. Have ready a pot of boiling water. Put in the dumplings and boil them steadily for an hour. Send them to table hot in a covered dish. Do not take them up till a moment before they are wanted.

Eat them with cream and sugar, or with butter and sugar.

You may make the paste with butter instead of suet, allowing a pound of butter to two pounds and a quarter of flour. But when paste is to be boiled, suet will make it much lighter and finer than butter.

Apple dumplings may be made in a very plain manner with potato paste, and boiled without cloths, dredging the outside of each dumpling with flour. They should boil about three quarters of an hour when without cloths.

*The apples for dumplings should always be whole, (except the cores;) for if quartered, the pieces will separate in boiling and break through the crust. The apples should never be sweet ones.*

### RICE DUMPLINGS

Pick and wash a pound of rice, and boil it gently in two quarts of water till it becomes dry; keeping the pot well covered, and not stirring it. Then take it off the fire, and spread it out to cool on the bottom of an inverted sieve: loosening the grains lightly with a fork, that all the moisture may evaporate. Pare a dozen pippins or other large juicy apples, and scoop out the core. Then fill up the cavity with marmalade, or with lemon and sugar. Cover every apple all over with a thick coating of the boiled rice. Tie up each in a separate cloth\*, and put them into a pot of cold water. They will require about an hour and a quarter after they begin to boil; perhaps longer.

Turn them out on a large dish, and be careful in doing so not to break the dumplings. Eat them with cream sauce, or with wine sauce, or with butter, sugar, and nutmeg beaten together.

\* Your pudding and dumpling cloths should be squares of coarse thick linen, hemmed, and with tape strings sewed to them. After using, they should be washed, dried, and ironed; and kept in one of the kitchen drawers, that they may be always ready when wanted.

### PIGEON DUMPLINGS OR PUDDINGS

Take six pigeons and stuff them with chopped oysters, seasoned with pepper, salt, mace, and nutmeg. Score the breasts, and loosen all the joints with a sharp knife, as if you were going to carve them for eating; but do not cut them quite apart. Make a sufficient quantity of nice suet paste, allowing a pound of suet to two pounds of flour; roll it out thick, and divide it into six. Lay one pigeon on each sheet of the paste with the back downwards, and put in the lower part of the breast a piece of butter rolled in flour. Close the paste over the pigeon in the form of a dumpling or small pudding; pouring in at the last a very little cold water to add to the gravy. Tie each dumpling in a cloth, put them into a pot of hot water, and boil them two hours. Send them to table with made gravy in a boat.

*Partridges or quails may be cooked in this manner; also chickens, which must be accompanied by egg sauce.*

*These dumplings or puddings will be found very good.*

### FINE SUET DUMPLINGS

Grate the crumb of a stale six cent loaf, and mix it with half as much beef suet, chopped as fine as possible. Add a grated nutmeg, and two large table-spoonfuls of sugar. Beat four eggs with four table-spoonfuls of white wine or brandy. Mix all well together to a stiff paste. Flour your hands, and make up the mixture into balls or dumplings about the size of turkey eggs. Have ready a pot of boiling water. Put the dumplings into cloths, and let them boil about half an hour. Serve them hot, and eat them with wine sauce.

### PLAIN SUET DUMPLINGS

Sift two pounds of flour into a pan, and add a salt-spoon of salt. Mince very fine one pound of beef suet, and rub it into the flour. Make it into a stiff dough with a little cold water. Then roll it out an inch thick or rather more. Cut it into dumplings with the edge of a tumbler. Put them into a pot of boiling water, and let them boil an hour and a half. Send them to table hot, to eat with boiled loin of mutton, or with molasses after the meat is removed.

### INDIAN DUMPLINGS

Take a pint of milk, and four eggs well beaten. Stir them together, and add a salt-spoon of salt. Then mix in as much sifted Indian meal as will make a stiff dough. Flour your hands; divide the dough into equal portions, and make it into balls about the size of a goose egg. Flatten each with the rolling-pin, tie them in cloths, and put them into a pot of boiling water. They will boil in a short time. Take care not to let them go to pieces by keeping them too long in the pot.

Serve them up hot, and eat them with corned pork, or with bacon. Or you may eat them with molasses and butter after the meat is removed.

*If to be eaten without meat, you may mix in the dough a quarter of a pound of finely chopped suet.*

### LIVER DUMPLINGS

Take a calf's liver, and chop it very fine. Mix with it half a pound of beef suet chopped fine also; half a pound of flour; one minced onion; a handful of bread crumbs; a table-spoonful of chopped parsley and sweet marjoram mixed; a few blades of mace and some grated nutmeg; and a little pepper and salt. Mix all well together. Wet the mixture with six eggs well beaten, and make it up into dumplings, with your hands well floured. Have ready a large pot of boiling water. Drop the dumplings into it with a ladle, and let them boil an hour. Have ready bread-crumbs browned in butter to pour over them before they go to table.

### HAM DUMPLINGS

Chop some cold ham, the fat and lean in equal proportions. Season it with pepper and minced sage. Make a crust, allowing half a pound of chopped suet, or half a pound of butter to a pound of flour. Roll it out thick, and divide it into equal portions. Put some minced ham into each, and close up the crust. Have ready a pot of boiling water, and put in the dumplings. Boil them about three quarters of an hour.

*You may use potato paste.*

### LIGHT DUMPLINGS

Mix together as much grated bread, butter and beaten egg (seasoned with powdered cinnamon) as will make a stiff paste. Stir it well. Make the mixture into round dumplings, with your hands well floured. Tie up each in a separate cloth, and boil them a short time,—about fifteen minutes. Eat them with wine sauce, or with molasses and butter.

### APPLE FRITTERS

Pare, core, and parboil (in a very little water) some large juicy pippins. When half done, take them out, drain them, and mince them very fine. Make a batter according to the preceding receipt; adding some lemon juice and grated lemon-peel. Stir into the batter a sufficient quantity of the minced apple to make it very thick. Then fry the fritters in hot lard as before directed. Eat them with nutmeg and sugar.

### PLAIN FRITTERS

Beat seven eggs very light, and stir them gradually into a quart of milk; add, by degrees, three quarters of a pound, or a pint and a half of sifted flour. Beat the whole very hard. Have ready in a frying-pan over the fire, a large quantity of lard. When the lard has come to a hard boil, begin to put in the fritters; allowing for each about a gill of batter, or half a large tea-cup full. They do not require turning, and will be done in a few minutes. Fry as many at a time as the pan will hold. Send them to table hot, and eat them with powdered cinnamon, sugar, and white wine. Let fresh hot ones be sent in as they are wanted; they chill and become heavy immediately.

Begin to fry the fritters as soon as the batter is mixed, as it will fall by setting. Near a pound and a half of lard will be required for the above quantity of fritters.

### PLAIN PANCAKES

Sift half a pound or a pint of flour. Beat seven eggs very light, and stir them gradually into a quart of rich milk. Then add by degrees the flour, so as to make a thin batter. Mix it very smooth, pressing out all the lumps with the back of a spoon. Set the frying-pan over the fire, and when it is hot, grease it with a spoonful of lard. Then put in a ladle full of the batter, and fry it of a light brown, turning it with care to prevent its breaking. Make each pancake large enough to cover the bottom of a dessert plate; greasing the pan every time. Send them to table hot, accompanied by powdered sugar and nutmeg mixed in a small glass bowl. Have wine with them also.

### SWEET MEAT PANCAKES

Take a large red beet-root that has been boiled tender; cut it up and pound it in a mortar till you have sufficient juice for colouring the pancakes. Then make a batter as in the preceding receipt, and stir into it at the last enough of the beet juice to give it a fine pink colour. Or instead of the beet juice, you may use a little cochineal dissolved in a very small quantity of brandy. Fry the pancakes in a pan greased with lard or fresh butter; and as fast as they are done, spread thickly over them raspberry jam or any sort of marmalade. Then roll them up nicely, and trim off the ends. Lay them, side by side, on a large dish, and strew powdered sugar over them. Send them to table hot, and eat them with sweetened cream.



### PLAIN CUSTARDS

Tie together six or eight peach leaves, and boil them in a quart of milk with a large stick of cinnamon broken up. If you cannot procure peach leaves, substitute a handful of peach-kernels or bitter almonds, or a vanilla bean split in pieces. When it has boiled hard, strain the milk and set it away to cool. Beat very light eight eggs, and stir them by degrees into the milk when it is quite cold, (if warm, the eggs will curdle it, and cause whey at the bottom,) and add gradually a quarter of a pound of sugar. Fill your cups with it; set them in a Dutch oven, and pour round them boiling water sufficient to reach nearly to the tops of the cups. Put hot coals under the oven and on the lid, (which must be previously heated by standing it up before a hot fire,) and bake the custards about fifteen minutes. Send them to table cold, with nutmeg grated over each. Or you may bake the whole in one large dish.

### SOFT CUSTARDS

Are made in the above manner, except that to a quart of milk you must have twelve yolks of eggs, and no whites. You may devote to this purpose the yolks that are left when you have used the whites for cocoa-nut or almond puddings, or for lady cake or macaroons.

### BOILED CUSTARDS

Beat eight eggs very light, omitting the whites of four. Mix them gradually with a quart of cold milk and a quarter of a pound of sugar. Put the mixture into a saucepan with a bunch of peach leaves, or a handful of broken up peach-kernels or bitter almonds; the yellow peel of a lemon, and a handful of broken cinnamon; or you may boil in it a vanilla bean. Set it on hot coals, and simmer it slowly, stirring it all the time. As soon as it comes to a boil, take it immediately off the fire, or it will curdle and be lumpy. Then strain it: add a table-spoonful of rose-water, and put it into glass cups. You may lay in the bottom of each cup a macaroon soaked in wine. Grate nutmeg over the top, and send it to table cold. Eat it with tarts or sweetmeats.

### RICE CUSTARD

Boil some rice in milk till it is quite dry; then put it into small tea-cups, (pressing it down hard,) and when it is cold and has taken the shape of the cups, turn it out into a deep dish, and pour a boiled custard round it. Lay on the top of each lump of rice a piece of preserved quince or peach, or a piece of fruit jelly. In boiling the rice, you may mix with it raisins or currants; if so, omit the sweetmeats on the top. Ground rice is best.

Another way of boiling custard is to put the mixture into a pitcher, set it in a vessel of boiling water, place it on hot coals or in a stove, and let it boil slowly, stirring it all the time.

### SNOWBALL CUSTARD

Make a boiled custard as in the preceding receipts; and when it is done and quite cold, put it into a deep glass dish. Beat to a stiff froth the four whites of eggs that have been omitted in the custard, adding eight or ten drops of oil of lemon. Drop the froth in balls on the top of the dish of custard, heaping and forming them with a spoon into a regular size and shape. Do not let them touch each other. You may lay a fresh rose leaf on the top of every one.

### APPLE CUSTARD

Pare, core, and quarter a dozen large juicy pippins. Strew among them the yellow peel of a large lemon grated very fine; and stew them till tender, in a very small portion of water. When done, mash them smooth with the back of a spoon; (you must have a pint and a half of the stewed apple;) mix a quarter of a pound of sugar with them, and set them away till cold. Beat six eggs very light, and stir them gradually into a quart of rich milk, alternately with the stewed apple. Put the mixture into cups, or into a deep dish, and bake it about twenty minutes. Send it to table cold, with nutmeg grated over the top.

### LEMON CUSTARD

Take four large ripe lemons, and roll them under your hand on the table to increase the juice. Then squeeze them into a bowl, and mix with the juice a very small tea-cup full of cold water. Use none of the peel. Add gradually sufficient sugar to make it *very sweet*. Beat twelve eggs till quite light, and then stir the lemon juice gradually into them, beating very hard at the last. Put the mixture into cups, and bake it ten minutes. When done, grate nutmeg over the top of each, and set them among ice, or in a very cold place.

*These custards being made without milk, can be prepared at a short notice; they will be found very fine.*

*Orange custards may be made in the same manner.*

### GOOSEBERRY CUSTARD

Top and tail two quarts of green gooseberries. Stew them in a very little water; stirring and mashing them frequently. When they have stewed till entirely to pieces, take them out, and with a wooden spoon press the pulp through a cullender. Stir in (while the pulp is hot) a table-spoonful of butter, and sufficient sugar to make it very sweet. Beat six eggs very light. Simmer the gooseberry pulp over a gentle fire, and gradually stir the beaten eggs into it. When it comes to a boil, take it off immediately, stir it very hard, and set it out to cool. Serve it up cold in glasses or custard cups, grating some nutmeg over each.

### ALMOND CUSTARD

Scald and blanch half a pound of shelled sweet almonds, and three ounces of shelled bitter almonds; throwing them as you do them into a large bowl of cold water. Then pound them one at a time in a mortar; pouring in frequently a little rose water to prevent their oiling, and becoming dark-coloured and heavy. Melt a quarter of a pound of loaf-sugar in a quart of cream or rich milk, and stir in by degrees the pounded almonds. Beat ten eggs very light, and stir them gradually into the mixture; adding a powdered nutmeg, and a tea-spoonful of powdered mace and cinnamon mixed. Then put the whole into a pitcher, and place it in a kettle or pan of boiling water, the water coming up to the lower part of the neck of the pitcher. Set it over hot coals, and let it boil (stirring it all the time) till it is quite thick, but not till it curdles. Then take the pitcher out of the water; pour the custard into a large bowl, and stir it till it cools. Put it into glass cups, and send it to table cold. Sweeten some cream or white of egg. Beat it to stiff froth and pile it on the top of the custards.

### BOILED COCOA-NUT CUSTARD

To a pound of grated cocoa-nut allow a pint of unskimmed milk, and six ounces of white sugar. Beat very light the yolks of six eggs. Stir them gradually into the milk, alternately with the cocoa-nut and sugar. Put the mixture into a pitcher; set it in a vessel of boiling water; place it on hot coals, and simmer it till it is very smooth and thick; stirring it all the time. As soon as it comes to a hard boil, take it off the fire; pour it into a large bowl, and set it out to cool. When cold, put it into glass cups. Beat to a stiff froth the white of egg that was left, and pile it on the custards.

### BAKED COCOA-NUT CUSTARD

Grate as much cocoa-nut as will weigh a pound. Mix half a pound of powdered white sugar with the milk of the cocoa-nut, or with a pint of cream; adding two table-spoonfuls of rose water. Then stir in gradually a pint of rich milk. Beat to a stiff froth the whites of eight eggs, and stir them into the milk and sugar, a little at a time, alternately with the grated cocoa-nut: add a tea-spoonful of powdered nutmeg and cinnamon. Then put the mixture into cups, and bake them twenty minutes in a Dutch oven half filled with boiling water. When cold, grate loaf-sugar over them.

### CHOCOLATE CUSTARD

Scrape fine a quarter of a pound of chocolate, and pour on it a pint of boiling water. Cover it, and let it stand by the fire till it has dissolved, stirring it twice. Beat eight eggs very light, omitting the whites of two. Stir them by degrees into a quart of cream or rich milk, alternately with the melted chocolate, and three table-spoonfuls of powdered white sugar. Put the mixture into cups, and bake it about ten minutes. Send them to table cold, with sweetened cream, or white of egg beaten to a stiff froth, and heaped on the top of each custard. No chocolate is so good as Baker's prepared cocoa.

### MACAROON CUSTARDS

These must be made in china custard cups. Put four macaroons into each cup, and pour on them three spoonfuls of white wine. Mix together a pint of cream, and a pint of milk; and boil them with a large stick of cinnamon broken up, and a small bunch of peach leaves or a handful of broken bitter almonds. Then strain the milk; stir in a quarter of a pound of white sugar, and set it away to cool. Beat very light eight eggs, (omitting the whites of four,) and stir them gradually into the cream and milk when quite cold. Fill your cups with the mixture, (leaving the macaroons at the bottom,) and set them in a Dutch oven or iron baking pan, which must be half full of boiling water. Heat the oven-lid first, by standing it up before a hot fire; then put it on, spreading coals over the top. Place sufficient coals under the oven, and bake the custards about ten minutes. When cold, heap beaten white of egg on the top of each.

*These custards are very fine.*

### SYLLABUB, OR WHIPT CREAM

Pare off very thin the yellow rind of four large lemons, and lay it in the bottom of a deep dish. Squeeze the juice of the lemons into a large bowl containing a pint of white wine, and sweeten it with half a pound of powdered loaf-sugar. Then, by degrees, mix in a quart of cream. Pour the whole into the dish in which you have laid the lemon-peel, and let the mixture stand untouched for three hours. Then beat it with rods to a stiff froth, (first taking out the lemon-peel,) and having put into each of your glasses a table-spoonful or more of fruit jelly, heap the syllabub upon it so as to stand up high at the top.

*This syllabub, if it can be kept in a cold place, may be made the day before you want to use it.*

### COUNTRY SYLLABUB

Mix half a pound of white sugar with a pint of fine sweet cider, or of white wine; and grate in a nutmeg. Prepare them in a large bowl, just before milking time. Then let it be taken to the cow, and have about three pints milked into it; stirring it occasionally with a spoon. Let it be eaten before the froth subsides. If you use cider, a little brandy will improve it.

### A TRIFLE

Place half a pound of maccaroons or Naples biscuits at the bottom of a large glass bowl. Pour on them as much white wine as will cover and dissolve them. Make a rich custard, flavoured with bitter almonds or peach leaves: and pour it when cold on the maccaroons; the custard may be either baked or boiled. Then add a layer of marmalade or jam. Take a quart of cream, mix with it a quarter of a pound of sugar, and half a pint of white wine, and whip it with rods to a stiff froth; laying the froth (as you proceed) on an inverted sieve, with a dish under it to catch the cream that drips through; which must be saved and whipped over again. Instead of rods you may use a little tin churn. Pile the frothed cream upon the marmalade in a high pyramid. To ornament it,—take preserved water-melon rind that has been cut into leaves or flowers; split them nicely to make them thinner and lighter; place a circle or wreath of them round the heap of frothed cream, interspersing them with spots of stiff red currant jelly. Stick on the top of the pyramid a sprig of real flowers.

### FLOATING ISLAND

Take a quart of rich cream, and divide it in half. Sweeten one pint of it with loaf-sugar, and stir into it sufficient currant jelly to colour it of a fine pink. Put it into a glass bowl, and place in the centre a pile of sliced almond-sponge cake, or of lady cake; every slice spread thickly with raspberry jam or marmalade, and laid evenly one on another. Have ready the other pint of cream, flavoured with the juice of two lemons, and beaten with rods to a stiff froth. Heap it all over the pile of cake, so as entirely to cover it. Both creams must be made very sweet.

### A RASPBERRY CHARLOTTE

Take a dozen of the square or oblong sponge-cakes that are commonly called Naples biscuits. They should be quite fresh. Spread over each a thick layer of raspberry jam, and place them in the bottom and round the sides of a glass bowl. Take the whites of six eggs, and mix with them six table-spoonfuls of raspberry or currant jelly. Beat the egg and jelly with rods till very light, and then fill up the bowl with it. For this purpose, cream (if you can conveniently procure it) is still better than white of egg.

You may make a charlotte with any sort of jam, marmalade, or fruit jelly. It can be prepared at a short notice, and is very generally liked. You may use ripe strawberries, washed and sweetened.

### A PLUM CHARLOTTE

Stone a quart of ripe plums; first stew, and then sweeten them. Cut slices of bread and butter, and lay them in the bottom and round the sides of a large bowl or deep dish. Pour in the plums boiling hot, cover the bowl, and set it away to cool gradually. When quite cold, send it to table, and eat it with cream.

### CLOTTED CREAM

Mix together a gill of rich milk, a large wine glass of rose water, and four ounces of white sugar. Add to it the beaten yolks of two eggs. Stir the mixture into a quart of the best cream; set it over hot coals, and let it just come to a boil, stirring it all the time. Then take it off, pour it into a glass bowl, and set it away to get cold. Eat it with fresh strawberries, raspberries, or with any sort of sweetmeats.

### LEMON CREAM

Beat well together a quart of thick cream and the yolks of eight eggs. Then gradually beat in half a pound of powdered loaf-sugar, and the grated rind of three large lemons. Put the mixture into a porcelain skillet, and set it on hot coals till it comes to a boil; then take it off, and stir it till nearly cold. Squeeze the juice of the lemons into a bowl; pour the cream upon it, and continue to stir it till quite cold. You may serve it up in a glass bowl, in glass cups, or in jelly glasses. Eat it with tarts or sweetmeats.

### ORANGE CREAM

Beat very light six eggs, omitting the whites of two. Have ready a pint of orange juice, and stir it gradually into the beaten egg, alternately with a pound of powdered loaf-sugar. Put into a porcelain skillet the yellow rind of one orange, pared very thin; pour the mixture upon it, and set it over a slow fire. Simmer it steadily, stirring it all the time; but when nearly ready to boil, take it off, remove the orange-peel, and put the mixture into glasses to get cold.

### CURDS AND WHEY

Take a piece of rennet about three inches square, and wash it in two or three cold waters to get off the salt; wipe it dry, and fasten a string to one corner of it. Have ready in a deep dish or pan, a quart of unskimmed milk that has been warmed but not boiled. Put the rennet into it, leaving the string hanging out over the side, that you may know where to find it. Cover the pan, and set it by the fire-side or in some other warm place. When the milk becomes a firm mass of curd, and the whey looks clear and greenish, remove the rennet as gently as possible, pulling it out by the string; and set the pan in ice, or in a very cold place. Send to table with it a small pitcher of white wine, sugar and nutmeg mixed together; or a bowl of sweetened cream, with nutmeg grated over it.

You may keep rennet in white wine; cutting it in small pieces, and putting it into a glass jar with wine enough to cover it well. Either the wine or the rennet will be found good for turning milk; but do not put in both together, or the curd will become so hard and tough as to be uneatable.

Rennets properly prepared and dried, are sold constantly in the Philadelphia markets. The cost is trifling; and it is well to have one always in the house, in case of being wanted to make whey for sick persons. They will keep a year or more.

### STRAWBERRY ICE CREAM

Take two quarts of ripe strawberries; hull them, and put them into a deep dish, strewing among them half a pound of powdered loaf-sugar. Cover them, and let them stand an hour or two. Then mash them through a sieve till you have pressed out all the juice, and stir into it half a pound more of powdered sugar, or enough to make it very sweet, and like a thick syrup. Then mix it by degrees with two quarts of rich cream, beating it in very hard. Put it into a freezer, and proceed as in the foregoing receipt. In two hours, remove it to a mould, or take it out and return it again to the freezer with fresh salt and ice, that it may be frozen a second time. In one hour more, it should be ready to turn out.

### RASPBERRY ICE CREAM

Is made according to the preceding receipt.

### PINE-APPLE ICE CREAM

To each quart of cream allow a large ripe pine-apple, and a pound of powdered loaf-sugar. Pare the pine-apple, slice it very thin, and mince it small. Lay it in a deep dish and strew the sugar among it. Cover the dish, and let the pine-apple lie in the sugar for two or three hours. Then strain it through a sieve, mashing and pressing out all the juice. Stir the juice gradually into the cream, beating it hard. Put it into the freezer, and let it be twice frozen before it is served up.

### VANILLA ICE CREAM

Take a large vanilla bean, and boil it slowly in half a pint of milk till all the flavour is drawn out, which you may know by tasting it. Then mix into the milk half a pound of powdered loaf-sugar, and stir it very hard into a quart of rich cream. Put it into the freezer, and proceed as directed in the receipt for Lemon Ice Cream; freezing it twice.

## LEMON ICE CREAM

Have ready two quarts of very rich thick cream, and take out a pint. Stir gradually into the pint, a pound of the best loaf-sugar powdered fine; and the grated rind and the juice of four ripe lemons of the largest size, or of five or six smaller ones. If you cannot procure the fruit, you may flavour the cream with essence or oil of lemon; a tea-spoonful or more, according to its strength. The strongest and best essence of lemon is the white or whitish; when tinged with green, it is comparatively weak, having been diluted with water; if quite green, a large tea-spoonful will not communicate as much flavour as five or six drops of the white. After you have mixed the pint of cream with the sugar and lemon, beat it gradually and hard into the remaining cream, that is, the three pints. Cover it, and let it stand to infuse from half an hour to an hour. Then taste it, and if you think it necessary, stir in a little more lemon juice or a little more sugar. Strain it into the freezer through a fine strainer, (a tin one with small close holes is best,) to get rid of the grated lemon-peel, which if left in would prevent the cream from being smooth. Cover the freezer, and stand it in the ice cream tub, which should be filled with a mixture, in equal quantities, of coarse salt,

and ice broken up as small as possible, that it may lie close and compact round the freezer, and thus add to its coldness. Snow, when it can be procured, is still better than ice to mix with the salt. It should be packed closely into the tub, and pressed down hard. While the cream is freezing, keep it always in motion, whirling the freezer round by the handle, and opening the lid frequently to stir and beat the cream, and to scrape it down from the sides with a long-handled tin spoon. Take care that no salt gets in, or the cream will be spoiled. When it is entirely frozen, take it out of the freezer and put it into your mould; set it again in the tub, (which must be filled with fresh ice and salt,) and leave it undisturbed till you want it for immediate use. This second freezing, however, should not continue longer than an hour, or the cream will become inconveniently and unpleasantly hard, and have much of the flavour frozen out of it. Place the mould in the ice tub, with the head downwards, and cover the tub with pieces of old carpet while the second freezing is going on. When it has arrived at the proper consistence, and it is time to serve it up, dip a cloth in cold water, and wash it round the mould for a few moments, to loosen the cream and make it come out easily; setting the mould on a glass or china dish. If a pyramid or obelisk mould, lift it carefully off the top. If the mould or form represents doves, dolphins, lap-dogs, fruit baskets, &c. it will open down the middle, and must be taken off in that manner. Serve it up immediately lest it begin to melt. Send round sponge-cake with it, and wine or cordials immediately after.

If you have no moulds, but intend serving it up in a large bowl or in glasses, it must still be frozen twice over; otherwise it can have no smoothness, delicacy, or consistence, but will be rough and coarse, and feel in the mouth like broken icicles. The second freezing (if you have no mould) must be done in the freezer, which should be washed out, and set again in the tub with fresh ice and salt. Cover it closely and let the cream stand in it untouched, but not less than two hours. When you put it into glasses, heap it high on the top.

Begin to make ice cream about four or five hours before it is wanted for use. If you commence it too early, it may probably be injured by having to remain too long in the second freezing, as it must not be turned out till a few moments before it is served up. In damp weather it requires a longer time to freeze.

If cream is scarce, mix with it an equal quantity of rich milk, and then add, for each quart, two table-spoonfuls of powdered arrow-root, rubbed smooth in a little cold milk.

*Orange ice cream is made in the same manner as lemon.*

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## ALMOND ICE CREAM

Take six ounces of bitter almonds, (sweet ones will not do,) blanch them, and pound them in a mortar, adding by degrees a little rose water. Then boil them gently in a pint of cream till you find that it is highly flavoured with them. Then pour the cream into a bowl, stir in a pound of powdered loaf-sugar, cover it, and set it away to cool gradually; when it is cold, strain it, and then stir it gradually and hard into three pints of cream. Put it into the freezer, and proceed as directed in the first ice cream receipt. Freeze it twice. It will be found very fine.

Send round always with ice cream, sponge cake or Savoy biscuits. Afterwards wine, and cordials, or liqueurs as they are now generally called.

## ARROW ROOT BLANC-MANGE

Take a tea-cup full of arrow root, put it into a large bowl, and dissolve it in a little cold water. When it is melted, pour off the water, and let the arrow root remain undisturbed. Boil in half a pint of unskimmed milk, (made very sweet with white sugar,) a beaten nutmeg, and eight or nine blades of mace, mixed with the juice and grated peel of a lemon. When it has boiled long enough to be highly flavoured, strain it into a pint and a half of very rich milk or cream, and add a quarter of a pound of sugar. Boil the whole for ten minutes; then strain it, boiling hot, over the arrow root. Stir it well and frequently till cold; then put it into moulds and let it set to congeal.

## JAUNE-MANGE

Put two ounces of isinglass into a pint of water, and boil it till it has dissolved. Then strain it into a porcelain skillet, and add to it half a pint of white wine; the grated peel and juice of two large deep-coloured oranges; half a pound of loaf-sugar; and the yolks only of eight eggs that have been well beaten. Mix the whole thoroughly; place it on hot coals and simmer it, stirring it all the time till it boils hard. Then take it off directly, strain it, and put it into moulds to congeal.



### BLANC-MANGE

Put into a pan an ounce of isinglass; (in warm weather you must take an ounce and a quarter;) pour on as much rose water as will cover the isinglass, and set it on hot coals to dissolve.\* Blanch a quarter of a pound of shelled almonds, (half sweet and half bitter,) and beat them to a paste in a mortar, (one at a time,) moistening them all the while with a little rose water. Stir the almonds by degrees into a quart of cream, alternately with half a pound of powdered white sugar; add a large tea-spoonful of beaten mace. Put in the melted isinglass, and stir the whole very hard. Then put it into a porcelain skillet, and let it boil fast for a quarter of an hour. Then strain it into a pitcher, and pour it into your moulds, which must first be wetted with cold water. Let it stand in a cool place undisturbed, till it has entirely congealed, which will be in about five hours. Then wrap a cloth dipped in hot water round the moulds, loosen the blanc-mange round the edges with a knife, and turn it out into glass dishes. It is best to make it the day before it is wanted.

Instead of using a figure-mould, you may set it to congeal in tea-cups or wine glasses.

*Blanc-mange may be coloured green by mixing with the cream a little juice of spinage; cochineal which has been infused in a little brandy for half an hour, will colour it red; and saffron will give it a bright yellow tinge.*

You may make the stock for blanc-mange without isinglass, by boiling four calves' feet in two quarts of water till reduced one half, and till the meat is entirely to rags. Strain it, and set it away till next day. Then clear it from the fat and sediment; cut it into pieces, and boil it with the cream and the other ingredients.

When you take it from the fire, and strain it into the pitcher, keep stirring it till it gets cold.

### CARRAGEEN BLANC-MANGE

This is made of a sea-weed resembling moss, that is found in large quantities on some parts of our coast, and is to be purchased in the cities at most of the druggists. Carrageen costs but little, and is considered extremely salutary for persons of delicate constitutions. Its glutinous nature when boiled, renders it very suitable for blanc-mange.

From a quart of rich unskimmed milk take half a pint. Add to the half pint two ounces of bitter almonds, blanched and pounded; half a nutmeg; and a large stick of cinnamon, broken up; also eight or nine blades of mace. Set it in a closed pan over hot coals, and boil it half an hour. In the mean time, wash through two or three cold waters half a handful of carrageen, (if you put in too much it will communicate an unpleasant taste to the blanc-mange,) and add it to the pint and a half of cold milk. Then when it is sufficiently flavoured, stir in the boiled milk, adding gradually half a pound of powdered sugar, and mix the whole very well. Set it over the fire, and keep it boiling hard five minutes from the time it has come to a boil. Then strain it into a pitcher; wet your moulds or cups with cold water, put the blanc-mange into them, and leave it undisturbed till it congeals.

After washing the sea-weed, you must drain it well, and shake the water from the sprigs. You may flavour the mixture (after it is boiled and strained) with rose-water or peach-water, stirred in at the last.

### ICE ORANGEADE

Take a pint and a half of orange juice, and mix it with half a pint of clear or filtered water. Stir in half a pound of powdered loaf-sugar. Pare very thin the yellow rind of six deep-coloured oranges, cut in pieces, and lay it at the bottom of a bowl or tureen. Pour the orange juice and sugar upon it; cover it, and let it infuse an hour. Then strain the liquid into a freezer, and proceed as for ice cream. When it is frozen, put it into a mould, (it will look best in the form of a pine-apple,) and freeze it a second time.

Serve it in glass cups, with any sort of very nice sweet cakes.

### ICE LEMONADE

May be made in the above manner, but with a larger proportion of sugar.

The juice of pine-apples, strawberries, raspberries, currants and cherries, may be prepared and frozen according to the above receipts. They will freeze in a shorter time than if mixed with cream, but are very inferior in richness.

### TO PRESERVE CREAM

Take four quarts of new cream; it must be of the richest quality, and have no milk mixed with it. Put it into a preserving kettle, and simmer it gently over the fire; carefully taking off whatever scum may rise to the top, till nothing more appears. Then stir, gradually, into it four pounds of double-refined loaf-sugar that has been finely powdered and sifted. Let the cream and sugar boil briskly together half an hour; skimming it, if necessary, and afterwards stirring it as long as it continues on the fire. Put it into small bottles; and when it is cold, cork it, and secure the corks with melted rosin.

*This cream, if properly prepared, will keep perfectly good during a long sea voyage.*

### ITALIAN CREAM

Put two pints of cream into two bowls. With one bowl mix six ounces of powdered loaf-sugar, the juice of two large lemons, and two glasses of white wine. Then add the other pint of cream, and stir the whole very hard. Boil two ounces of isinglass with four small tea-cups full of water, till it is reduced to one half. Then stir the isinglass lukewarm into the other ingredients, and put them into a glass dish to congeal.

### CHOCOLATE CREAM

Melt six ounces of scraped chocolate and four ounces of white sugar in one pint of boiling milk. Stir in an ounce of dissolved isinglass. When the whole has boiled, pour it into a mould.



### CALVES' FOOT JELLY

The best calves' feet for jelly are those that have had the hair removed by scalding, but are not skinned; the skin containing a great deal of glutinous matter. In Philadelphia, unskinned calves' feet are generally to be met with in the lower or Jersey market.

Boil a set of feet in four quarts of cold water; (if the feet have been skinned allow but three quarts;) they should boil slowly till the liquid is reduced to two quarts or one half the original quantity, and the meat has dropped in rags from the bone. Then strain the liquid; measure and set it away in a large earthen pan to get cold; and let it rest till next morning. Then if you do not find it a firm cake of jelly, boil it over again with an ounce of isinglass, and again set it away till cold and congealed. Remove the sediment from the bottom of the cake of jelly, and carefully scrape off all the fat. The smallest bit of fat will eventually render it dull and cloudy. Press some clean blotting paper all over it to absorb what little grease may yet remain. Then cut the cake of jelly into pieces, and put it into a porcelain kettle to melt over the fire. To each quart allow a pound of broken up loaf-sugar, a pint of Madeira wine, and a large glass of brandy; three large sticks of the best Ceylon cinnamon broken up, (if common cinnamon, use four sticks,) the grated peel and juice of four large lemons; and lastly, the whites of four eggs strained, but not beaten. In breaking the eggs, take care to separate them so nicely that none of the yellow gets into the white; as the smallest portion of yolk of egg will prevent the jelly from being perfectly clear. Mix all the ingredients well together, and put them to the jelly in the kettle. Set it on the fire, and boil it hard for twenty minutes, but do not stir it. Then throw in a tea-cup of cold water, and boil it five minutes longer; then take the kettle off the fire, and set it aside, keeping it closely covered for half an hour; this will improve its clearness.

Take a large white flannel jelly-bag; suspend it by the strings to a wooden frame made for such purposes, or to the legs of a table. Pour in the mixture boiling hot, and when it is all in, close up the mouth of the bag that none of the flavour may evaporate. Hang it over a deep white dish or bowl, and let it drip slowly, but on no account squeeze the bag, as that will certainly make the jelly dull and cloudy. If it is not clear the first time, empty the bag, wash it, put in the jelly that has dripped into the dish, and pass it through again. Repeat this till it is clear. You may put it into moulds to congeal, setting them in a cold place. When it is quite firm, wrap a cloth that has been dipped in hot water, round the moulds to make the jelly turn out easily. But it will look much better, and the taste will be more lively, if you break it up after it has congealed, and put it into a glass bowl, or heap it in jelly glasses. Unless it is broken, its sparkling clearness shows to little advantage.

After the clear jelly has done dripping, you may return the ingredients to the kettle, and warm them over again for about five minutes. Then put them into the bag (which you may now squeeze hard) till all the liquid is pressed out of it into a second dish or bowl. This last jelly cannot, of course, be clear, but it will taste very well, and may be eaten in the family.

A pound of the best raisins picked and washed, and boiled with the other ingredients, is thought by many persons greatly to improve the richness and flavour of calves' feet jelly. They must be put in whole, and can be afterwards used for a pudding.

Similar jelly may be made of pigs' or sheep's feet: but it is not so nice and delicate as that of calves.

By boiling two sets, or eight calves' feet in five quarts of water, you may be sure of having the jelly very firm. In damp weather it is sometimes very difficult to get it to congeal if you use but one set of feet; there is the same risk if the weather is hot. In winter it may be made several days before it is to be eaten. In summer it will keep in ice for two days; perhaps longer.

## COLOURING FOR CONFECTIONARY

*These preparations may be used for jellies,  
ice creams, blanc-mange, syllabubs, icing for cakes;  
and for various articles of confectionary.*

### RED

Take twenty grains of cochineal, and fifteen grains of cream of tartar finely powdered; add to them a piece of alum the size of a cherry stone, and boil them with a gill of soft water, in an earthen vessel, slowly, for half an hour. Then strain it through muslin, and keep it tightly corked in a phial.

### COCHINEAL FOR PRESENT USE

Take two cents' worth of cochineal. Lay it on a flat plate, and bruise it with the blade of a knife. Put it into half a tea-cup of alcohol. Let it stand a quarter of an hour, and then filter it through fine muslin.

### YELLOW COLOURING

Take a little saffron, put it into an earthen vessel with a very small quantity of cold soft water, and let it steep till the colour of the infusion is a bright yellow. Then strain it. The yellow seeds of lilies will answer nearly the same purpose.

### GREEN

Take fresh spinach or beet leaves, and pound them in a marble mortar. If you want it for immediate use, take off the green froth as it rises, and mix it with the article you intend to colour. If you wish to keep it a few days, take the juice when you have pressed out a tea-cup full, and adding to it a piece of alum the size of a pea, give it a boil in a saucepan.

### WHITE

Blanch some almonds, soak them in cold water, and then pound them to a smooth paste in a marble mortar; adding at intervals a little rose water.

Thick cream will communicate a white colour.





## CAKES, &c.

### GENERAL OBSERVATIONS.

Unless you are provided with proper and convenient utensils and materials, the difficulty of preparing cakes will be great, and in most instances a failure; involving disappointment, waste of time, and useless expense. Accuracy in proportioning the ingredients is indispensable; and therefore scales and weights, and a set of tin measures (at least from a quart down to a gill) are of the utmost importance. A large sieve for flour is also necessary; and smaller ones for sugar and spice. There should be a marble mortar, or one of *lignum vitæ*, (the hardest of all wood;) those of iron (however well tinned) are apt to discolour the articles pounded in them. Spice may be ground in a mill kept exclusively for that purpose. Every kitchen should be provided with spice-boxes. You should have a large grater for lemon, cocoa-nut, &c., and a small one for nutmeg. Butter and sugar cannot be stirred together conveniently without a spaddle or spattle, which is a round stick flattened at one end; and a deep earthen pan with sides nearly straight. For beating eggs, you should have hickory rods or a wire whip, and broad shallow earthen pans. Neither the eggs, nor the butter and sugar should be beaten in tin, as the coldness of the metal will prevent them from becoming light.

For baking large cakes, the pans (whether of block tin or earthen) should have straight sides; if the sides slope inward, there will be much difficulty in icing the cake. Pans with a hollow tube going up from the centre, are supposed to diffuse the heat more equally through the middle of the cake. Buns and some other cakes should be baked in square shallow pans of block tin or iron. Little tins for queen cakes, &c. are most convenient when of a round or oval shape. All baking pans, whether large or small, should be well greased with fresh butter before the mixture is put into them, and should be filled but little more than half. You should have at least two dozen little tins, that a second supply may be ready for the oven the moment the first is taken out. You will also want tin cutters for cakes that are rolled out in dough.

All the utensils should be cleaned and put away as soon as they are done with. They should be all kept together, and, if possible, not used for any other purposes\*.

As it is always desirable that cake-making should be commenced at an early hour, it is well on the day previous to ascertain if all the materials are in the house; that there may be no unnecessary delay from sending or waiting for them in the morning. Wastefulness is to be avoided in every thing; but it is utterly impossible that cakes can be good (or indeed any thing else) without a liberal allowance of good materials. Cakes are frequently rendered hard, heavy, and uneatable by a misplaced economy in eggs and butter; or tasteless and insipid for want of their due seasoning of spice, lemon, &c.

Use no flour but the best superfine; if the flour is of inferior quality, the cakes will be heavy, ill-coloured, and unfit to eat. Even the best flour should always be sifted. No butter that is not fresh and good, should ever be put into cakes; for it will give them a disagreeable taste which can never be disguised by the other ingredients. Even when of excellent quality, the butter will be improved by washing it in cold water, and squeezing and pressing it. Except for gingerbread, use only white sugar, (for the finest cakes the best loaf,) and have it pulverized by pounding it in a mortar, or crushing it on the pasteboard with the rolling-pin. It should then be sifted. In mixing butter and sugar, sift the sugar into a deep pan, cut up the butter in it, set it in a warm place to soften, and then stir it very hard with the spaddle, till it becomes quite light, and of the consistence of cream. In preparing eggs, break them one at a time, into a saucer, that, in case there should be a bad one among them, it may not spoil the others. Put them into a broad shallow pan, and beat them with rods or with a wire whisk, not merely till they froth, but long afterwards, till the froth subsides, and they become thick and smooth like boiled custard. White of egg by itself may be beaten with small rods, or with a three-pronged fork, or a broad knife. It is a very easy process, and should be continued till the liquid is all converted into a stiff froth so firm that it will not drop from the rods when held up. In damp weather it is sometimes difficult to get the froth stiff.

The first thing to be done in making cake, is to weigh or measure all the ingredients. Next sift the flour, powder the sugar, pound or grind the spice, and prepare the fruit; afterwards mix and stir the butter and sugar, and lastly beat the eggs; as, if allowed to stand any time, they will fall and become heavy. When all the ingredients are mixed together, they should be stirred very hard at the last; and (unless there is yeast in the cake) the sooner it is put into the oven the better. While baking, no air should be admitted to it, except for a moment, now and then, when it is necessary to examine if it is baking properly. For baking cakes, the best guide is practice and experience; so much depending on the state of the fire, that it is impossible to lay down any infallible rules. If you bake in a Dutch oven, let the lid be first heated by standing it up before the fire; and cover the inside of the bottom with sand or ashes, to temper the heat. For the same purpose, when you bake in a stove, place bricks under the pans. Sheets of iron without sides will be found very useful for baking small flat cakes. For cakes of this description, the fire should be brisk; if baked slowly, they will spread, lose their shape, and run into each other. For all cakes, the heat should be regular and even; if one part of the oven is cooler than another, the cake will bake imperfectly, and have heavy streaks through it. Gingerbread (on account of the molasses) is more apt to scorch and burn than any other cake; therefore it should be baked with a moderate fire.

It is safest, when practicable, to send all large cakes to a professional baker's; provided they can be put immediately into the oven, as standing will spoil them. If you bake them at home, you will find that they are generally done when they cease to make a simmering noise; and when on probing them to the bottom with a twig from a broom, or with the blade of the knife, it comes out quite clean. The fire should then be withdrawn, and the cake allowed to get cold in the oven. Small cakes should be laid to cool on an inverted sieve. It may be recommended to novices in the art of baking, to do every thing in little tins or in very shallow pans; there being then less risk than with a large thick cake. In mixing batter that is to be baked in small cakes, use a less proportion of flour.

Small cakes should be kept closely covered in stone jars. For large ones, you should have broad stone pans with close lids, or else tin boxes. All cakes that are made with yeast, should be eaten quite fresh; so also should sponge cake. Some sorts may be kept a week; black cake much longer.

\*Hickory rods, spaddles, etc. can be obtained by bespeaking them at a turner's. Apple-covers are sold by tinnerns.

### BLACK CAKE

Prepare two pounds of currants by picking them clean, washing and draining them through a cullender, and then spreading them out on a large dish to dry before the fire or in the sun, placing the dish in a slanting position. Pick and stone two pounds of the best raisins, and cut them in half. Dredge the currants (when they are dry) and the raisins thickly with flour to prevent them from sinking in the cake. Grind or powder as much cinnamon as will make a large gravy-spoonful when done; also a table-spoonful of mace and four nutmegs; sift these spices, and mix them all together in a cup. Mix together two large glasses of white wine, one of brandy and one of rose water, and cut a pound of citron into large slips. Sift a pound of flour into one pan, and a pound of powdered loaf-sugar into another. Cut up among the sugar a pound of the best fresh butter, and stir them to a cream. Beat twelve eggs till perfectly thick and smooth, and stir them gradually into the butter and sugar, alternately with the flour. Then add by degrees, the fruit, spice and liquor, and stir the whole very hard at the last. Then put the mixture into a well-buttered tin pan with straight or perpendicular sides. Put it immediately into a moderate oven, and bake it at least six hours. When done, take it out and set it on an inverted sieve to cool gradually. Ice it next morning; first dredging the outside all over with flour, and then wiping it with a towel. This will make the icing stick.

### INDIAN POUND CAKE

Sift a pint of fine yellow Indian meal, and half a pint of wheat flour, and mix them well together. Prepare a nutmeg beaten, and mixed with a table-spoonful of powdered cinnamon. Stir together till very light, half a pound of powdered white sugar; and half a pound of fresh butter; adding the spice, with a glass of white wine, and a glass of brandy. Having beaten eight eggs as light as possible, stir them into the butter and sugar, a little at a time, in turn with the meal. Give the whole a hard stirring at the last; put it into a well-buttered tin pan, and bake it about two hours.

This cake (like every thing else in which Indian meal is an ingredient) should be eaten quite fresh; it is then very nice. When stale, (even a day old,) it becomes dry and rough as if made with saw-dust.

### WASHINGTON CAKE

Stir together a pound of butter and a pound of sugar; and sift into another pan a pound of flour. Beat six eggs very light, and stir them into the butter and sugar, alternately with the flour and a pint of rich milk or cream; if the milk is sour it will be no disadvantage. Add a glass of wine, a glass of brandy, a powdered nutmeg, and a table-spoonful of powdered cinnamon. Lastly, stir in a small tea-spoonful of soda, or sal-aratus, that has been melted in tepid water; take care not to put in too much soda, lest it give the cake an unpleasant taste. Stir the whole very hard; put it into a buttered tin pan, (or into little tins,) and bake it in a brisk oven.

*Wrapped in a thick cloth, this cake will keep soft for a week.*

### ELECTION CAKE

Make a sponge (as it is called) in the following manner:—Sift into a pan two pounds and a half of flour; and into a deep plate another pound. Take a second pan, and stir two table-spoonfuls of the best West India molasses into five gills or two tumblers and a half of strong fresh yeast; adding a gill of water, warm, but not hot. Then stir gradually into the yeast, &c. the pound of flour that you have sifted separately. Cover it, and let it set by the fire three hours to rise. While it is rising, prepare the other ingredients, by stirring in a deep pan two pounds of fresh butter and two pounds of powdered sugar, till they are quite light and creamy; adding to them a table-spoonful of powdered cinnamon; a tea-spoonful of powdered mace; and two powdered nutmegs. Stir in also half a pint of rich milk. Beat fourteen eggs till very smooth and thick, and stir them gradually into the mixture, alternately with the two pounds and a half of flour which you sifted first. When the sponge is quite light, mix the whole together, and bake it in buttered tin pans in a moderate oven. It should be eaten fresh, as no sweet cake made with yeast is so good after the first day.

If it is not probable that the whole will come into use on the day it is baked, mix but half the above quantity.

### ICING

A quarter of a pound of finely-powdered loaf-sugar, of the whitest and best quality, is the usual allowance to one white of egg. For the cake in the preceding receipt, three quarters of a pound of sugar and the whites of three eggs will be about the proper quantity. Beat the white of egg by itself till it stands alone. Have ready the powdered sugar, and then beat it hard into the white of egg, till it becomes thick and smooth; flavouring it as you proceed with the juice of a lemon, or a little extract of roses. Spread it evenly over the cake with a broad knife or a feather; if you find it too thin, beat in a little more powdered sugar. Cover with it thickly the top and sides of the cake, taking care not to have it rough and streaky. When dry, put on a second coat; and when that is nearly dry, lay on the ornaments. You may flower it with coloured sugar-sand or nonpareils; but a newer and more elegant mode is to decorate it with devices and borders in white sugar. These are put on with a syringe, moving it skillfully, so as to form the pattern. A little gum tragacanth should be mixed with this icing.

You may colour icing of a pale or deep yellow, by rubbing the lumps of loaf-sugar (before they are powdered) upon the outside of a large lemon or orange. This will also flavour it finely.

Almond icing, for a very fine cake, is made by mixing gradually with the white of egg and sugar, some almonds, half bitter and half sweet, that have been pounded in a mortar with rose water to a smooth paste. The whole must be well incorporated, and spread over the cake near half an inch thick. It must be set in a cool oven to dry, and then taken out and covered with a smooth plain icing of sugar and white of egg.

*Whatever icing is left, may be used to make macaroons or kisses.*

## FEDERAL CAKES

Sift two pounds of flour into a deep pan, and cut up in it a pound of fresh butter; rub the butter into the flour with your hands, adding by degrees, half a pound of powdered white sugar; a tea-spoonful of powdered cinnamon; a beaten nutmeg; a glass of wine or brandy, and two glasses of rose water. Beat four eggs very light; and add them to the mixture with a salt-spoonful of soda melted in a little lukewarm water. Mix all well together; add, if necessary, sufficient cold water to make it into a dough just stiff enough to roll out; knead it slightly, and then roll it out into a sheet about half an inch thick. Cut it out into small cakes with a tin cutter, or with the edge of a tumbler; dipping the cutter frequently into flour, to prevent its sticking.

Lay the cakes in shallow pans buttered, or on flat sheets of tin, (taking care not to let them touch, lest they should run into each other,) and bake them of a light brown in a brisk oven.

*They are best the second day.*

## QUEEN CAKE

Sift fourteen ounces of the finest flour, being two ounces less than a pound. Cakes baked in little tins, should have a smaller proportion of flour than those that are done in large loaves. Prepare a table-spoonful of beaten cinnamon, a tea-spoonful of mace, and two beaten nutmegs; and mix them all together when powdered. Mix in a tumbler, half a glass of white wine, half a glass of brandy, and half a glass of rose water. Powder a pound of loaf-sugar, and sift it into a deep pan; cut up in it a pound of fresh butter; warm them by the fire, and stir them to a cream. Add gradually the spice and the liquor. Beat ten eggs very light, and stir them into the mixture in turn with the flour. Stir in the juice of two lemons, and beat the whole very hard. Butter some little tins; half fill them with the mixture; set them into a brisk oven, and bake them about a quarter of an hour. When done, they will shrink from the sides of the tins. After you turn them out, spread them on an inverted sieve to cool. If you have occasion to fill your tins a second time, scrape and wipe them well before they are used again.

Make an icing, flavoured with lemon juice or with extract of roses; and spread two coats of it on the queen cakes. Set them to dry in a warm place, but not near enough the fire to discolour the icing and cause it to crack.

*Queen cakes are best the day they are baked.*

## FRUIT QUEEN CAKES

Make them in the above manner, with the addition of a pound of currants, (picked, washed, dried, and floured,) and the juice and grated peel of two large lemons, stirred in gradually at the last. Instead of currants, you may put in sultana or seedless raisins, cut in half and floured. You may substitute oranges for lemons.

*You may make a fruit pound cake in this manner.*

## LADY CAKE

Take a quarter of a pound of shelled bitter almonds, or peach-kernels. Put them into a bowl of boiling water, (renewing the water as it cools,) and let them lie in it till the skin peels off easily; then throw them, as they are blanched, into a bowl of cold water, which will much improve their whiteness. Pound them, one at a time, in a mortar; pouring in frequently a few drops of rose water to prevent them from oiling and being heavy. Cut up three quarters of a pound of fresh butter into a whole pound of powdered loaf-sugar. Having warmed it, stir it to a light cream, and then add very gradually the pounded almonds, beating them in very hard. Sift into a separate pan half a pound and two ounces of flour, and beat in another pan to a stiff froth, the whites only of seventeen eggs. Stir the flour and the white of egg alternately into the pan of butter, sugar and almonds, a very little at a time of each. Having beaten the whole as hard as possible, put it into a buttered tin pan, (a square one is best,) and set it immediately into a moderate oven. Bake it about an hour, more or less, according to its thickness.

When cool, ice it, flavouring the icing with lemon juice. It is best the day it is baked, and should be eaten fresh. When you put it away wrap it in a thick cloth.

*If you bake it in little tins, use two ounces less of flour.*

## POUND CAKE

Prepare a table-spoonful of powdered cinnamon, a tea-spoonful of powdered mace, and two nutmegs grated or powdered. Mix together in a tumbler, a glass of white wine, a glass of brandy, and a glass of rose water. Sift a pound of the finest flour into a broad pan, and powder a pound of loaf-sugar. Put the sugar into a deep pan, and cut up in it a pound of fresh butter. Warm them by the fire till soft; and then stir them to a cream. When they are perfectly light, add gradually the spice and liquor, a little at a time. Beat ten eggs as light as possible, and stir them by degrees into the mixture alternately with the flour. Then add the juice of two lemons or three large oranges. Stir the whole very hard; put it into a deep tin pan with straight or upright sides, and bake it in a moderate oven from two to three hours. If baked in a Dutch oven, take off the lid when you have ascertained that the cake is quite done, and let it remain in the oven to cool gradually. If any part is burnt, scrape it off as soon as cold.

It may be iced either warm or cool; first dredging the cake with flour and then wiping it off. It will be best to put on two coats of icing; the second coat not till the first is entirely dry.

Flavour the icing with essence of lemon, or with extract of roses.

*This cake will be very delicate if made with a pound of rice flour instead of wheat.*

### CIDER CAKE

Pick, wash, and dry a pound of currants, and sprinkle them well with flour; and prepare two nutmegs and a large table-spoonful of powdered cinnamon. Sift half a pound and two ounces of flour. Stir together till very light, six ounces of fresh butter, and half a pound of powdered white sugar; and add gradually the spice, with two wine glasses of brandy, (or one of brandy and one of white wine.) Beat four eggs very light, and stir them into the mixture alternately with the flour. Add by degrees half a pint of brisk cider; and then stir in the currants, a few at a time. Lastly, a small tea-spoonful of pearl-ash or sal-aratus dissolved in a little cider. Having stirred the whole very hard, put it in a buttered tin pan, have the oven ready, and put in the cake immediately.

Bake it in a brisk oven an hour or more, according to its thickness. Or you may bake it as little cakes, putting it into small tins; in which case use but half a pound of flour in mixing the batter.

### JELLY CAKE

Sift three quarters of a pound of flour. Stir to a cream a pound of butter and a pound of powdered white sugar, and mix in half a tea-cup of rose water, and a grated nutmeg, with a tea-spoonful of powdered cinnamon. Beat ten eggs very light, and add them gradually to the mixture, alternately with the flour; stirring the whole very hard. Put your griddle into the oven of a stove; and when it is quite hot, grease it with fresh butter tied in a clean rag, and set on it a tin cake-ring, (about the size of a large dinner plate,) greased also. Dip out two large table-spoonfuls and a half of the cake batter; put it within the tin ring, and bake it about five minutes (or a little longer) without turning it. When it is done, take it carefully off; place it on a large dish to cool; wipe the griddle, grease it afresh, and put on another cake. Proceed thus till all the batter is baked. When the cakes are cool, spread every one thickly over with grape jelly, peach marmalade, or any other sweetmeat that is smooth and thick; currant jelly will be found too thin, and is liable to run off.

Lay the cakes smoothly one on another, (each having a layer of jelly or marmalade between,) and either grate loaf-sugar over the top one, or ice it smoothly; marking the icing with cross lines of coloured sugar-sand, all the lines meeting at the centre so as to divide the cake, when cut, into triangular or wedge-shaped slices. If you ice it, add the juice of a lemon to the icing.

*Jelly cake should be eaten fresh.  
It is best the day it is baked.*

### COCOA-NUT CAKE

Cut up and wash a cocoa-nut, and grate as much of it as will weigh a pound. Powder a pound of loaf-sugar. Beat fifteen eggs very light; and then beat into them, gradually, the sugar. Then add by degrees the cocoa-nut; and lastly, a handful of sifted flour. Stir the whole very hard, and bake it either in a large tin pan, or in little tins. The oven should be rather quick.

### SPANISH BUNS

Cut up three quarters of a pound of butter into a gill and a half or three wine glasses of rich unskimmed milk, (cream will be still better,) and set the pan on a stove or near the fire, till the butter becomes soft enough to stir all through the milk with a knife; but do not let it get so hot as to oil of itself. Then set it away in a cold place. Sift into separate pans, a half pound and a quarter of a pound of the finest flour; and having beaten four eggs as light as possible, mix them with the milk and butter, and then pour the whole into the pan that contains the half pound of flour. Having previously prepared two grated nutmegs, and a table-spoonful of powdered cinnamon and mace, stir them into the mixture; adding six drops of extract of roses, or a large table-spoonful of rose water. Add a wine glass and a half of the best fresh yeast from a brewery. If you cannot procure yeast of the very best quality, an attempt to make these buns will most probably prove a failure, as the variety of other ingredients will prevent them from rising unless the yeast is as strong as possible. Before you put it in, skim off the thin liquid or beer from the top, and then stir up the bottom. After you have put in the yeast, add the sugar; stirring it well in, a very little at a time. If too much sugar is put in at once, the buns will be heavy. Lastly, sprinkle in the quarter of a pound of flour that was sifted separately; and stir the whole very hard. Put the mixture into a square pan well buttered, and (having covered it with a cloth) place it in a corner of the hearth to rise, which will require, perhaps, about five hours; therefore these buns should always be made early in the day. Do not bake it till the batter has risen to twice its original quantity, and is covered on the top with bubbles; then set the pan into a moderate oven, and bake it half an hour. Let it get cool in the pan; then cut it into squares, and either ice them, (flavouring the icing with essence of lemon or extract of roses,) or sift grated loaf-sugar thickly over them. These buns (like all other cakes made with yeast) should be eaten the day they are baked: as when stale, they fall and become hard.

In mixing them, you may stir in at the last half a pound of raisins, stoned, chopped and floured; or half a pound of currants. If you use fruit, put in half a wine glass more of the yeast.

### BATH BUNS

Boil a little saffron in sufficient water to cover it, till the liquid is of a bright yellow; then strain it, and set it to cool. Rub half a pound of fresh butter into a pound of sifted flour, and make it into a paste with four eggs that have been well beaten, and a large wine glass of the best and strongest yeast; adding the infusion of saffron to colour it yellow. Put the dough into a pan, cover it with a cloth, and set it before the fire to rise. When it is quite light, mix into it a quarter of a pound of powdered and sifted loaf-sugar; a grated nutmeg; and, if you choose, two or three spoonfuls of caraway seeds. Roll out the dough into a thick sheet, and divide it into round cakes with a cutter. Strew the top of each bun with caraway comfits, and bake them on flat tins buttered well. They should be eaten the day they are baked, as they are not good unless quite fresh.

*You may bake small jelly cakes in muffin rings.*

### SPONGE CAKE

Sift half a pound of flour\* and powder a pound of the best loaf-sugar. Grate the yellow rind and squeeze into a saucer the juice of three lemons. Beat twelve eggs; and when they are as light as possible, beat into them gradually and very hard the sugar, adding the lemon, and beating the whole for a long time. Then by degrees, stir in the flour slowly and lightly; for if the flour is stirred hard and fast into sponge cake, it will make it porous and tough. Have ready buttered, a sufficient number of little square tins, (the thinner they are the better,) half fill them with the mixture; grate loaf-sugar over the top of each; put them immediately into a quick oven, and bake them about ten minutes; taking out one to try when you think they are done. Spread them on an inverted sieve to cool. When baked in small square cakes, they are generally called Naples biscuits.

If you are willing to take the trouble, they will bake much nicer in little square paper cases, which you must make of thick letter paper, turning up the sides all round, and pasting together or sewing up the corners.

If you bake the mixture in one large cake, (which is not advisable unless you have had much practice in baking,) put it into a buttered tin pan or mould, and set it directly into a hot Dutch oven, as it will fall and become heavy if allowed to stand. Keep plenty of live coals on the top, and under the bottom till the cake has risen very high, and is of a fine colour; then diminish the fire, and keep it moderate till the cake is done. It will take about an hour. When cool, ice it; adding a little lemon juice or extract of roses to the icing. Sponge cake is best the day it is baked.

Diet Bread is a foolish name for Sponge Cake.

*\*Sponge cake may be made with rice flour.*

### ALMOND CAKE

Blanch, and pound in a mortar four ounces of shelled sweet almonds and two ounces of shelled bitter ones; adding, as you proceed, sufficient rose-water to make them light and white. Sift half a pound of flour, and powder a pound of loaf-sugar. Beat thirteen eggs; and when they are as light as possible, stir into them alternately the almonds, sugar, and flour; adding a grated nutmeg. Butter a large square pan; put in the mixture, and bake it in a brisk oven about half an hour, less or more, according to its thickness. When cool, ice it.

*It is best when eaten fresh.*

### HUCKLEBERRY CAKE

Spread a quart of ripe huckleberries on a large dish, and dredge them thickly with flour. Mix together half a pint of milk; half a pint of molasses; half a pint of powdered sugar; and half a pound of butter. Warm them by the fire till the butter is quite soft then stir them all together, and set them away till cold. Prepare a large table-spoonful of powdered cloves and cinnamon mixed. Beat five eggs very light, and stir them gradually into the other ingredients; adding, by degrees, sufficient sifted flour to make a thick batter. Then stir in a small tea-spoonful of pearl-ash or dissolved sal-aratus. Lastly, add by degrees the huckleberries. Put the mixture into a buttered pan, or into little tins, and bake it in a moderate oven.

*It is best the second day.*

### MORAVIAN SUGAR CAKE

Cut up a quarter of a pound of butter into a pint of rich milk, and warm it till the butter becomes soft; then stir it about in the milk so as to mix them well. Sift three quarters of a pound of flour (or a pint and a half) into a deep pan, and making a hole in the middle of it, stir in a large table-spoonful of the best brewer's yeast in which a salt-spoonful of salt has been dissolved; and then thin it with the milk and butter. Cover it, and set it near the fire to rise. If the yeast is sufficiently strong, it will most probably be light in two hours. When it is quite light, mix with the dough two beaten eggs and three quarters of a pound more of sifted flour; adding a tea-spoonful of oil of cinnamon, and stirring it very hard. Butter a large round baking pan, and put the mixture into it. Set it to rise again, as before. Mix together five ounces or a large coffee-cup of fine brown sugar; two ounces of butter; and two table-spoonfuls of powdered cinnamon. When the dough is thoroughly light, make deep incisions all over it, at equal distances, and fill them with the mixture of butter, sugar and cinnamon, pressing it hard down into the bottom of the holes, and closing the dough a little at the top to prevent the seasoning from running out. Strew some sugar over the top of the cake; set it immediately into the oven, and bake it from an hour and a half to two hours, or more, in a brisk oven in proportion to its thickness. When cool, cut it into squares

*This is a very good plain cake; but do not attempt it unless you have excellent yeast.*

### BREAD CAKE

When you are making wheat bread, and the dough is quite light and ready to bake, take out as much of it as would make a twelve cent loaf, and mix with it a tea-cup full of powdered sugar, and a tea-cup full of butter that has been softened and stirred about in a tea-cup of warm milk. Add also a beaten egg. Knead it very well, put it into a square pan, dredged with flour, cover it, and set it near the fire for half an hour. Then bake it in a moderate oven, and wrap it in a thick cloth as soon as it is done.

*It is best when fresh.*

### SAVOY BISCUITS

Take four eggs, and separate the whites from the yolks. Beat the whites by themselves, to a stiff froth; then add gradually the yolks, and beat them both together for a long time. Next add by degrees half a pound of the finest loaf-sugar, powdered and sifted, beating it in very hard; and the juice of a lemon or orange. Lastly, stir in a quarter of a pound of sifted flour, a little at a time. Stir the whole very hard, and then with a spoon lay it on sheets of white paper, forming it into thin cakes of an oblong or oval shape. Take care not to place them too close to each other, lest they run. Grate loaf-sugar over the top of each, to assist in keeping them in shape. Have the oven quite ready to put them in immediately. It should be rather brisk. They will bake in a few minutes, and should be but slightly coloured.

*They are sometimes called lady-fingers.*

### ALMOND MACAROONS

Take a pound of shelled sweet almonds, and a quarter of a pound of shelled bitter almonds. Blanch them in scalding water, mix them together, and pound them, one or two at a time, in a mortar to a very smooth paste; adding frequently a little rose water to prevent them from oiling and becoming heavy. Prepare a pound of powdered loaf-sugar. Beat the whites of seven eggs to a stiff froth, and then beat into it gradually the powdered sugar, adding a table-spoonful of mixed spice, (nutmeg, mace, and cinnamon.) Then mix in the pounded almonds, (which it is best to prepare the day before,) and stir the whole very hard. Form the mixture with a spoon into little round or oval cakes, upon sheets of buttered white paper, and grate white sugar over each. Lay the paper in square shallow pans, or on iron sheets, and bake the macaroons a few minutes in a brisk oven, till of a pale brown. When cold, take them off the papers.

It will be well to try two or three first, and if you find them likely to lose their shape and run into each other, you may omit the papers and make the mixture up into little balls with your hands well floured; baking them in shallow tin pans slightly buttered.

*You may make macaroons with icing that is left from a cake; adding pounded almonds &c.*

### COCOA-NUT MACAROONS

Beat to a stiff froth the whites of six eggs, and then beat into it very hard a pound of powdered loaf-sugar. Mix with it a pound of grated cocoa-nut, or sufficient to make a stiff paste. Then flour your hands, and make it up into little balls. Lay them on sheets of buttered white paper, and bake them in a brisk oven; first grating loaf-sugar over each. They will be done in a few minutes.

*Macaroons may be made in a similar manner of pounded cream-nuts, ground-nuts, filberts, or English walnuts.*

### WHITE COCOA-NUT CAKES

Break up a cocoa-nut; peel, and wash the pieces in cold water, and grate them. Mix in the milk of the nut and some powdered loaf-sugar, and then form the grated cocoa-nut into little balls upon sheets of white paper. Make them all of a regular and handsome form, and touch the top of each with a spot of red sugar-sand. Do not bake them, but place them to dry for twenty-four hours, in a warm room where nothing is likely to disturb them.

### COCOA-NUT JUMBLES

Grate a large cocoa-nut. Rub half a pound of butter into a pound of sifted flour, and wet it with three beaten eggs, and a little rose water. Add by degrees the cocoa-nut, so as to form a stiff dough. Flour your hands and your paste-board, and dividing the dough into equal portions, make the jumbles with your hands into long rolls, and then curl them round and join the ends so as to form rings. Grate loaf-sugar over them; lay them in buttered pans, (not so near as to run into each other,) and bake them in a quick oven from five to ten minutes.

### COMMON JUMBLES

Sift a pound of flour into a large pan. Cut up a pound of butter into a pound of powdered white sugar, and stir them to a cream. Beat six eggs till very light, and then pour them all at once into the pan of flour; next add the butter and sugar, with a large table-spoonful of mixed mace and cinnamon, two grated nutmegs, and the juice of two lemons, or a wine glass of rose water. When all the ingredients are in, stir the mixture very hard with a broad knife. Having floured your hands and spread some flour on the paste-board, make the dough into long rolls, (all of equal size,) and form them into rings by joining the two ends very nicely. Lay them on buttered tins, and bake them in a quick oven from five to ten minutes. Grate sugar over them when cool.

### APEES

Rub a pound of fresh butter into two pounds of sifted flour, and mix in a pound of powdered white sugar, a grated nutmeg, a table-spoonful of powdered cinnamon, and four large table-spoonfuls of caraway seeds. Add a wine glass of rose water, and mix the whole with sufficient cold water to make it a stiff dough. Roll it out into a large sheet about a third of an inch in thickness, and cut it into round cakes with a tin cutter or with the edge of a tumbler.

Lay them in buttered pans, and bake them in a quick oven, (rather hotter at the bottom than at the top,) till they are of a very pale brown.

### WHITE CUP CAKE

Measure one large coffee cup of cream or rich milk, (which, for this cake, is best when sour,) one cup of fresh butter; two cups of powdered white sugar; and four cups of sifted flour. Stir the butter and sugar together till quite light; then by degrees add the cream, alternately with half the flour. Beat five eggs as light as possible, and stir them into the mixture, alternately with the remainder of the flour. Add a grated nutmeg and a large tea-spoonful of powdered cinnamon, with rose water to your taste. Lastly, stir in a very small tea-spoonful of sal-aratus or pearl-ash, melted in a little tepid water. Having stirred the whole very hard, put it into little tins; set them in a moderate oven, and bake them about twenty minutes.

### KISSES

Powder a pound of the best loaf-sugar. Beat to a strong froth the whites of eight eggs, and when it is stiff enough to stand alone, beat into it the powdered sugar, (a tea-spoonful at a time,) adding the juice of two lemons, or of two large oranges. Having beaten the whole very hard, drop it in oval or egg-shaped heaps upon sheets of white paper, smoothing them with a broad knife dipped in cold water. Place them in a moderate oven, (if it is too cool they will not rise, but will flatten and run into each other,) and bake them till coloured of a very pale brown. Then take them off the papers very carefully, place two bottoms (or flat sides) together so as to unite them in an oval ball, and lay them on their sides to cool.

*You may scoop out a little from the under-surface of each, and put in some jelly. Then stick the flat sides together.*

## MARMALADE CAKE

Make a batter as for queen-cake, and bake it in small tin rings on a griddle. Beat white of egg, and powdered loaf-sugar according to the preceding receipt, flavouring it with lemon. When the batter is baked into cakes, and they are quite cool, spread over each a thick layer of marmalade, and then heap on with a spoon the icing or white of egg and sugar. Pile it high, and set the cakes in a moderate oven till the icing is coloured of a very pale brown.

*Instead of small ones you may bake  
the whole in one large cake.*

## SECRETS

Take glazed paper of different colours, and cut it into squares of equal size, fringing two sides of each. Have ready, burnt almonds, chocolate nuts, and bonbons or sugar-plums of various sorts; and put one in each paper with a folded slip containing two lines of verse; or what will be much more amusing, a conundrum with the answer. Twist the coloured paper so as entirely to conceal their contents, leaving the fringe at each end. This is the most easy, but there are various ways of cutting and ornamenting these envelopes.

## SCOTCH CAKE

Rub three quarters of a pound of butter into a pound of sifted flour; mix in a pound of powdered sugar, and a large table-spoonful of powdered cinnamon. Mix it into a dough with three well beaten eggs. Roll it out into a sheet; cut it into round cakes, and bake them in a quick oven; they will require but a few minutes.

## SCOTCH QUEEN CAKE

Melt a pound of butter by putting it into a skillet on hot coals. Then set it away to cool. Sift two quarts of oatmeal into a deep pan, and mix with it a pound of powdered sugar and a table-spoonful of powdered cinnamon and mace. Make a hole in the middle, put in the melted butter, and mix it with a knife till you have formed of the whole a lump of dough. If it is too stiff, moisten it with a little rose water. Knead it well, and roll it out into a large oval sheet, an inch thick. Cut it down the middle, and then across, so as to divide it into four cakes. Prick them with a fork, and crimp or scollop the edges neatly. Lay them in shallow pans; set them in a quick oven and bake them of a light brown. This cake will keep a week or two.

*You may mix in with the dough half a pound  
of currants, picked, washed, and dried.*

## HONEY CAKES

Take a quart of strained honey, half a pound of fresh butter, and a small tea-spoonful of pearl-ash dissolved in a little sour milk. Add by degrees as much sifted flour as will make a stiff paste. Work the whole well together. Roll it out about half an inch thick. Cut it into cakes with the edge of a tumbler or with a tin cake-cutter. Lay them on buttered tins and bake them with rather a brisk fire, but see that they do not burn.

## WAFER CAKES

Mix together half a pound of powdered sugar, and a quarter of a pound of butter; and add to them six beaten eggs. Then beat the whole very light; stirring into it as much sifted flour as will make a stiff batter; a powdered nutmeg, and a tea-spoonful of cinnamon; and the juice of a lemon, or a table-spoonful of rose water. The batter must be very smooth when it is done, and without a single lump. Heat your wafer iron on both sides by turning it in the fire; but do not allow it to get too hot. Grease the inside with butter tied in a rag, (this must be repeated previous to the baking of every cake,) and put in the batter, allowing to each wafer two large table-spoonfuls, taking care not to stir up the batter. Close the iron, and when one side is baked, turn it on the other; open it occasionally to see if the wafer is doing well. They should be coloured of a light brown. Take them out carefully with a knife. Strew them with powdered sugar, and roll them up while warm, round a smooth stick, withdrawing it when they grow cold. They are best the day after they are baked.

If you are preparing for company, fill up the hollow of the wafers with whipt cream, and stop up the two ends with preserved strawberries, or with any other small sweetmeat.

## SUGAR BISCUIT

Wet a pound of sugar with two large tea-cups full of milk; and rub a pound of butter into two pounds of flour; adding a table-spoonful of cinnamon, or a handful of carraway seeds. Mix in the sugar, add a tea-spoonful of soda dissolved, and make the whole into a stiff dough. Knead it, and then roll it out into a sheet about half an inch thick. Beat it on both sides with the rolling-pin, and then cut it out with the edge of a tumbler into round cakes. Prick them with a fork, lay them in buttered pans, and bake them light brown in a quick oven. You may colour them yellow by mixing in with the other ingredients a little of the infusion of saffron.

*These are the hard sugar-biscuits*

## WONDERS, OR CRULLERS

Rub half a pound of butter into two pounds of sifted flour, mixing in three quarters of a pound of powdered sugar. Add a tea-spoonful of powdered cinnamon, and a grated nutmeg, with a large table-spoonful of rose water. Beat six eggs very light, and stir them into the mixture. Mix it with a knife into a soft paste. Then put it on the paste-board, and roll it out into a sheet an inch thick. If you find it too soft, knead in a little more flour, and roll it out over again. Cut it into long slips with a jagging iron, or with a sharp knife, and twist them into various fantastic shapes. Have ready on hot coals, a skillet of boiling lard; put in the crullers and fry them of a light brown, turning them occasionally by means of a knife and fork. Take them out one by one on a perforated skimmer, that the lard may drain off through the holes. Spread them out on a large dish, and when cold grate white sugar over them.

*They will keep a week or more.*

## DOUGH NUTS

Take two deep dishes, and sift three quarters of a pound of flour into each. Make a hole in the centre of one of them, and pour in a wine glass of the best brewer's yeast; mix the flour gradually into it, wetting it with lukewarm milk; cover it, and set it by the fire to rise for about two hours. This is setting a sponge. In the mean time, cut up five ounces of butter into the other dish of flour, and rub it fine with your hands; add half a pound of powdered sugar, a tea-spoonful of powdered cinnamon, a grated nutmeg, a table-spoonful of rose water, and a half pint of milk. Beat three eggs very light, and stir them hard into the mixture. Then when the sponge is perfectly light, add it to the other ingredients, mixing them all thoroughly with a knife. Cover it, and set it again by the fire for another hour. When it is quite light, flour your paste-board, turn out the lump of dough, and cut it into thick diamond shaped cakes with a jagging iron. If you find the dough so soft as to be unmanageable, mix in a little more flour; but not else. Have ready a skillet of boiling lard; put the dough-nuts into it, and fry them brown; and when cool grate loaf-sugar over them. They should be eaten quite fresh, as next day they will be tough and heavy; therefore it is best to make no more than you want for immediate use.

*The New York Oley Koeks are dough-nuts  
with currants and raisins in them.*

## WAFFLES

Put two pints of rich milk into separate pans. Cut up and melt in one of them a quarter of a pound of butter, warming it slightly; then, when it is melted, stir it about, and set it away to cool. Beat eight eggs till very light, and mix them gradually into the other pan of milk, alternately with half a pound of flour. Then mix in by degrees the milk that has the butter in it. Lastly, stir in a large table-spoonful of strong fresh yeast. Cover the pan, and set it near the fire to rise. When the batter is quite light, heat your waffle-iron, by putting it among the coals of a clear bright fire; grease the inside with butter tied in a rag, and then put in some batter. Shut the iron closely, and when the waffle is done on one side, turn the iron on the other. Take the cake out by slipping a knife underneath; and then heat and grease the iron for another waffle. Send them to table quite hot, four or six on a plate; having buttered them and strewed over each a mixture of powdered cinnamon, and white sugar. Or you may send the sugar and cinnamon in a little glass bowl.

In buying waffle-irons, do not choose those broad shallow ones that are to hold four at a time; as the waffles baked in them are too small, too thin, and are never of a good shape. The common sort that bake but two at once are much the best. They should be of a deep well-cut pattern.



## NEW YORK COOKIES

Take a half-pint or a tumbler full of cold water, and mix it with half a pound of powdered white sugar. Sift three pounds of flour into a large pan, and cut up in it a pound of butter; rub the butter very fine into the flour. Add a grated nutmeg, and a tea-spoonful of powdered cinnamon, with a wine glass of rose water. Work in the sugar, and make the whole into a stiff dough, adding, if necessary, a little cold water. Dissolve a tea-spoonful of soda in just enough tepid water to cover it; and mix it in at the last. Take the lump of dough out of the pan, and knead it on the paste-board till it becomes quite light. Then roll it out rather more than half an inch thick, and cut it into square cakes with a jagging iron or with a sharp knife. Stamp the surface of each with a cake print. Lay them in buttered pans, and bake them of a light brown in a brisk oven.

*They are similar to what are called New Year's cakes,  
and will keep two or three weeks.*

*In mixing the dough, you may add three  
table-spoonfuls of carraway seeds.*

## RUSKS

Sift three pounds of flour into a large pan, and rub into it half a pound of butter, and half a pound of sugar. Beat two eggs very light, and stir them into a pint and a half of milk, adding two table-spoonfuls of rose water, and three table-spoonfuls of the best and strongest yeast. Make a hole in the middle of the flour, pour in the liquid, and gradually mix the flour into it till you have a thick batter. Cover it, and set it by the fire to rise. When it is quite light, put it on your paste-board and knead it well. Then divide it into small round cakes and knead each separately. Lay them very near each other in shallow iron pans that have been sprinkled with flour. Prick the top of each rusk with a fork, and set them by the fire to rise again for half an hour or more. When they are perfectly light, bake them in a moderate oven. They are best when fresh. Soft sugar-biscuits are made the same way.

*You can convert them into what are called Hard Rusks, or  
Tops and Bottoms, by splitting them in half, and putting  
them again into the oven to harden and crisp.*

## MILK BISCUIT

Cut up three quarters of a pound of butter in a quart of milk, and set it near the fire to warm, till the butter becomes soft; then with a knife, mix it thoroughly with the milk, and set it away to cool. Afterwards stir in two wine glasses of strong fresh yeast, and add by degrees as much sifted flour as will make a dough just stiff enough to roll out. As soon as it is mixed, roll it into a thick sheet, and cut it out into round cakes with the edge of a tumbler or a wine glass. Sprinkle a large iron pan with flour; lay the biscuits in it, cover it and set it to rise near the fire. When the biscuits are quite light, knead each one separately; prick them with a fork, and set them again in a warm place for about half an hour. When they are light again, bake them in a moderate oven. They should be eaten fresh, and pulled open with the fingers, as splitting them with a knife will make them heavy.



### FRANKLIN CAKE

Mix together a pint of molasses, and half a pint of milk, and cut up in it half a pound of butter. Warm them just enough to melt the butter, and then stir in six ounces of brown sugar; adding three table-spoonfuls of ginger, a table-spoonful of powdered cinnamon, a tea-spoonful of powdered cloves, and a grated nutmeg. Beat seven eggs very light, and stir them gradually into the mixture, in turn with a pound and two ounces of flour. Add, at the last, the grated peel and juice of two large lemons or oranges; the peel grated very fine. This gingerbread requires no pearl-ash. Stir the mixture very hard; put it into little queen-cake tins, well buttered; and bake it in a moderate oven.

*It is best the second day, and will keep soft a week.  
Use West India molasses.*

### WHITE GINGERBREAD

Sift two pounds of flour into a deep pan, and rub into it three quarters of a pound of butter; then mix in a pound of common white sugar powdered; and three table-spoonfuls of the best white ginger. Having beaten four eggs very light, mix them gradually with the other ingredients in the pan, and add a small tea-spoonful of pearl-ash melted in a wine glass of sour milk. Stir the whole as hard as possible. Flour your paste-board; lay the lump of dough upon it, and roll it out into a sheet an inch thick; adding more flour if necessary. Butter a large shallow square pan. Lay the dough into it, and bake it in a moderate oven. When cold, cut it into squares. Or you may cut it out into separate cakes with a jagging iron, previous to baking. You must be careful not to lay them too close together in the pan, lest they run into each other.

### COMMON GINGERBREAD

Cut up a pound of butter in a quart of West India molasses, which must be perfectly sweet; sugar-house molasses will make it hard and heavy. Warm it slightly, just enough to melt the butter. Crush with the rolling-pin, on the paste-board, half a pound of brown sugar, and add it by degrees to the molasses and butter; then stir in three table-spoonfuls of ginger, a large tea-spoonful of powdered cloves, and a tea-spoonful of powdered cinnamon. Add gradually sufficient flour to make a dough stiff enough to roll out easily; and lastly, a small tea-spoonful of pearl-ash melted in a little sour milk. Mix and stir the dough very hard with a spaddle, or a wooden spoon; but do not knead it. Then divide it with a knife into equal portions; and, having floured your hands, roll it out on the paste-board into long even strips. Place them in shallow tin pans, that have been buttered; either laying the strips side by side in straight round sticks, (uniting them at both ends,) or coil them into rings one within another, as you see them at the cake shops. Bake them in a brisk oven, taking care that they do not burn; gingerbread scorching sooner than any other cake.

To save time and trouble, you may roll out the dough into a sheet near an inch thick, and cut it into round flat cakes with a tin cutter, or with the edge of a tumbler.

*Ground ginger loses much of its strength by keeping.  
Therefore it will be frequently found necessary to put in  
more than the quantity given in the receipt.*

### GINGERBREAD NUTS

Rub half a pound of butter into a pound and a half of sifted flour; and mix in half a pound of brown sugar, crushed fine with the rolling-pin. Add three table-spoonfuls of ginger, a tea-spoonful of powdered cloves, and a tea-spoonful of powdered cinnamon. Stir in a pint of molasses, and the grated peel of a large lemon, but not the juice, as you must add at the last a very small tea-spoonful of pearl-ash dissolved in tepid water, and pearl-ash entirely destroys the taste of lemon-juice and of every other acid. Stir the whole mixture very hard with a spaddle or with a wooden spoon, and make it into a lump of dough just stiff enough to roll out into a sheet about half an inch thick. Cut it out into small cakes about the size of a quarter dollar; or make it up, with your hands well floured, into little round balls, flattening them on the top. Lay them in buttered pans, and bake them in a moderate oven.

*They will keep several weeks. Use West India molasses.*

### GINGER PLUM CAKE

Stone a pound and a half of raisins, and cut them in two. Wash and dry half a pound of currants. Sift into a pan two pounds of flour. Put into another pan a pound of brown sugar, (rolled fine,) and cut up in it a pound of fresh butter. Stir the butter and sugar to a cream, and add to it two table-spoonfuls of the best ginger, one table-spoonful of powdered cinnamon; and one of powdered cloves. Then beat six eggs very light, and add them gradually to the butter and sugar, in turn with the flour and a quart of molasses. Lastly, stir in a tea-spoonful of pearl-ash dissolved in lukewarm water and add by degrees the fruit, which must be well dredged with flour. Stir all very hard; put the mixture into a buttered pan, and bake it in a moderate oven.

Use West India molasses.

### MOLASSES CANDY

Mix a pound of the best brown sugar with two quarts of West India molasses, (which must be perfectly sweet,) and boil it in a preserving kettle over a moderate fire for three hours, skimming it well, and stirring it frequently after the scum has ceased to rise; taking care that it does not burn. Have ready the grated rind and the juice of three lemons, and stir them into the molasses after it has boiled about two hours and a half; or you may substitute the juice and rind of three large oranges. The flavour of the lemon will all be boiled out if it is put in too soon. The mixture should boil at least three hours, that it may be crisp and brittle when cold. If it is taken off the fire too soon, or before it has boiled sufficiently, it will not congeal, but will be tough and ropy, and must be boiled over again. It will cease boiling of itself when it is thoroughly done. Then take it off the fire; have ready a square tin pan; put the mixture into it, and set it away to cool. The pan should be buttered.

You may make molasses candy with almonds blanched and slit into pieces; stir them in by degrees after the mixture has boiled two hours and a half. Or you may blanch a quart of ground-nuts and put them in instead of the almonds.

### NOUGAT

Blanch a pound of shelled sweet almonds; and with an almond-cutter, or a sharp penknife, split each almond into two slips. Spread them over a large dish, and place them in a gentle oven. Powder two pounds of the best loaf-sugar, and put it into a preserving pan without a drop of water. Set it on a chafing-dish over a slow fire, or on a hot stove, and stir it with a wooden spoon till the heat has entirely dissolved it. Then take the almonds out of the oven, and mix with them the juice of two or three lemons. Put them into the sugar a few at a time, and let them simmer till it becomes a thick stiff paste, stirring it hard all the while. Have ready a mould, or a square tin pan, greased all over the inside with sweet oil; put the mixture into it; smooth it evenly, and set it in a cold place to harden. When almost hard cut it into long slips.

### LEMON DROPS

Squeeze some lemon-juice into a pan. Pound in a mortar some of the best loaf-sugar, and then sift it through a very fine sieve. Mix it with the lemon-juice, making it so thick that you can scarcely stir it. Put it into a porcelain saucepan, set it on hot coals, and stir it with a wooden spoon five minutes or more. Then take off the pan, and with the point of a knife drop the liquid on writing paper. When cold, the drops will easily come off.

Peppermint drops may be made as above, substituting for the lemon-juice essence of peppermint.

Orange drops may be made in the same manner.

## WARM CAKES FOR BREAKFAST AND TEA

### BUCKWHEAT CAKES

Take a quart of buckwheat meal, mix with it a tea-spoonful of salt, and add a handful of Indian meal. Pour two table-spoonfuls of the best brewer's yeast into the centre of the meal. Then mix it with lukewarm water till it becomes a batter. Cover it, put it in a warm place and set it to rise; it will take about three hours. When it is quite light, and covered with bubbles, it is fit to bake. Put your griddle over the fire, and let it get quite hot before you begin. Grease it well with a piece of butter tied in a rag. Then dip out a large ladle full of the batter and bake it on the griddle; turning it with a broad wooden paddle. Let the cakes be of large size, and even at the edges. Ragged edges to batter cakes look very badly. Butter them as you take them off the griddle. Put several on a plate, and cut them across in six pieces.

Grease the griddle anew, between baking each cake.

If your batter has been mixed over night and is found to be sour in the morning, melt in warm water a piece of pearl-ash the size of a grain of corn, or a little larger; stir it into the batter; let it set half an hour, and then bake it.

*The pearl-ash will remove the sour taste, and increase the lightness of the cakes.*

### FLANNEL CAKES

Put a table-spoonful of butter into a quart of milk, and warm them together till the butter has melted; then stir it well, and set it away to cool. Beat five eggs as light as possible, and stir them into the milk in turn with three pints of sifted flour; add a small tea-spoonful of salt, and a large table-spoonful and a half of the best fresh yeast. Set the pan of batter near the fire to rise; and if the yeast is good, it will be light in three hours. Then bake it on a griddle in the manner of buckwheat cakes. Send them to table hot, and cut across into four pieces. This batter may be baked in waffle-irons. If so, send to table with the cakes powdered white sugar and cinnamon.

### JOHNNY CAKE

Sift a quart of Indian meal into a pan; make a hole in the middle, and pour in a pint of warm water. Mix the meal and water gradually into a batter, adding a small tea-spoonful of salt. Beat it very hard, and for a long time, till it becomes quite light. Then spread it thick and even on a stout piece of smooth board. Place it upright on the hearth before a clear fire, with a flat iron or something of the sort to support the board behind, and bake it well. Cut it into squares, and split and butter them hot.

### INDIAN FLAPPERS

Have ready a pint of sifted Indian meal, mixed with a handful of wheat flour, and a small tea-spoonful of salt. Beat four eggs very light, and stir them by degrees into a quart of milk, in turn with the meal. They can be made in a very short time, and should be baked as soon as mixed, on a hot griddle; allow a large ladle full of batter to each cake, and make them all of the same size. Send them to table hot, buttered and cut in half.

### INDIAN BATTER CAKES

Mix together a quart of sifted Indian meal, (the yellow meal is best for all purposes,) and a handful of wheat flour. Warm a quart of milk, and stir into it a small tea-spoonful of salt, and two large table-spoonfuls of the best fresh yeast. Beat three eggs very light, and stir them gradually into the milk in turn with the meal. Cover it, and set it to rise for three or four hours. When quite light, bake it on a griddle in the manner of buckwheat cakes. Butter them, cut them across, and send them to table hot, with molasses in a sauce-boat.

If the batter should chance to become sour before it is baked, stir in about a salt-spoonful of pearl-ash dissolved in a little lukewarm water; and let it set half an hour longer before it is baked.

### INDIAN MUSH CAKES

Pour into a pan three pints of cold water, and stir gradually into it a quart of sifted Indian meal which has been mixed with half a pint of wheat flour, and a small tea-spoonful of salt. Give it a hard stirring at the last. Have ready a hot griddle, and bake the batter immediately, in cakes about the size of a saucer. Send them to table piled evenly, but not cut. Eat them with butter or molasses.

This is the most economical and expeditious way of making soft Indian cakes; but it cannot be recommended as the best.

*It will be some improvement to mix the meal with milk rather than water.*

### INDIAN MUFFINS

Sift and mix together a pint and a half of yellow Indian meal, and a handful of wheat flour. Melt a quarter of a pound of fresh butter in a quart of milk. Beat four eggs very light, and stir into them alternately (a little at a time of each) the milk when it is quite cold, and the meal; adding a small tea-spoonful of salt. The whole must be beaten long and hard. Then butter some muffin rings; set them on a hot griddle, and pour some of the batter into each.

Send the muffins to table hot, and split them by pulling them open with your fingers, as a knife will make them heavy. Eat them with butter, molasses or honey.

### WATER MUFFINS

Put four table-spoonfuls of fresh strong yeast into a pint of lukewarm water. Add a little salt; about a small tea-spoonful; then stir in gradually as much sifted flour as will make a thick batter. Cover the pan, and set it in a warm place to rise. When it is quite light, and your griddle is hot, grease and set your muffin rings on it; having first buttered them round the inside. Dip out a ladle full of the batter for each ring, and bake them over a quick fire. Send them to table hot, and split them by pulling them open with your hands.

## COMMON MUFFINS

Having melted three table-spoonfuls of fresh butter in three pints of warm milk, set it away to cool. Then beat three eggs as light as possible, and stir them gradually into the milk when it is quite cold; adding a tea-spoonful of salt. Stir in by degrees enough of sifted flour to make a batter as thick as you can conveniently beat it; and lastly, add two table-spoonfuls of strong fresh yeast from the brewery. Cover the batter and set it in a warm place to rise. It should be light in about three hours. Having heated your griddle, grease it with some butter tied in a rag; grease your muffin rings round the inside, and set them on the griddle. Take some batter out of the pan with a ladle or a large spoon, pour it lightly into the rings, and bake the muffins of a light brown. When done, break or split them open with your fingers; butter them and send them to table hot.

## SODA BISCUITS

Melt half a pound of butter in a pint of warm milk, adding a tea-spoonful of soda; and stir in by degrees half a pound of sugar. Then sift into a pan two pounds of flour; make a hole in the middle; pour in the milk, &c., and mix it with the flour into a dough. Put it on your paste-board, and knead it long and hard till it becomes very light. Roll it out into a sheet half an inch thick. Cut it into little round cakes with the top of a wine glass, or with a tin cutter of that size; prick the tops; lay them on tins sprinkled with flour, or in shallow iron pans; and bake them of a light brown in a quick oven; they will be done in a few minutes.

*These biscuits keep very well.*

## A SALLY LUNN

This cake is called after the inventress. Sift into a pan a pound and a half of flour. Make a hole in the middle, and put in two ounces of butter warmed in a pint of milk, a salt-spoonful of salt, three well-beaten eggs, and two table-spoonfuls of the best fresh yeast. Mix the flour well into the other ingredients, and put the whole into a square tin pan that has been greased with butter. Cover it, set it in a warm place, and when it is quite light, bake it in a moderate oven. Send it to table hot, and eat it with butter.

*Or, you may bake it on a griddle, in small muffin rings, pulling the cakes open and buttering them when brought to table.*

## SHORT CAKES

Rub three quarters of a pound of fresh butter into a pound and a half of sifted flour; and make it into a dough with a little cold water. Roll it out into a sheet half an inch thick, and cut it into round cakes with the edge of a tumbler. Prick them with a fork; lay them in a shallow iron pan sprinkled with flour, and bake them in a moderate oven till they are brown. Send them to table hot; split and butter them.



## TEA BISCUIT

Melt a quarter of a pound of fresh butter in a quart of warm milk, and add a salt-spoonful of salt. Sift two pounds of flour into a pan, make a hole in the centre, and put in three table-spoonfuls of the best brewer's yeast. Add the milk and butter and mix it into a stiff paste. Cover it and set it by the fire to rise. When quite light, knead it well, roll it out an inch thick, and cut it into round cakes with the edge of a tumbler. Prick the top of each with a fork; lay them in buttered pans and bake them light brown. Send them to table warm, and split and butter them.

## RICE CAKES

Pick and wash half a pint of rice, and boil it very soft. Then drain it, and let it get cold. Sift a pint and a half of flour over the pan of rice, and mix in a quarter of a pound of butter that has been warmed by the fire, and a salt-spoonful of salt. Beat five eggs very light, and stir them gradually into a quart of milk. Beat the whole very hard, and bake it in muffin rings, or in waffle-irons. Send them to table hot, and eat them with butter, honey, or molasses.

*You may make these cakes of rice flour instead of mixing together whole rice and wheat flour.*

## CREAM CAKES

Having beaten three eggs very light, stir them into a quart of cream alternately with a quart of sifted flour; and add one wine glass of strong yeast, and a salt-spoon of salt. Cover the batter, and set it near the fire to rise. When it is quite light, stir in a large table-spoonful of butter that has been warmed by the fire. Bake the cakes in muffin rings, and send them to table hot, split with your fingers, and buttered.

## FRENCH ROLLS

Sift a pound of flour into a pan, and rub into it two ounces of butter; mix in the whites only of three eggs, beaten to a stiff froth, and a table-spoonful of strong yeast; add sufficient milk to make a stiff dough, and a salt-spoonful of salt. Cover it and set it before the fire to rise. It should be light in an hour. Then put it on a paste-board, divide it into rolls, or round cakes; lay them in a floured square pan, and bake them about ten minutes in a quick oven.

## COMMON ROLLS

Sift two pounds of flour into a pan, and mix with it a tea-spoonful of salt. Warm together a gill of water and a gill of milk. Make a hole in the middle of the pan of flour; mix with the milk and water a gill of the best yeast, and pour it into the hole. Mix into the liquid enough of the surrounding flour to make a thin batter, which you must stir till quite smooth and free from lumps. Then strew a handful of flour over the top, and set it in a warm place to rise for two hours or more. When it is quite light, and has cracked on the top, make it into a dough with some more milk and water. Knead it well for ten minutes. Cover it, and set it again to rise for twenty minutes. Then make the dough into rolls or round balls. Bake them in a square pan, and send them to table hot, cut in three, buttered and put together again.

## BREAD, &c.

Take one peck or two gallons of fine wheat flour, and sift it into a kneading trough, or into a small clean tub, or a large broad earthen pan; and make a deep hole in the middle of the heap of flour, to begin the process by what is called setting a sponge. Have ready half a pint of warm water, which in summer should be only lukewarm, but even in winter it must not be hot or boiling, and stir it well into half a pint of strong fresh yeast; (if the yeast is home-made you must use from three quarters to a whole pint;) then pour it into the hole in the middle of the flour. With a spoon work in the flour round the edges of the liquid, so as to bring in by degrees sufficient flour to form a thin batter, which must be well stirred about, for a minute or two. Then take a handful of flour, and scatter it thinly over the top of this batter, so as to cover it entirely. Lay a warmed cloth over the whole, and set it to rise in a warm place; in winter put it nearer the fire than in summer. When the batter has risen so as to make cracks in the flour on the top, scatter over it three or four table-spoonfuls (not more) of fine salt, and begin to form the whole mass into a dough; commencing round the hole containing the batter, and pouring as much soft water as is necessary to make the flour mix with the batter; the water must never be more than lukewarm. When the whole is well mixed, and the original batter which is to give fermentation to the dough is completely incorporated with it, knead it hard, turning it over, pressing it, folding it, and working it thoroughly with your clenched hands for twenty minutes or half an hour; or till it becomes perfectly light and stiff. The goodness of bread depends much on the kneading, which to do well requires strength and practice. When it has been sufficiently worked, form the dough into a lump in the middle of the trough or pan, and scatter a little dry flour thinly over it: then cover it, and set it again in a warm place to undergo a farther fermentation; for which, if all has been done rightly, about twenty minutes or half an hour will be sufficient.

The oven should be hot by the time the dough has remained twenty minutes in the lump. If it is a brick oven it should be heated by faggots or small light wood, allowed to remain in till burnt down into coals. When the bread is ready, clear out the coals, and sweep and wipe the floor of the oven clean. Introduce nothing wet into the oven, as it may crack the bricks when they are hot. Try the heat of the bottom by throwing in some flour; and if it scorches and burns black, do not venture to put in the bread till the oven has had time to become cooler.

Put the dough on the paste-board, (which must be sprinkled with flour,) and divide it into loaves, forming them of a good shape. Place them in the oven, and close up the door, which you may open once or twice to see how the bread is going on. The loaves will bake in from two hours and a half to three hours, or more, according to their size. When the loaves are done, wrap each in a clean coarse towel, and stand them up on end to cool slowly. It is a good way to have the cloths previously made damp by sprinkling them plentifully with water, and letting them lie awhile rolled up tightly. This will make the crust of the bread less dry and hard. Bread should be kept always wrapped in a cloth, and covered from the air in a box or basket with a close lid. Unless you have other things to bake at the same time, it is not worth while to heat a brick oven for a small quantity of bread. Two or three loaves can be baked very well in a stove, (putting them into square iron pans,) or in a Dutch oven. \*

If the bread has been mixed over night (which should never be done in warm weather) and is found, on tasting it, to be sour in the morning, melt a tea-spoonful of pearl-ash in a little milk-warm water, and sprinkle it over the dough; let it set half an hour, and then knead it. This will remove the acidity, and rather improve the bread in lightness. If dough is allowed to freeze it is totally spoiled. All bread that is sour, heavy, or ill-baked is not only unpalatable, but extremely unwholesome, and should never be eaten. These accidents so frequently happen when bread is made at home by careless, unpractised or incompetent persons, that families who live in cities or towns will generally risk less and save more, by obtaining their bread from a professional baker.

If you like a little Indian in your wheat bread, prepare rather a larger quantity of warm water for setting the sponge; stirring into the water, while it is warming, enough of sifted Indian meal to make it like thin gruel. Warm water that has had pumpkin boiled in it is very good for bread.

Strong fresh yeast from the brewery should always be used in preference to any other. If the yeast is home-made, or not very strong and fresh, double or treble the quantity mentioned in the receipt will be necessary to raise the bread. On the other hand, if too much yeast is put in, the bread will be disagreeably bitter.\*\*

You may take off a portion of the dough that has been prepared for bread, make it up into little round cakes or rolls, and bake them for breakfast or tea.

*\*If you bake bread in a Dutch oven, take off the lid when the loaf is done, and let it remain in the oven uncovered for a quarter of an hour.*

*\*\* If you are obliged from its want of strength to put in a large quantity of yeast, mix with it two or three handfuls of bran; add the warm water to it, and then strain it through a sieve or cloth; or you may correct the bitterness by putting in a few bits of charcoal and then straining it.*

### BRAN BREAD

Sift into a pan three quarts of unbolted wheat meal. Stir a gill of strong yeast, and a gill of molasses into a quart of soft water, (which must be warm but not hot,) and add a small tea-spoonful of pearl-ash, or sal-aratus. Make a hole in the heap of flour, pour in the liquid, and proceed in the usual manner of making bread. This quantity may be made into two loaves.

*Bran bread is considered very wholesome; and is recommended to persons afflicted with dyspepsia.*

### RYE AND INDIAN BREAD

Sift two quarts of rye, and two quarts of Indian meal, and mix them well together. Boil three pints of milk; pour it boiling hot upon the meal; add two tea-spoonfuls of salt, and stir the whole very hard. Let it stand till it becomes of only a lukewarm heat, and then stir in half a pint of good fresh yeast; if from the brewery and quite fresh, a smaller quantity will suffice. Knead the mixture into a stiff dough, and set it to rise in a pan. Cover it with a thick cloth that has been previously warmed, and set it near the fire.

When it is quite light, and has cracked all over the top, make it into two loaves, put them into a moderate oven, and bake them two hours and a half.

### COMMON YEAST

Put a large handful of hops into two quarts of boiling water, which must then be set on the fire again, and boiled twenty minutes with the hops. Have ready in a pan three pints of sifted flour; strain the liquid, and pour half of it on the flour. Let the other half stand till it becomes cool, and then mix it gradually into the pan with the flour, &c. Then stir into it half a pint of good strong yeast, fresh from the brewery if possible; if not, use some that was left of the last making. You may increase the strength by stirring into your yeast before you bottle it, four or five large tea-spoonfuls of brown sugar, or as many table-spoonfuls of molasses.

Put it into clean bottles, and cork them loosely till the fermentation is over. Next morning put in the corks tightly, and set the bottles in a cold place. When you are going to bottle the yeast it will be an improvement to place two or three raisins at the bottom of each bottle. It is best to make yeast very frequently; as, with every precaution, it will scarcely keep good a week, even in cold weather.

*If you are apprehensive of its becoming sour, put into each bottle a lump of pearl-ash the size of a hazle-nut.*

### BRAN YEAST

Mix a pint of wheat bran, and a handful of hops with a quart of water, and boil them together about twenty minutes. Then strain it through a sieve into a pan; when the liquid becomes only milk-warm, stir into it four table-spoonfuls of brewer's yeast, and two of brown sugar, or four of molasses.

Put it into a wooden bowl, cover it, and set it near the fire for four or five hours. Then bottle it, and cork it tightly next day.

### PUMPKIN YEAST

Pare a fine ripe pumpkin, and cut it into pieces. Put them into a kettle with a large handful of hops, and as much water as will cover them. Boil them till the pumpkin is soft enough to pass through a cullender. Having done this, put the pulp into a stone jar, adding half a pint of good strong yeast to set it into a fermentation. The yeast must be well stirred into the pumpkin. Leave the jar uncovered till next day; then secure it tightly with a cork.

*If pumpkin yeast is well made, and of a proper consistence, neither too thick nor too thin, it will keep longer than any other.*

### BAKER'S YEAST

To a gallon of soft water put two quarts of wheat bran, one quart of ground malt, (which may be obtained from a brewery,) and two handfuls of hops. Boil them together for half an hour. Then strain it through a sieve, and let it stand till it is cold; after which put to it two large tea-cups of molasses, and half a pint of strong yeast. Pour it into a stone jug, and let it stand uncorked till next morning. Then pour off the thin liquid from the top, and cork the jug tightly. When you are going to use the yeast, if it has been made two or three days, stir in a little pearl-ash dissolved in warm water, allowing a lump the size of a hickory-nut to a pint of yeast. This will correct any tendency to sourness, and make the yeast more brisk.



## TO MAKE BUTTER, &c.

Scald your milk pans every day after washing them; and let them set till the water gets cold. Then wipe them with a clean cloth. Fill them all with cold water half an hour before milking time, and do not pour it out till the moment before you are ready to use the pans. Unless all the utensils are kept perfectly sweet and nice, the cream and butter will never be good. Empty milk-pans should stand all day in the sun.

When you have strained the milk into the pans, (which should be broad and shallow,) place them in the spring-house, setting them down in the water. After the milk has stood twenty-four hours, skim off the cream, and deposite it in a large deep earthen jar, commonly called a crock, which must be kept closely covered, and stirred up with a stick at least twice a day, and whenever you add fresh cream to it. This stirring is to prevent the butter from being injured by the skin that will gather over the top of the cream.

You should churn at least twice a week, for if the cream is allowed to stand too long, the butter will inevitably have a bad taste. Add to the cream the strippings of the milk.

Butter of only two or three days gathering is the best. With four or five good cows, you may easily manage to have a churning every three days. If your dairy is on a large scale, churn every two days.

Have your churn very clean, and rinse and cool it with cold water. A barrel churn is best; though a small upright one, worked by a staff or dash, will do very well where there are but one or two cows.

Strain the cream from the crock into the churn, and put on the lid. Move the handle slowly in warm weather, as churning too fast will make the butter soft. When you find that the handle moves heavily and with great difficulty, the butter has come; that is, it has separated from the thin fluid and gathered into a lump, and it then is not necessary to churn any longer. Take it out with a wooden ladle, and put it into a small tub or pail. Squeeze and press it hard with the ladle, to get out all that remains of the milk. Add a little salt, and then squeeze and work it for a long time. If any of the milk is allowed to remain in, it will speedily turn sour and spoil the butter. Set it away in a cool place for three hours, and then work it over again.\* Wash it in cold water; weigh it; make it up into separate pounds, smoothing and shaping it; and clap each pound on your wooden butter print, dipping the print every time in cold water. Spread a clean linen cloth on a bench in the spring-house; place the butter on it, and let it set till it becomes perfectly hard. Then wrap each pound in a separate piece of linen that has been dipped in cold water.

Pour the buttermilk into a clean crock, and place it in the spring-house, with a saucer to dip it out with. Keep the pot covered. The buttermilk will be excellent the first day; but afterwards it will become too thick and sour. Winter buttermilk is never very palatable.

Before you put away the churn, wash and scald it well; and the day that you use it again, keep it for an hour or more filled with cold water.

In cold weather, churning is a much more tedious process than in summer, as the butter will be longer coming. It is best then to have the churn in a warm room, or near the fire.

If you wish to prepare the butter for keeping a long time, take it after it has been thoroughly well made, and pack it down tightly into a large jar. You need not in working it, add more salt than if the butter was to be eaten immediately. But preserve it by making a brine of fine salt, dissolved in water. The brine must be strong enough to bear up an egg on the surface without sinking. Strain the brine into the jar, so as to be about two inches above the butter. Keep the jar closely covered, and set it in a cool place.

When you want any of the butter for use, take it off evenly from the top; so that the brine may continue to cover it at a regular depth.

This receipt for making butter is according to the method in use at the best farm-houses in Pennsylvania, and if exactly followed will be found very good. The badness of butter is generally owing to carelessness or mismanagement; to keeping the cream too long without churning; to want of cleanliness in the utensils; to not taking the trouble to work it sufficiently; or to the practice of salting it so profusely as to render it unpleasant to the taste, and unfit for cakes or pastry. All these causes of bad butter are inexcusable, and can easily be avoided. Unless the cows have been allowed to feed where there are bitter weeds or garlic, the milk cannot naturally have any disagreeable taste, and therefore the fault of the butter must be the fault of the maker. Of course, the cream is much richer where the pasture is fine and luxuriant; and in winter, when the cows have only dry food, the butter must be consequently whiter and more insipid than in the grazing season. Still, if properly made, even winter butter cannot taste badly.

Many economical housekeepers always buy for cooking, butter of inferior quality. This is a foolish practice; as when it is bad, the taste will predominate through all attempts to disguise it, and render every thing unpalatable with which it is combined. As the use of butter is designed to improve and not to spoil the flavour of cookery, it is better to omit it altogether, and to substitute something else, unless you can procure that which is good. Lard, suet, beef-drippings, and sweet oil, may be used in the preparation of various dishes; and to eat with bread or warm cakes, honey, molasses, or stewed fruit, &c. are far superior to bad butter.

*A marble slab or table will be found of great advantage in working and making up butter.*





## CHEESE

In making *good* cheese, skim milk is never used. The milk should either be warm from the cow or heated to that temperature over the fire. When the rennet is put in, the heat of the milk should be from 90° to 96°. Three quarts of milk will yield, on an average, about a pound of cheese. In infusing the rennet, allow a quart of lukewarm water, and a table-spoonful of salt to a piece about half the size of your hand. The rennet must soak all night in the water before it can be fit for use. In the morning (after taking as much of it as you want) put the rennet water into a bottle and cork it tightly. It will keep the better for adding to it a wine glass of brandy. If too large a proportion of rennet is mixed with the milk, the cheese will be tough and leathery.

To make a very good cheese, take three buckets of milk warm from the cow, and strain it immediately into a large tub or kettle. Stir into it half a tea-cupful of infusion of rennet or rennet-water; and having covered it, set it in a warm place for about half an hour, or till it becomes a firm curd. Cut the curd into squares with a large knife, or rather with a wooden slitting-dish, and let it stand about fifteen minutes. Then break it up fine with your hands, and let it stand a quarter of an hour longer. Then pour off from the top as much of the whey as you can; tie up the curd in a linen cloth or bag, and hang it up to drain out the remainder of the whey; setting a pan under it to catch the droppings. After all the whey is drained out, put the curd into the cheese-tray, and cut it again into slices; chop it coarse; put a cloth about it; place it in the cheese-hoop or mould, and set it in the screw press for half an hour, pressing it hard.\* Then take it out; chop the curd very fine; add salt to your taste; and put it again into the cheese-hoop with a cloth about it, and press it again. You must always wet the cloth all over to prevent its sticking to the cheese, and tearing the surface. Let it remain in the press till next morning, when you must take it out and turn it; then wrap it in a clean wet cloth, and replace it in the press, where it must remain all day. On the following morning again take out the cheese; turn it, renew the cloth, and put it again into the press. Three days pressing will be sufficient.

When you finally take it out of the press, grease the cheese all over with lard, and put it on a clean shelf in a dry dark room, or in a wire safe. Wipe, grease, and turn it carefully every day. If you omit this a single day the cheese will spoil. Keep the shelf perfectly clean, and see that the cheese does not stick to it. When the cheese becomes firm, you may omit the greasing; but continue to rub it all over every day with a clean dry cloth. Continue this for five or six weeks; the cheese will then be fit to eat.

The best time for making cheese is when the pasture is in perfection.

You may enrich the colour of the cheese by a little anatto or arnotta; of which procure a small quantity from the druggist, powder it, tie it in a muslin rag, and hold it in the warm milk, (after it is strained,) pressing out the colouring matter with your fingers, as laundresses press their indigo or blue rag in the tub of water. Anatto is perfectly harmless.

After they begin to dry, (or ripen, as it is called,) it is the custom in some dairy-farms, to place the cheeses in the

haystack, and keep them there among the hay for five or six weeks. This is said greatly to improve their consistence and flavour. Cheeses are sometimes ripened by putting them every day in fresh grass.

\* *If you are making cheese on a small scale, and have not a regular press, put the curd (after you have wrapped it in a cloth) into a small circular wooden box or tub with numerous holes bored in the bottom; and with a lid that fits the inside exactly. Lay heavy weights on the lid in such a manner as to press evenly all over.*

## A WELSH RABBIT

(Transcriber's Note: Later known as "Welsh Rare Bit")

Toast some slices of bread, (having cut off the crust,) butter them, and keep them hot. Grate or shave down with a knife some fine mellow cheese: and, if it is not very rich, mix with it a few small bits of butter. Put it into a cheese-toaster, or into a skillet, and add to it a tea-spoonful of made mustard; a little cayenne pepper; and if you choose, a wine glass of fresh porter or of red wine. Stir the mixture over hot coals, till it is completely dissolved; and then brown it by holding over it a salamander, or a red-hot shovel. Lay the toast in the bottom and round the sides of a deep dish; put the melted cheese upon it, and serve it up as hot as possible, with dry toast in a separate plate; and accompanied by porter or ale.

*This preparation of cheese is for a plain supper.*

*Dry cheese is frequently grated on little plate for the tea-table.*

## SAGE CHEESE

Take some of the young top leaves of the sage plant, and pound them in a mortar till you have extracted the juice. Put the juice into a bowl, wipe out the mortar, put in some spinach leaves, and pound them till you have an equal quantity of spinach juice. Mix the two juices together, and stir them into the warm milk immediately after you have put in the rennet. You may use sage juice alone; but the spinach will greatly improve the colour; besides correcting the bitterness of the sage.

## COTTAGE CHEESE

This is that preparation of milk vulgarly called *Smear Case*. Take a pan of milk that has just began to turn sour; cover it, and set it by the fire till it becomes a curd. Pour off the whey from the top, and tie up the curd in a pointed linen bag, and hang it up to drain; setting something under it to catch the droppings. Do not squeeze it. Let it drain all night, and in the morning put the curd into a pan, (adding some rich cream,) and work it very fine with a spoon, chopping and pressing it till about the consistence of a soft bread pudding. To a soup plate of the fine curd put a tea-spoonful of salt, and a piece of butter about the size of a walnut; mixing all thoroughly together. Having prepared the whole in this manner, put it into a stone or china vessel; cover it closely, and set it in a cold place till tea time.

*You may make it of milk that is entirely sweet by forming the curd with rennet.*

## STILTON CHEESE

Having strained the morning's milk, and skimmed the cream from the milk of the preceding evening, mix the cream and the new milk together while the latter is quite warm, and stir in the rennet-water. When the curd has formed, you must not break it up, (as is done with other cheese,) but take it out all at once with a wooden skimming dish, and place it on a sieve to drain gradually. While it is draining, keep pressing it gently till it becomes firm and dry. Then lay a clean cloth at the bottom of a wooden cheese-hoop or mould, which should have a few small holes bored in the bottom. The cloth must be large enough for the end to turn over the top again, after the curd is put in. Place it in the press for two hours; turn it, (putting a clean cloth under it,) and press it again for six or eight hours. Then turn it again, rub the cheese all over with salt, and return it to the press for fourteen hours. Should the edges of the cheese project, they must be pared off.

When you take it finally out of the press, bind it round tightly with a cloth, (which must be changed every day when you turn the cheese,) and set it on a shelf or board.

Continue the cloths till the cheese is firm enough to support itself: rubbing or brushing the outside every day when you turn it. After the cloths are left off, continue to brush the cheese every day for two or three months; during which time it may be improved by keeping it covered all round, under and over, with grass, which must be renewed every day, and gathered when quite dry after the dew is off. Keep the cheese and the grass between two large plates.

*A Stilton cheese is generally made of a small size, seldom larger in circumference than a dinner plate, and about four or five inches thick. They are usually put up for keeping, in cases of sheet lead, fitting them exactly. There is no cheese superior to them in richness and mildness.*

*Cream cheeses (as they are generally called) may be made in this manner. They are always eaten quite fresh, while the inside is still somewhat soft. They are made small, and are sent to table whole, cut across into triangular slices like a pie or cake. After they become fit to eat, they will keep good but a day or two, but they are considered while fresh very delicious.*

## CHOCOLATE, &c.

### TO MAKE CHOCOLATE

To each square of a chocolate cake allow three gills, or a chocolate cup and a half of boiling water. Scrape down the chocolate with a knife, and mix it first to a paste with a small quantity of the hot water; just enough to melt it in. Then put it into a block tin pot with the remainder of the water, set it on hot coals; cover it, and let it boil (stirring it twice) till the liquid is one third reduced. Supply that third with cream or rich milk; stir it again, and take it off the fire.

Serve it up as hot as possible, with dry toast, or dry rusk. It chills immediately. If you wish it frothed, pour it into the cup, and twirl round in it the little wooden instrument called a chocolate mill, till you have covered the top with foam.

### TO MAKE COFFEE

The manner in which coffee is roasted is of great importance to its flavour. If roasted too little, it will be weak and insipid; if too much, the taste will be bitter and unpleasant. To have it very good, it should be roasted immediately before it is made, doing no more than the quantity you want at that time. It loses much of its strength by keeping, even in twenty-four hours after roasting. It should on no consideration be ground till directly before it is made. Every family should be provided with a coffee roaster, which is an iron cylinder to stand before the fire, and is either turned by a handle, or wound up like a jack to go of itself. If roasted in an open pot or pan, much of the flavour evaporates in the process. Before the coffee is put into the roaster, it should be carefully examined and picked, lest there should be stones or bad grains among it. It should be roasted of a bright brown; and will be improved by putting among it a piece of butter when about half done.

Watch it carefully while roasting, looking at it frequently.

A coffee-mill affixed to the wall is far more convenient than one that must be held on the lap. It is best to grind the coffee while warm.

Allow half a pint of ground coffee to one quart of water. If the coffee is not freshly roasted, you should put in more. Put the water into the tin coffee-pot, and set it on hot coals; when it boils, put in the coffee, a spoonful at a time, (stirring it between each spoonful,) and add two or three chips of isinglass, or the white of an egg. Stir it frequently, till it has risen up to the top in boiling; then set it a little farther from the fire, and boil it gently for ten minutes, or a quarter of an hour; after which pour in a tea-cup of cold water, and put it in the corner to settle for ten minutes. Scald your silver or china pot, and transfer the coffee to it; carefully pouring it off from the grounds, so as not to disturb them.

*If coffee is allowed to boil too long, it will lose much of its strength, and also become sour*



### FRENCH COFFEE

To make coffee without boiling, you must have a biggin, the best sort of which is what in France is called a Grecque. They are to be had of various sizes and prices at the tin stores. Coffee made in this manner is much less troublesome than when boiled, and requires no white of egg or isinglass to clear it. The coffee should be freshly roasted and ground. Allow two cupfuls of ground coffee to six cupfuls of boiling water. Having first scalded the biggin, (which should have strainers of perforated tin, and not of linen,) put in the coffee, and pour on the water, which should be boiling hard at the time. Shut down the lid, place the pot near the fire, and the coffee will be ready as soon as it has all drained through the coarse and fine strainers into the receiver below the spout. Scald your china or silver pot, and pour the coffee into it. But it is best to have a biggin in the form of an urn, in which the coffee can both be made and brought to table.

For what is called milk coffee,—boil the milk or cream separately; bring it to table in a covered vessel, and pour it hot into the coffee, the flavour of which will be impaired if the milk is boiled with it.

### TO MAKE TEA

In buying tea, it is best to get it by the box, of an importer, that you may be sure of having it fresh, and unmixed with any that is old and of inferior quality. The box should be kept in a very dry place. If green tea is good, it will look green in the cup when poured out. Black tea should be dark coloured and have a fragrant flowery smell. The best pots for making tea are those of china. Metal and Wedgwood tea-pots by frequent use will often communicate a disagreeable taste to the tea. This disadvantage may be remedied in Wedgwood ware, by occasionally boiling the tea-pots in a vessel of hot water.

In preparing to make tea, let the pot be twice scalded from the tea-kettle, which must be boiling hard at the moment the water is poured on the tea; otherwise it will be weak and insipid, even when a large quantity is put in. The best way is to have a chafing dish, with a kettle always boiling on it, in the room where the tea is made. It is a good rule to allow two heaping tea-spoonfuls of tea to a large cup-full of water, or two tea-spoonfuls for each grown person that is to drink tea, and one spoonful extra.

The pot being twice scalded, put in the tea, and pour on the water about ten minutes before you want to fill the cups, that it may have time to draw or infuse. Have hot water in another pot, to weaken the cups of those that like it so. That the second course of cups may be as strong as the first, put some tea into a cup just before you sit down to table, pour on it a very little boiling water, (just enough to cover it,) set a saucer over it to keep in the steam, and let it infuse till you have filled all the first cups; then add it to that already in the tea-pot, and pour in a little boiling water from the kettle. Except that it is less convenient for a large family, a kettle on a chafing dish is better than an urn, as the water may be kept longer boiling.

In making black tea, use a larger quantity than of green, as it is of a much weaker nature. The best black teas in general use are pekoe and pouchong; the best green teas are imperial, young hyson, and gunpowder.



## DOMESTIC LIQUORS, &c.

### SPRUCE BEER.

Put into a large kettle, ten gallons of water, a quarter of a pound of hops, and a tea-cupful of ginger. Boil them together till all the hops sink to the bottom. Then dip out a bucket full of the liquor, and stir into it six quarts of molasses, and three ounces and a half of the essence of spruce. When all is dissolved, mix it with the liquor in the kettle; strain it through a hair sieve into a cask; and stir well into it half a pint of good strong yeast. Let it ferment a day or two; then bung up the cask, and you may bottle the beer the next day. It will be fit for use in a week.

For the essence of spruce, you may substitute two pounds of the outer sprigs of the spruce fir, boiled ten minutes in the liquor.

To make spruce beer for present use, and in a smaller quantity, boil a handful of hops in two gallons and a half of water, till they fall to the bottom. Then strain the water, and when it is lukewarm, stir into it a table-spoonful of ground white ginger; a pint of molasses; a table-spoonful of essence of spruce; and half a pint of yeast. Mix the whole well together in a stone jug, and let it ferment for a day and a half, or two days. Then put it into bottles, with three or four raisins in the bottom of each, to prevent any further fermentation.

*It will then be fit for immediate use.*

### GINGER BEER

Break up a pound and a half of loaf-sugar, and mix with it three ounces of strong white ginger, and the grated peel of two lemons. Put these ingredients into a large stone jar, and pour over them two gallons of boiling water. When it becomes milkwarm strain it, and add the juice of the lemons and two large table-spoonfuls of strong yeast. Make this beer in the evening and let it stand all night. Next morning bottle it in little half pint stone bottles, tying down the corks with twine.

### MOLASSES BEER

To six quarts of water, add two quarts of West India molasses; half a pint of the best brewer's yeast; two table-spoonfuls of ground ginger; and one table-spoonful of cream of tartar. Stir all together. Let it stand twelve hours, and then bottle it, putting three or four raisins into each bottle.

It will be much improved by substituting the juice and grated peel of a large lemon, for one of the spoonfuls of ginger.

*Molasses beer keeps good but two or three days.*



### SASSAFRAS BEER

Have ready two gallons of soft water; one quart of wheat bran; a large handful of dried apples; half a pint of molasses; a small handful of hops; half a pint of strong fresh yeast, and a piece of sassafras root the size of an egg.

Put all the ingredients (except the molasses and yeast) at once into a large kettle. Boil it till the apples are quite soft. Put the molasses into a small clean tub or a large pan. Set a hair sieve over the vessel, and strain the mixture through it. Let it stand till it becomes only milkwarm, and then stir in the yeast. Put the liquor immediately into the keg or jugs, and let it stand uncorked to ferment. Fill the jugs quite full, that the liquor in fermenting may run over. Set them in a large tub. When you see that the fermentation or working has subsided, cork it, and it will be fit for use next day.

Two large table-spoonfuls of ginger stirred into the molasses will be found an improvement.

If the yeast is stirred in while the liquor is too warm, it will be likely to turn sour.

If the liquor is not put immediately into the jugs, it will not ferment well.

*Keep it in a cold place. It will not in warm weather be good more than two days. It is only made for present use.*

### CURRANT WINE

Take four gallons of ripe currants; strip them from the stalks into a great stone jar that has a cover to it, and mash them with a long thick stick. Let them stand twenty-four hours; then put the currants into a large linen bag; wash out the jar, set it under the bag, and squeeze the juice into it. Boil together two gallons and a half of water, and five pounds and a half of the best loaf-sugar, skimming it well. When the scum ceases to rise, mix the syrup with the currant juice. Let it stand a fortnight or three weeks to settle; and then transfer it to another vessel, taking care not to disturb the lees or dregs. If it is not quite clear and bright, refine it by mixing with a quart of the wine, (taken out for the purpose,) the whites of two eggs beaten to a stiff froth, and half an ounce of cream of tartar. Pour this gradually into the vessel. Let it stand ten days, and then bottle it off. Place the bottles in saw-dust, laying them on their sides. Take care that the saw-dust is not from pine wood. The wine will be fit to drink in a year, but is better when three or four years old.

*You may add a little brandy to it when you make it; allowing a quart of brandy to six gallons of wine.*



### GOOSEBERRY WINE

Allow three gallons of soft water (measured after it has boiled an hour) to six gallons of gooseberries, which must be full ripe. Top and tail the gooseberries; put them, a few at a time, into a wooden dish, and with a rolling-pin or beetle break and mash every one; transferring them, as they are done, into a large stone jar. Pour the boiling water upon the mashed gooseberries; cover the jar, and let them stand twelve hours. Then strain and measure the juice, and to each quart allow three-quarters of a pound of loaf-sugar; mix it with the liquid, and let it stand eight or nine hours to dissolve, stirring it several times.

Then pour it into a keg of proper size for containing it, and let it ferment at the bung-hole; filling it up as it works out with some of the liquor reserved for that purpose. As soon as it ceases to hiss, stop it close with a cloth wrapped round the bung. A pint of white brandy for every gallon of the gooseberry wine may be added on bunging it up. At the end of four or five months it will probably be fine enough to bottle off. It is best to bottle it in cold frosty weather. You may refine it by allowing to every gallon of wine the whites of two eggs, beaten to a froth, with a very small tea-spoonful of salt. When the white of egg, &c. is a stiff froth, take out a quart of the wine, and mix them well together. Then pour it into the cask, and in a few days it will be fine and clear. You may begin to use it any time after it is bottled. Put two or three raisins in the bottom of each bottle. They will tend to keep the wine from any farther fermentation.

*Fine gooseberry wine has frequently passed for champagne. Keep the bottles in saw-dust, lying on their sides.*

### MEAD

To every gallon of water put five pounds of strained honey, (the water must be hot when you add the honey,) and boil it three quarters of an hour, skimming it well. Then put in some hops tied in a thin bag, (allowing an ounce or a handful to each gallon,) and let it boil half an hour longer. Strain it into a tub, and let it stand four days. Then put it into a cask, (or into a demijohn if the quantity is small,) adding for each gallon of mead a gill of brandy and a sliced lemon. If a large cask, do not bottle it till it has stood a year.

### RASPBERRY WINE

Put four gallons of ripe raspberries into a stone jar, and mash them with a round stick. Take four gallons of soft water, (measured after it has boiled an hour,) and strain it warm over the raspberries. Stir it well and let it stand twelve hours. Then strain it through a bag, and to every gallon of liquor put three pounds of loaf-sugar. Set it over a clear fire, and boil and skim it till the scum ceases to rise. When it is cold bottle it. Open the bottles every day for a fortnight, closing them again in a few minutes. Then seal the corks, and lay the bottles on their sides in saw-dust, which must not be from pine wood.



### ELDER FLOWER WINE

Take the flowers or blossoms of the elder tree, and strip them from the stalks. To every quart of flowers allow one gallon of water, and three pounds of white sugar. Boil and skim the sugar and water, and then pour it hot on the flowers. When cool, mix in with it some lemon juice and some yeast; allowing to six gallons of the liquor the juice of six lemons, and four or five table-spoonfuls of good yeast stirred in very hard. Let it ferment for three days in a tub covered with a double blanket. Then strain the wine through a sieve, (add six whites of eggs beaten to a stiff froth, or an ounce of melted isinglass,) and put it into a cask, in the bottom of which you have laid four or five pounds of the best raisins, stoned. Stop the cask closely, and in six months the wine will be fit to bottle.

*It will much resemble Frontinac, the elder flowers imparting to it a very pleasant taste.*

### ELDERBERRY WINE

Gather the elderberries when quite ripe; put them into a stone jar, mash them with a round stick, and set them in a warm oven, or in a large kettle of boiling water till the jar is hot through, and the berries begin to simmer. Then take them out, and press and strain them through a sieve. To every quart of juice allow a pound of Havanna or Lisbon sugar, and two quarts of cold soft water. Put the sugar into a large kettle, pour the juice over it, and, when it has dissolved, stir in the water. Set the kettle over the fire, and boil and skim it till the scum ceases to rise. To four gallons of the liquor add a pint and a half of brandy. Put it into a keg, and let it stand with the bung put in loosely for four or five days, by which time it will have ceased to ferment. Then stop it closely, plastering the bung with clay. At the end of six months, draw off a little of it; and if it is not quite clear and bright, refine it with the whites and shells of three or four eggs, beaten to a stiff froth and stirred into a quart of the wine, taken out for the purpose and then returned to the cask; or you may refine it with an ounce or more of dissolved isinglass. Let it stand a week or two, and then bottle it.

*This is an excellent domestic wine, very common in England, and deserving to be better known in America, where the elderberry tree is found in great abundance. Elderberry wine is generally taken mulled with spice, and warm.*

### FOX GRAPE SHRUB

Gather the grapes when they are full grown, but before they begin to purple. Pick from the stems a sufficient quantity to nearly fill a large preserving kettle, and pour on them as much boiling water as the kettle will hold. Set it over a brisk fire, and keep it scalding hot till all the grapes have burst. Then take them off, press out and strain the liquor, and allow to each quart a pound of sugar stirred well in. Dissolve the sugar in the juice; then put them together into a clean kettle, and boil and skim them for ten minutes, or till the scum ceases to rise. When cold, bottle it; first putting into each bottle a gill of brandy. Seal the bottles, and keep them in a warm closet.

*You may make gooseberry shrub in this manner.*



### CIDER WINE

Take sweet cider immediately from the press. Strain it through a flannel bag into a tub, and stir into it as much honey as will make it strong enough to bear up an egg. Then boil and skim it, and when the scum ceases to rise, strain it again. When cool, put it into a cask, and set it in a cool cellar till spring. Then bottle it off; and when ripe, it will be found a very pleasant beverage.

*The cider must be of the very best quality,  
made entirely from good sound apples.*

### CURRENT SHRUB

Your currants must be quite ripe. Pick them from the stalks, and squeeze them through a linen bag. To each quart of juice allow a pound of loaf-sugar. Put the sugar and juice into a preserving kettle, and let it melt before it goes on the fire. Boil it ten minutes, skimming it well. When cold, add a gill of the best white brandy to each quart of the juice. Bottle it, and set it away for use; sealing the corks. It improves by keeping.

*Raspberry shrub may be made in this  
manner; also strawberry.*

### CHERRY SHRUB

Pick from the stalks, and stone a sufficient quantity of ripe morellas, or other red cherries of the best and most juicy description. Put them with all their juice into a stone jar, and set it, closely covered, into a deep kettle of boiling water. Keep it boiling hard for a quarter of an hour. Then pour the cherries into a bag, and strain and press out all the juice. Allow a pound of sugar to a quart of juice, boil them together ten minutes in a preserving kettle, skimming them well, and when cold, bottle the liquid; first putting a gill of brandy into each bottle.

### CHERRY BOUNCE

Mix together six pounds of ripe morellas and six pounds of large black heart cherries. Put them into a wooden bowl or tub, and with a pestle or mallet mash them so as to crack all the stones. Mix with the cherries three pounds of loaf-sugar, or of sugar candy broken up, and put them into a demijohn, or into a large stone jar. Pour on two gallons of the best double rectified whiskey. Stop the vessel closely, and let it stand three months, shaking it every day during the first month. At the end of the three months you may strain the liquor and bottle it off.

*It improves by age.*

### LEMON SYRUP

Break up into large pieces six pounds of fine loaf-sugar. Take twelve large ripe lemons, and (without cutting them) grate the yellow rind upon the sugar. Then put the sugar, with the lemon gratings and two quarts of water, into a preserving kettle, and let it dissolve. When it is all melted, boil it till quite thick, skimming it till no more scum rises; it will then be done. Have ready the juice of all the lemons, stir it in, and boil it ten minutes more. Bottle it, and keep it in a cold place.

*It makes a delicious drink in summer, in the proportion of  
one third lemon syrup and two thirds ice water.*

### LEMON CORDIAL

Pare off very thin the yellow rind of a dozen large lemons; throw the parings into a gallon of white brandy, and let them steep till next day, or at least twelve hours. Break up four pounds of loaf-sugar into another vessel, and squeeze upon it the juice of the lemons. Let this too stand all night. Next day mix all together, boil two quarts of milk, and pour it boiling hot into the other ingredients. Cover the vessel, and let it stand eight days, stirring it daily. Then strain it through a flannel bag till the liquid is perfectly clear. Let it stand six weeks in a demijohn or glass jar, and then bottle it.

To make it still more clear, you may filter it through a piece of fine muslin pinned down to the bottom of a sieve, or through blotting paper, which must be frequently renewed. It should be white blotting paper.

*Orange cordial may be made in the same manner.*

### ROSE CORDIAL

Put a pound of fresh rose leaves into a tureen, with a quart of lukewarm water. Cover the vessel, and let them infuse for twenty-four hours. Then squeeze them through a linen bag till all the liquid is pressed out. Put a fresh pound of rose leaves into the tureen, pour the liquid back into it, and let it infuse again for two days. You may repeat this till you obtain a very strong infusion. Then to a pint of the infusion add half a pound of loaf-sugar, half a pint of white brandy, an ounce of broken cinnamon, and an ounce of coriander seeds. Put it into a glass jar, cover it well, and let it stand for two weeks. Then filter it through a fine muslin or a blotting paper (which must be white) pinned on the bottom of a sieve; and bottle it for use.

### STRAWBERRY CORDIAL

Hull a sufficient quantity of ripe strawberries, and squeeze them through a linen bag. To each quart of the juice allow a pint of white brandy, and half a pound of powdered loaf-sugar. Put the liquid into a glass jar or a demijohn, and let it stand a fortnight. Then filter it through a sieve, to the bottom of which a piece of fine muslin or blotting paper has been fastened; and afterwards bottle it.

### RASPBERRY CORDIAL

May be made in the above manner.

### CAPILLAIRE

Powder eight pounds of loaf-sugar, and wet it with three pints of water and three eggs well beaten with their shells. Stir the whole mass very hard, and boil it twice over, skimming it well. Then strain it, and stir in two wine glasses of orange flower water. Bottle it, and use it for a summer draught, mixed with a little lemon juice and water; or you may sweeten punch with it.



## QUINCE CORDIAL

Take the finest and ripest quinces you can procure, wipe them clean, and cut out all the defective parts. Then grate them into a tureen or some other large vessel, leaving out the seeds and cores. Let the grated pulp remain covered in the tureen for twenty-four hours. Then squeeze it through a jelly-bag or cloth. To six quarts of the juice allow a quart of cold water, three pounds of loaf-sugar, (broken up,) and a quart of white brandy. Mix the whole well together, and put it into a stone jar. Have ready three very small flannel or thick muslin bags, (not larger than two inches square,) fill one with grated nutmeg, another with powdered mace, and the third with powdered cloves; and put them into the jar that the spice may flavour the liquor without mixing with it. Leave the jar uncorked for a few days; reserving some of the liquor to replace that which may flow over in the fermentation. Whenever it has done working, bottle it off, but do not use it for six months. If not sufficiently bright and clear, filter it through fine muslin pinned round the bottom of a sieve, or through a white blotting paper fastened in the same manner.

## PEACH CORDIAL

Take the ripest and most juicy free-stone peaches you can procure. Cut them from the stones, and quarter them without paring. Crack the stones, and extract the kernels, which must be blanched and slightly pounded. Put the peaches into a large stone jar in layers, alternately with layers of the kernels, and of powdered loaf-sugar. When the jar is three parts full of the peaches, kernels, and sugar, fill it up with white brandy. Set the jar in a large pan, and leave it uncovered for three or four days, in case of its fermenting and flowing over at the top. Fill up what is thus wasted with more brandy, and then close the jar tightly. Let it stand five or six months; then filter it, and bottle it for use.

*Cherry, apricot, and plum cordial may be made in the above manner; adding always the kernels.*

## ANNISEED CORDIAL

Melt a pound of loaf-sugar in two quarts of water. Mix it with two quarts of white brandy, and add a table-spoonful of oil of anniseed. Let it stand a week; then filter it through white blotting paper, and bottle it for use.

*Clove or Cinnamon Cordial may be made in the same manner, by mixing sugar, water and brandy, and adding oil of cinnamon or oil of cloves.*

*You may colour any of these cordials red by stirring in a little powdered cochineal that has been dissolved in a small quantity of brandy.*

## LEMON BRANDY

When you use lemons for punch or lemonade, do not throw away the peels, but cut them in small pieces, and put them into a glass jar or bottle of brandy. You will find this brandy useful for many purposes.

*In the same way keep for use the kernels of peach and plum stones, pounding them slightly before you put them into the brandy*

## LEMONADE

Take fine ripe lemons, and roll them under your hand on the table to increase the quantity of juice. Then cut and squeeze them into a pitcher, and mix the juice with loaf-sugar and cold water. To half a pint of lemon juice you may allow a pint and a half of water, and ten or twelve moderate sized lumps of sugar. Send it round in little glasses with handles.

*To make a tumbler of very good lemonade, allow the juice of one lemon and four or five lumps of sugar, filling up the glass with water. In summer use ice water.*

## ORANGEADE

Is made of oranges, in the same proportion as lemonade. It is very fine when frozen.

## ROSE BRANDY

Nearly fill a china or glass jar with freshly-gathered rose leaves, and pour in sufficient French white brandy to fill it quite up; and then cover it closely. Next day put the whole into a strainer, and having squeezed and pressed the rose leaves and drained off the liquid, throw away the leaves, put fresh ones into the jar, and return the brandy to it. Repeat this every day while roses are in season, (taking care to keep the jar well covered,) and you will find the liquid much better than rose water for flavouring cakes and puddings.

## NOYAU

Blanch and break up a pound of shelled bitter almonds or peach kernels. Mix with them the grated rinds of three large lemons, half a pint of clarified honey that has been boiled and skimmed, and three pounds of the best double-refined loaf-sugar. Put these ingredients into a jar or demijohn; pour in four quarts of the best white brandy or proof spirit; stop the vessel, and let it stand three months, shaking it every day for the first month. Then filter it, dilute it with rose water to your taste, (you may allow a quart of rose water to each quart of the liquor,) and bottle it for use.

*This and any other cordial may be coloured red by mixing with it (after it is filtered) cochineal, powdered, dissolved in a little white brandy, and strained through fine muslin.*

## RATAFIA

Pound in a mortar, and mix together a pound of shelled bitter almonds, an ounce of nutmegs, a pound of fine loaf-sugar, and one grain (apothecaries' weight) of ambergris. Infuse these ingredients for a week in a gallon of white brandy or proof spirit. Then filter it, and bottle it for use.





### ORGEAT

To make orgeat paste, blanch, mix together, and pound in a mortar till perfectly smooth, three quarters of a pound of shelled sweet almonds, and one quarter of a pound of shelled bitter almonds; adding frequently a little orange-flower or rose water, to keep them from oiling; and mixing with them, as you proceed, a pound of fine loaf-sugar that has been previously powdered by itself. When the whole is thoroughly incorporated to a stiff paste, put it into little pots and close them well. It will keep five or six months, and, when you wish to use it for a beverage, allow a piece of orgeat about the size of an egg to each half pint or tumbler of water. Having well stirred it, strain the mixture.

To make liquid orgeat for present use; blanch and pound in a mortar, with rose water, a quarter of a pound of sweet and an ounce and a half of bitter almonds. Then sweeten three pints of rich milk with half a pound of loaf-sugar, and stir the almonds gradually into it. Boil it over hot coals; and as soon as it comes to a boil, take it off and stir it frequently till it gets cold. Then strain it, add a glass of brandy and put it into decanters. When you pour it out for drinking, dilute it with water.

### PUNCH

Roll twelve fine lemons under your hand on the table; then pare off the yellow rind very thin, and boil it in a gallon of water till all the flavour is drawn out. Break up into a large bowl, two pounds of loaf-sugar, and squeeze the lemons over it. When the water has boiled sufficiently, strain it from the lemon-peel, and mix it with the lemon juice and sugar. Stir in a quart of rum or of the best whiskey.

Two scruples of flowers of benjamin, steeped in a quart of rum, will make an infusion which much resembles the arrack of the East Indies.

*It should be kept in a bottle, and a little of it will be found to impart a very fine and fragrant flavour to punch made in the usual manner.*

### FROZEN PUNCH

Is made as above, omitting one half of the rum or whiskey. Put it into an ice-cream freezer, shaking or stirring it all the time. When it is frozen, send it round immediately, in small glasses with a tea-spoon for each.

### REGENT'S PUNCH

Take four large lemons; roll them on the table to make them more juicy, and then pare them as thin as possible. Cut out all the pulp, and throw away the seeds and the white part of the rind. Put the yellow rind and the pulp into a pint of boiling water with one tea-spoonful of raw green tea of the best sort. Let all boil together about ten minutes. Then strain it through linen, and stir in a pound of powdered loaf-sugar and a bottle of champagne, or of any liquor suitable for punch. Set it again over the fire, and when just ready to boil, remove it, and pour it into a china bowl or pitcher, to be sent round in glasses.



### ROMAN PUNCH

Grate the yellow rinds of four lemons and two oranges upon two pounds of loaf-sugar. Squeeze on the juice of the lemons and oranges; cover it, and let it stand till next day. Then strain it through a sieve, add a bottle of champagne, and the whites of eight eggs beaten to a froth. You may freeze it or not.

### MILK PUNCH

What is commonly called milk punch, is a mixture of brandy or rum, sugar, milk and nutmeg, with/without either lemon juice or water. It is taken cold with a lump of ice in each tumbler.

### FINE MILK PUNCH

Pare off the yellow rind of four large lemons, and steep it for twenty-four hours in a quart of brandy or rum. Then mix with it the juice of the lemons, a pound and a half of loaf-sugar, two grated nutmegs, and a quart of water. Add a quart of rich unskimmed milk, made boiling hot, and strain the whole through a jelly-bag. You may either use it as soon as it is cold, or make a larger quantity, (in the above proportions,) and bottle it.

*It will keep several months.*

### WINE JELLY

Clarify a pound of loaf-sugar, by mixing it with half a pint of water and the beaten white of an egg, and then boiling and skimming it. Put an ounce of isinglass (with as much boiling water as will cover it) into a small saucepan, and set it in hot coals till the isinglass is thoroughly dissolved. Then when the syrup has been taken from the fire, mix the melted isinglass with it, add a quart of white wine and stir in a table-spoonful or a spoonful and a half of old Jamaica spirits. Stir the mixture very hard, and pour it into a mould. When it has congealed, wrap a cloth dipped in warm water round the outside of the mould; turn out the jelly, and eat it with ice-cream.

### SHERRY COBLER

Lay in the bottom of a tumbler some pieces of the yellow rind of an orange or lemon, pared off very thin; and add a heaping table-spoonful of powdered loaf-sugar. Upon this, place some pounded ice. Pour on sherry wine till the tumbler is one-third, or half full. Hold an empty tumbler inverted or turned downwards, upon the top of that which contains the ingredients; placing the glasses so that their edges exactly meet, and leaving no opening for any portion of the contents to escape. Keep your hands fast on the two tumblers, one above and one below, and turn them up and down, back and forwards, till the articles inside are thoroughly mixed. Then take off the upper tumbler, and let the lower one stand still a few moments before you fill it up with ice-water.



### MULLED WINE

Boil together, in a pint of water, a beaten nutmeg, two sticks of cinnamon broken up, and a table-spoonful of cloves slightly pounded. When reduced to one-half, strain the liquid into a quart of wine, set it on hot coals, take it off as soon as it comes to a boil, and sweeten it. Serve it up hot in a pitcher, surrounded by glass cups, and with it a plate of rusk.

### MULLED CIDER

Allow six eggs to a quart of cider. Put a handful of whole cloves into the cider, and boil it. While it is boiling, beat the eggs in a large pitcher; adding to them as much sugar as will make the cider very sweet. By the time the cider boils, the eggs will be sufficiently light. Pour the boiling liquor on the beaten egg, and continue to pour the mixture backwards and forwards from one pitcher to another, till it has a fine froth on it. Then pour it warm into your glasses, and grate some nutmeg over each.

*Port wine may be mulled in the same manner.*

### EGG NOGG

Beat separately the yolks and whites of six eggs. Stir the yolks into a quart of rich milk, or thin cream, and add half a pound of sugar. Then mix in half a pint of rum or brandy. Flavour it with a grated nutmeg. Lastly, stir in gently the beaten whites of three eggs.

*It should be mixed in a china bowl.*

### SANGAREE

Mix in a pitcher or in tumblers one-third of wine, ale, or porter, with two-thirds of water either warm or cold. Stir in sufficient loaf-sugar to sweeten it, and grate some nutmeg into it

*By adding to it lemon juice, you may make what is called negus.*

### TURKISH SHERBET

Put into a large pitcher a pound and a half of the best loaf-sugar, broken small. Pour on it a quart of clear cold water, and crush and stir the sugar till it is all melted. Take a dozen large fine ripe oranges, and roll every one under your hand on a table, to increase the juice. Take off the yellow rind in large thin pieces, and cut them neatly into round shapes, the size of a half-dollar. Squeeze the juice of the oranges through a strainer upon the melted sugar, and stir it well. Set the pitcher on ice till the sherbet is wanted. Serve it up in lemonade-glasses, placing in the bottom of each, one of the round pieces of orange-rind, and lay a lump of ice upon it. Then fill the glasses with the sherbet.

*Instead of orange-juice, you may use that of strawberries, raspberries, or currants, pressed through a strainer.*

### BOTTLED SMALL BEER

Take a quart bottle of the very best brisk porter, and mix it with four quarts of water, a pint of molasses, and a table-spoonful of ginger. Bottle it, and see that the corks are of the very best kind. It will be fit for use in three or four days.

### TO KEEP LEMON JUICE

Powder a pound of the best loaf-sugar; put it into a bowl, and strain over it a pint of lemon juice; stirring it well with a silver spoon till the sugar has entirely melted. Boil and skim it. Then bottle it, sealing the corks; and keep it in a dry place.

### ESSENCE OF LEMON-PEEL

Rub lumps of loaf-sugar on fine ripe lemons till the yellow rind is all grated off; scraping up the sugar in a tea-spoon, and putting it on a plate, as you proceed. When you have enough, press it down into a little glass or china jar, and cover it closely. This will be found very fine to flavour puddings and cakes. The white or inside of lemon-peel is of no use.

### CIDER VINEGAR

Take six quarts of rye meal; stir and mix it well into a barrel of strong hard cider of the best kind; and then add a gallon of whiskey. Cover the cask, (leaving the bung loosely in it,) set it in the part of your yard that is most exposed to the sun and air; and in the course of four weeks (if the weather is warm and dry) you will have good vinegar fit for use. When you draw off a gallon or more, replenish the cask with the same quantity of cider, and add about a pint of whiskey. You may thus have vinegar constantly at hand for common purposes.

The cask should have iron hoops.

A very strong vinegar may be made by mixing cider and strained honey, (allowing a pound of honey to a gallon of cider,) and letting it stand five or six months. This vinegar is so powerful that for common purposes it should be diluted with a little water.

*Vinegar may be made in the same manner of sour wine.*

### WHITE VINEGAR

Put into a cask a mixture composed of five gallons of water, two gallons of whiskey, and a quart of strong yeast, stirring in two pounds of powdered charcoal. Place it where it will ferment properly, leaving the bung loose till the fermentation is over, but covering the hole slightly to keep out the dust and insects. At the end of four months draw it off, and you will have a fine vinegar, as clear and colourless as water.

### SUGAR VINEGAR

To every gallon of water allow a pound of the best white sugar, and a gill or more of strong yeast. Mix the sugar and water together, and boil and skim it till the scum ceases to rise. Then pour it into a tub; and when it cools to lukewarm heat, put into it the yeast spread on pieces of toast. Let it work two days; then put it into an iron-hooped cask, and set it in a sunny place for five months, leaving the bung loose, but keeping the bung-hole covered. In five months it will be good clear vinegar, and you may bottle it for use.

A cask that has not contained vinegar before, should have a quart of boiling hot vinegar poured into it, shaken about frequently till cold, and allowed to stand some hours.

## PREPARATIONS FOR THE SICK

### CHICKEN JELLY

Take a large chicken, cut it up into very small pieces, bruise the bones, and put the whole into a stone jar with a cover that will make it water tight. Set the jar in a large kettle of boiling water, and keep it boiling for three hours. Then strain off the liquid, and season it slightly with salt, pepper, and mace; or with loaf-sugar and lemon juice, according to the taste of the person for whom it is intended.

Return the fragments of the chicken to the jar, and set it again in a kettle of boiling water. You will find that you can collect nearly as much jelly by the second boiling.

*This jelly may be made of an old fowl.*

### BREAD JELLY

Measure a quart of boiling water, and set it away to get cold. Take one-third of a six cent loaf of bread, slice it, pare off the crust, and toast the crumb nicely of a light brown. Then put it into the boiled water, set it on hot coals in a covered pan, and boil it gently, till you find by putting some in a spoon to cool, that the liquid has become a jelly. Strain it through a thin cloth, and set it away for use. When it is to be taken, warm a tea-cupful, sweeten it with sugar, and add a little grated lemon-peel.

### ARROW ROOT JELLY

Mix three table-spoonfuls of arrow root powder in a tea-cup of water till quite smooth; cover it, and let it stand a quarter of an hour. Put the yellow peel of a lemon into a skillet with a pint of water, and let it boil till reduced to one half. Then take out the lemon-peel, and pour in the dissolved arrow root, (while the water is still boiling;) add sufficient white sugar to sweeten it well, and let it boil together for five or six minutes. It may be seasoned (if thought necessary) with two tea-spoonfuls of wine, and some grated nutmeg.

*It may be boiled in milk instead of water, or in wine and water, according to the state of the person for whom it is wanted.*

### RICE JELLY

Having picked and washed a quarter of a pound of rice, mix it with half a pound of loaf-sugar, and just sufficient water to cover it. Boil it till it becomes a glutinous mass; then strain it; season it with whatever may be thought proper; and let it stand to cool.

### PORT WINE JELLY

Melt in a little warm water an ounce of isinglass; stir it into a pint of port wine, adding two ounces of sugar candy, an ounce of gum arabic, and half a nutmeg grated. Mix all well, and boil it ten minutes; or till every thing is thoroughly dissolved. Then strain it through muslin, and set it away to get cold.

### SAGO

Wash the sago through two or three waters, and then let it soak for two or three hours. To a tea-cupful of sago allow a quart of water and some of the yellow peel of a lemon. Simmer it till all the grains look transparent. Then add as much wine and nutmeg as may be proper, and give it another boil altogether.

*If seasoning is not advisable, the sago may be boiled in milk instead of water, and eaten plain.*

### TAPIOCA

Wash the tapioca well, and let it steep for five or six hours, changing the water three times. Simmer it in the last water till quite clear, then season it with sugar and wine, or lemon juice.

### GRUEL

Allow three large table-spoonfuls of oatmeal or Indian meal to a quart of water. Put the meal into a large bowl, and add the water, a little at a time, mixing and bruising the meal with the back of a spoon. As you proceed, pour off the liquid into another bowl, every time, before adding fresh water to the meal, till you have used it all up. Then boil the mixture for twenty minutes, stirring it all the while; add a little salt. Then strain the gruel and sweeten it. A piece of butter may be stirred into it; and, if thought proper, a little wine and nutmeg. It should be taken warm.

### OATMEAL GRUEL

Put four table-spoonfuls of the best grits (oatmeal coarsely ground) into a pint of boiling water. Let it boil gently, and stir it often, till it becomes as thick as you wish it. Then strain it, and add to it while warm, butter, wine, nutmeg, or whatever is thought proper to flavour it.

*If you make the gruel of fine oatmeal, sift it, mix it first to a thick batter with a little cold water, and then put it into the sauce-pan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back again into the pan.*

### PANADA

Having pared off the crust, boil some slices of bread in a quart of water for about five minutes. Then take out the bread, and beat it smooth in a deep dish, mixing in a little of the water it has boiled in; and mix it with a bit of fresh butter, and sugar and nutmeg to your taste.

*Another way is to grate some bread, or to grate or pound a few crackers. Pour on boiling water, beat it well, and add sugar and nutmeg.*

### BARLEY WATER

Wash clean some barley, (either pearl or common,) and to two ounces of barley allow a quart of water. Put it into a sauce-pan, adding, if you choose, an equal quantity of stoned raisins; or some lemon-peel and sugar; or some liquorice root cut up. Let it boil slowly till the liquid is reduced one half. Then strain it off, and sweeten it.

### GROUND RICE MILK

Mix in a bowl two table-spoonfuls of ground rice, with sufficient milk to make a thin batter. Then stir it gradually into a pint of milk and boil it with sugar, lemon-peel or nutmeg.

### BEEF TEA

Cut a pound of the lean of fresh juicy beef into small thin slices, and sprinkle them with a very little salt. Put the meat into a wide-mouthed glass or stone jar closely corked, and set it in a kettle or pan of water, which must be made to boil, and kept boiling hard round the jar for an hour or more. Then take out the jar and strain the essence of the beef into a bowl.

*Chicken tea may be made in the same manner*

### MUTTON BROTH

Cut off all the fat from a loin of mutton, and to each pound of the lean allow a quart of water. Season it with a little salt and some shred parsley, and put in some large pieces of the crust of bread. Boil it slowly for two or three hours, skimming it carefully.

*Beef, veal, or chicken broth may be made in the same manner. Vegetables may be added if approved.  
Also barley or rice.*

### MUTTON BROTH MADE QUICKLY

Cut three chops from the best part of a neck of mutton, and remove the fat and skin. Beat the meat on both sides, and slice it thin. Put into a small sauce-pan with a pint of water, a little salt, and some crust of bread cut into pieces. You may add a little parsley, and a small onion sliced thin. Cover the sauce-pan, and set it over the fire. Boil it fast, skim it, and in half an hour it should be ready for use.

### WINE WHEY

Boil a pint of milk; and when it rises to the top of the sauce-pan, pour in a large glass of sherry or Madeira. It will be the better for adding a glass of currant wine also. Let it again boil up, and then take the sauce-pan off the fire, and set it aside to stand for a few minutes, but do not stir it. Then remove the curd, (if it has completely formed,) and pour the clear whey into a bowl and sweeten it.

*When wine is considered too heating, the whey may be made by turning the milk with lemon juice.*

### RENNET WHEY

Wash a small bit of rennet about two inches square, in cold water, to get off the salt. Put it into a tea-cup and pour on it sufficient lukewarm water to cover it. Let it stand all night, and in the morning stir the rennet water into a quart pitcher of warm milk. Cover it, and set it near the fire till a firm curd is formed. Pour off the whey from it, and it will be found an excellent and cooling drink. The curd may be eaten (though not by a sick person) with wine, sugar, and nutmeg. The whey should look greenish.

### CALF'S FEET BROTH

Boil two calf's feet in two quarts of water, till the liquid is reduced one half, and the meat has dropped to pieces. Then strain it into a deep dish or pan, and set it by to get cold. When it has congealed, take all the fat carefully off; put a tea-cupful of the jelly into a sauce-pan, and set it on hot coals. When it has nearly boiled, stir in by degrees the beaten yolk of an egg, and then take it off immediately

*You may add to it a little sugar, and some  
grated lemon-peel and nutmeg.*

### CHICKEN BROTH AND PANADA

Cut up a chicken, season it with a very little salt, and put it into three quarts of water. Let it simmer slowly till the flesh drops to pieces. You may make chicken panada or gruel of the same fowl, by taking out the white meat as soon as it is tender, mincing it fine, and then pounding it in a mortar, adding as you pound it, sufficient of the chicken water to moisten the paste. You may thin it with water till it becomes liquid enough to drink. Then put it into a sauce-pan and boil it gently a few minutes. Taken in small quantities, it will be found very nutritious.

*You may add to it a little grated lemon-peel and nutmeg.*

### VEGETABLE SOUP

Take a white onion, a turnip, a pared potato, and a head of celery, or a large tea-spoonful of celery seed. Put the vegetables whole into a quart of water, (adding a little salt,) and boil it slowly till reduced to a pint. Make a slice of nice toast; lay it in the bottom of a bowl, and strain the soup over it.

### ONION SOUP

Put half a pound of the best fresh butter into a stew-pan on the fire, and let it boil till it has done making a noise; then have ready twelve large onions peeled and cut small; throw them into the butter, add a little salt, and stew them a quarter of an hour. Then dredge in a little flour, and stir the whole very hard; and in five minutes pour in a quart of boiling water, and some of the upper crust of bread, cut small. Let the soup boil ten minutes longer, stirring it often; and after you take it from the fire, stir in the yolks of two beaten eggs, and serve it up immediately.

*In France this soup is considered a fine restorative after any unusual fatigue. Instead of butter, the onions may be boiled in veal or chicken broth.*

### TOAST AND WATER

Toast some slices of bread very nicely, without allowing them to burn or blacken. Then put them into a pitcher, and fill it up with boiling water. Let it stand till it is quite cold; then strain it, and put it into a decanter. Another way of preparing toast and water is to put the toasted bread into a mug and pour cold water on it. Cover it closely, and let it infuse for at least an hour. Drink it cold.

### APPLE WATER

Pare and slice a fine juicy apple; pour boiling water over it, cover it, and let it stand till cold.

### TAMARIND WATER

Put tamarinds into a pitcher or tumbler till it is one-third full; then fill it up with cold water, cover it, and let it infuse for a quarter of an hour or more.

*Currant jelly or cranberry juice mixed with water makes a pleasant drink for an invalid.*

### MOLASSES POSSET

Put into a sauce-pan a pint of the best West India molasses; a tea-spoonful of powdered white ginger; and a quarter of a pound of fresh butter. Set it on hot coals, and simmer it slowly for half an hour; stirring it frequently. Do not let it come to a boil. Then stir in the juice of two lemons, or two table-spoonfuls of vinegar; cover the pan and let it stand by the fire five minutes longer. This is good for a cold. Some of it may be taken warm at once, and the remainder kept at hand for occasional use.

*It is the preparation absurdly called by the common people a stewed quaker.*

*Half a pint of strained honey mixed cold with the juice of a lemon, and a table-spoonful of sweet oil, is another remedy for a cold; a tea-spoonful or two to be taken whenever the cough is troublesome.*

### FLAX-SEED LEMONADE

To a large table-spoonful of flax-seed allow a tumbler and a half of cold water. Boil them together till the liquid becomes very sticky. Then strain it hot over a quarter of a pound of pulverized sugar candy, and an ounce of pulverized gum arabic. Stir it till quite dissolved, and squeeze into it the juice of a lemon.

*This mixture has frequently been found an efficacious remedy for a cold; taking a wine-glass of it as often as the cough is troublesome.*

### COCOA

Put into a sauce-pan two ounces of good cocoa (the chocolate nut before it is ground) and one quart of water. Cover it, and as soon as it has come to a boil, set it on coals by the side of the fire, to simmer for an hour or more. Take it hot with dry toast.

*Baker's prepared cocoa is excellent.*

### COCOA SHELLS

These can be procured at the principal grocers and confectioners, or at a chocolate manufactory. They are the thin shells that envelope the chocolate kernel, and are sold at a low price; a pound contains a very large quantity. Soak them in water for five or six hours or more, (it will be better to soak them all night,) and then boil them in the same water. They should boil two hours. Strain the liquid when done, and let it be taken warm.

### RAW EGG

Break a fresh egg into a saucer, and mix a little sugar with it; also, if approved, a small quantity of wine. Beat the whole to a strong froth. It is considered a restorative.

### SODA WATER

To forty grains of carbonate of soda, add thirty grains of tartaric acid in small crystals. Fill a soda bottle with spring water, put in the mixture, and cork it instantly with a well-fitting cork.

### SEIDLITZ POWDERS

Fold in a white paper one drachm of Rochelle salts. In a blue paper a mixture of twenty grains of tartaric acid, and twenty-five grains of carbonate of soda. They should all be pulverized very fine. Put the contents of the white paper into a tumbler not quite half full of cold water, and stir it till dissolved. Then put the mixture from the blue paper into another tumbler with the same quantity of water, and stir that also. When the powders are dissolved in both tumblers, pour the first into the other, and it will effervesce immediately. Drink it quickly while foaming.

### BITTERS

Take two ounces of gentian root, an ounce of Virginia snake root, an ounce of the yellow paring of orange peel, and half a drachm of cochineal. Steep these ingredients, for a week or more, in a quart of Madeira or sherry wine, or brandy. When they are thoroughly infused, strain and filter the liquor, and bottle it for use.

*This is considered a good tonic, taken in a small cordial glass about noon.*

### ESSENCE OF PEPPERMINT

Mix an ounce of oil of peppermint with a pint of alcohol. Then colour it by putting in some leaves of green mint. Let it stand till the colour is a fine green; then filter through blotting paper. Drop it on sugar when you take it.

*Essence of pennyroyal, mint, cinnamon, cloves, &c. may all be prepared in the same manner by mixing a portion of the essential oil with a little alcohol.*

*You may obtain liquid camphor by breaking up and dissolving a lump in white brandy or spirit of wine.*

### WARTS

To remove the hard callous horny warts which sometimes appear on the hands of children, touch the wart carefully with a new pen dipped slightly in aquafortis. It will give no pain; and after repeating it a few times, the wart will be found so loose as to come off by rubbing it with the finger.

### LAVENDER COMPOUND

Fill a quart bottle with lavender blossoms freshly gathered, and put in loosely; then pour in as much of the best brandy as it will contain. Let it stand a fortnight, and then strain it. Afterwards, mix with it of powdered cloves, mace, nutmeg and cochineal, a quarter of an ounce of each; and cork it up for use in small bottles. When taken, a little should be dropped on a lump of sugar.

### REMEDY FOR A BURN\*

After immediately applying sweet oil, scrape the inside of a raw potato, and lay some of it on the place, securing it with a rag. In a short time put on fresh potato, and repeat this application very frequently. It will give immediate ease, and draw out the fire. Of course, if the burn is bad, it is best to send for a physician.

*\*These remedies are all very simple ; but the author knows them to have been efficacious whenever tried.*

### FOR CHILBLAINS

Dip the feet every night and morning in cold water, withdrawing them in a minute or two, and drying them by rubbing them very hard with a coarse towel.

To put them immediately into a pail of brine brought from a pickle tub is another excellent remedy when feet are found to be frosted.

### FOR CORNS

Mix together a little Indian meal and cold water, till it is about the consistence of thick mush. Then bind it on the corn by wrapping a small slip of thin rag round the toe. It will not prevent you from wearing your shoe and stocking. In two or three hours take it off, and you will find the corn much softened. Cut off as much of it as is soft with a penknife or scissors. Then put on a fresh poultice, and repeat it till the corn is entirely levelled, as it will be after a few regular applications of the remedy; which will be found successful whenever the corn returns. There is no permanent cure for them.

### RING-WORMS

Rub mercurial ointment on the ring-worm previous to going to bed, and do not wash it off till morning. It will effect a cure if persevered in; sometimes in less than a week.

### MUSQUITO BITES

Salt wetted into a sort of paste, with a little vinegar, and plastered on the bite, will immediately allay the pain; and if not rubbed, no mark will be seen next day. It is well to keep salt and vinegar always in a chamber that is infested with mosquitoes. It is also good for the sting of a wasp or bee; and for the bite of any venomous animal, if applied immediately. It should be left on till it becomes dry, and then renewed.

### ANTIDOTE FOR LAUDANUM

When so large a quantity of laudanum has been swallowed as to produce dangerous effects, the fatal drowsiness has been prevented when all other remedies have failed, by administering a cup of the strongest possible coffee. The patient has revived and recovered, and no ill effects have followed.

### GREEN OINTMENT

Take two or three large handfuls of the fresh-gathered leaves of the Jamestown weed, (called Apple Peru in New England,) and pound it in a mortar till you have extracted the juice. Then put the juice into a tin sauce-pan, mixed with sufficient lard to make a thick salve. Stew them together half an hour, and then put the mixture into gallipots and cover it closely. It is excellent to rub on chilblains, and other inflammatory external swellings, applying it several times a day.

### TO STOP BLOOD

For a prick with a pin, or a slight cut, nothing will more effectually stop the bleeding than old cobwebs compressed into a lump and applied to the wound, or bound on it with a rag. A scrap of cotton wadding is also good for stopping blood. Or wet the place with laudanum. After the blood is stopped, cover the cut with a bit of white or pink court-plaster. The copperas dye in *black* court-plaster will sometimes produce inflammation.

### COLOGNE WATER

Procure at a druggists, one drachm of oil of lavender, the same quantity of oil of lemon, of oil of rosemary, and of oil of cinnamon; with two drachms of oil of bergamot, all mixed in the same phial, which should be a new one. Shake the oils well, and pour them into a pint of spirits of wine. Cork the bottle tightly, shake it hard, and it will be fit for immediate use; though it improves by keeping. You may add to the oils, if you choose, ten drops of the tincture of musk, or ten drops of extract of ambergris.

For very fine cologne water, mix together in a new phial oil of lemon, two drachms; oil of bergamot, two drachms; oil of lavender, two drachms; oil of cedrat, one drachm; tincture of benzoin, three drachms; neroli, ten drops; ambergris, ten drops; attar of roses, two drops. Pour the mixture into a pint of spirits of wine; cork and shake the bottle and set it away for use. Use only what is called absolute alcohol.

*Another receipt for cologne water is to mix with a pint of alcohol, sixty drops or two large tea-spoonfuls of orange-flower water, and the same quantity of the essential oils of lemon, lavender, and bergamot. The alcohol should be inodorous.*

### LAVENDER WATER

Mix two ounces of essential oil of lavender, and two drachms of essence of ambergris, with a pint of spirits of wine; cork the bottle, and shake it hard every day for a fortnight. Use absolute alcohol.

### HUNGARY WATER

Mix together one ounce of oil of rosemary and two drachms of essence of ambergris; add them to a pint of spirits of wine. Shake it daily for a month, and then transfer it to small bottles.

### ROSE VINEGAR

Fill a stone or china jar with fresh rose leaves put in loosely. Then pour on them as much of the best white wine vinegar as the jar will hold. Cover it, and set it in the sun, or in some other warm place for three weeks. Then strain it through a flannel bag, and bottle it for use.

*This vinegar will be found very fine for salads, or for any nice purposes.*

### BALM OF GILEAD OIL

Put loosely into a bottle as many balm of Gilead flowers as will come up to a third part of its height; then nearly fill up the bottle with sweet oil, which should be of the best quality. Let it infuse (shaking it occasionally) for several days, and it will then be fit for use. It is considered a good remedy for bruises of the skin; also for cuts, burns, and scalds that are not very bad, and should be applied immediately by wetting a soft rag with it; renewing it frequently.

### THIEVES' VINEGAR

Take a large handful of lavender blossoms, and the same quantity of sage, mint, rue, wormwood and rosemary. Chop and mix them well. Put them into a jar, with half an ounce of camphor that has been dissolved in a little alcohol, and pour in three quarts of strong clear vinegar. Keep the jar for two or three weeks in the hot sun, and at night plunge it into a box of heated sand. Afterwards strain and bottle the liquid, putting into each bottle a clove of garlic sliced. To have it very clear, after it has been bottled for a week, you should pour it off carefully from the sediment and filter it through blotting paper. Then wash the bottles and return the vinegar to them. It should be kept very tightly corked. It is used for sprinkling about in sick-rooms; and also in close damp oppressive weather.

*Inhaling the odour from a small bottle will frequently prevent faintness in a crowd. It is best to make it in June.*

*This vinegar is so called from an old tradition, that during the prevalence of the plague in London the composition was invented by four thieves, who found it a preservative from contagion; and were by that means enabled to remain in the city and exercise their profession to great advantage, after most of the inhabitants had fled.*

### OIL OF FLOWERS

A French process for obtaining essential oils from flowers or herbs has been described as follows:—Take carded cotton, or split wadding, and steep it in some pure Florence oil, such as is quite clear and has no smell. Then place a layer of this cotton in the bottom of a deep china dish, or in an earthen pipkin. Cover it with a thick layer of fresh rose leaves, or the leaves of sweet pink, jasmine, wall-flower, tuberose, magnolia blossoms, or any other odoriferous flower or plant from which you wish to obtain the perfume. Spread over the flower-leaves another layer of cotton that has been steeped in oil. Afterwards a second layer of flowers, and repeat them alternately till the vessel is quite full. Cover it closely, and let it stand in the sun for a week. Then throw away the flower-leaves, carefully press out the oil from the cotton, and put it into a small bottle for use.

*The oil will be found to have imbibed the odour of the flowers.*

*Keep the scented cotton to perfume your clothes-drawers.*

### SOFT POMATUM

Soak half a pound of fresh lard and a quarter of a pound of beef marrow in water for two or three days; squeezing and pressing it every day, and changing the water. Afterwards drain off the water, and put the lard and marrow into a sieve to dry. Then transfer it to a jar, and set the jar into a pot of boiling water. When the mixture is melted, put it into a basin, and beat it with two spoonfuls of brandy. Then drain off the brandy, perfume the pomatum by mixing with it any scented essence that you please, and tie it up in gallipots.

### LIP SALVE

Put into a wide-mouthed bottle four ounces of the best olive oil, with one ounce of the small parts of alkanet root. Stop up the bottle, and set it in the sun, (shaking it often,) till you find the liquid of a beautiful crimson. Then strain off the oil very clear from the alkanet root, put it into an earthen pipkin, and add to it an ounce of white wax, and an ounce and a half of the best mutton suet, which has been previously clarified, or boiled and skimmed. Set the mixture on the embers of coals, and melt it slowly: stirring it well. After it has simmered slowly for a little while, take it off; and while still hot, mix with it a few drops of oil of roses, or of oil of neroli, or tincture of musk.

### COLD CREAM

Cut up a shilling cake of white wax; put it into a clean sauce-pan with an ounce of oil of sweet almonds, and two large table-spoonfuls of lard. Boil and stir it well. When you take it off the fire, beat in an ounce of orange-flower, or rose-water. Put it up in gallicups with covers.

### COSMETIC PASTE

Take a quarter of a pound of Castile soap, and cut it into small pieces. Then put it into a tin or porcelain sauce-pan, with just water enough to moisten it well, and set it on hot coals. Let it simmer till it is entirely dissolved; stirring it till it becomes a smooth paste, and thickening it with Indian meal, (which even in a raw state is excellent for the hands.) Then take it from the fire, and when cool scent it with rose-water, or with any fragrant essence you please. Beat and stir it hard with a silver spoon, and when it is thoroughly mixed put it into little pots with covers.

### ACID SALT

This is the composition commonly, but erroneously called salt of lemon, and is excellent for removing ink and other stains from the hands, and for taking ink spots out of white clothes. Pound together in a marble mortar an ounce of salt of sorrel, and an ounce of the best cream of tartar, mixing them thoroughly. Then put it in little wooden boxes or covered gallipots, and rub it on your hands when they are stained, washing them in cold water, and using the acid salt instead of soap; a very small quantity will immediately remove the stain. In applying it to linen or muslin that is spotted with ink or fruit juice, hold the stained part tightly stretched over a cup or bowl of boiling water. Then with your finger rub on the acid salt till the stain disappears. It must always be done before the article is washed.

*This mixture costs about twenty-five cents, and the above quantity (if kept dry) will be sufficient, for a year or more.*

Ink stains may frequently be taken out of white clothes by rubbing on (before they go to the wash) some bits of cold tallow picked from the bottom of a mould candle. Leave the tallow sticking on in a lump, and when the article comes from the wash, it will generally be found that the spot has disappeared. This experiment is so easy and so generally successful that it is always worth trying. When it fails, it is in consequence of some peculiarity in the composition of the ink.

### SWEET JARS

Take a china jar, and put into it three handfuls of fresh damask rose-leaves; three of sweet pinks, three of wall-flowers, and stock gilly-flowers, and equal proportions of any other fragrant flowers that you can procure. Place them in layers; strewing powdered orris-root thickly between each layer.

You may fill another jar with equal quantities of lavender, knotted marjoram, rosemary, lemon-thyme, balm of Gilead, lemon-peel, and smaller quantities of laurel leaves and mint; and some sliced orris-root. You may mix with the herbs, (which must all be chopped,) powdered cloves, cinnamon, and nutmeg; strewing powdered orris-root between the layers.

Flowers, herbs, and spice may all be mixed in the same jar; adding always some orris root. Every thing that is put in should be perfectly free from damp.

The jar should be kept closely covered, except when the cover is occasionally removed for the purpose of diffusing the scent through the room.

### SCENTED BAGS

Take a quarter of a pound of coriander seeds, a quarter of a pound of orris root, a quarter of a pound of aromatic calamus, a quarter of a pound of damask rose leaves, two ounces of lavender blossoms, half an ounce of mace, half an ounce of cinnamon, a quarter of an ounce of cloves, and two drachms of musk-powder. Beat them all separately in a mortar, and then mix them well together. Make small silk or satin bags; fill each with a portion of the mixture, and sew them closely all round. Lay them among your clothes in the drawers.

### VIOLET PERFUME

Drop twelve drops of genuine oil of rhodium on a lump of loaf-sugar. Then pound the sugar in a marble mortar with two ounces of orris root powder.

*This will afford an excellent imitation  
of the scent of violets.*

*If you add more oil of rhodium, it will produce a rose  
perfume. Sew up the powder in little silk bags,  
or keep it in a tight box.*

### TO KEEP PEARL-ASH

Take three ounces of pearl-ash, and put it into a clean black bottle with a pint and a half (not more) of soft water. The proportion is an ounce of pearl-ash to half a pint of water. Cork it very tightly, shake it, and it will be fit for use as soon as all the pearl-ash is dissolved. A table-spoonful of this liquid is equal to a small tea-spoonful of pearl-ash in the lump or powder.

*Keeping it ready dissolved will be found very convenient.*

### ALMOND PASTE

Blanch half a pound of shelled sweet almonds, and a quarter of a pound of bitter ones, and beat them in a mortar to a smooth paste—adding by degrees a gill of rose or orange-flower water. Then beat in, gradually, half a pound of clear strained honey. When the whole is well incorporated, put it into gallipots, pouring on the top of each some orange-flower or rose-water. Keep it closely covered.

*This is a celebrated cosmetic for the hands.*



### DURABLE INK

Take, when empty, one of the little bottles that has contained indelible ink, such as is sold in cases, and wash and rinse it clean. Put into it two inches of lunar caustic; fill it up with soft water and cork it tightly. This is the marking ink.

Prepare the larger bottle that has contained the liquid used for the first wash, by making it quite clean. Take a large tea-spoonful of salt of tartar, and a lump of gum arabic the size of a hickory nut. Put them into the wash bottle, and fill it up with clear rain water. Cork both bottles tightly, and set them three days in the sun. Always put them in the sun before using it.

Linen cannot be marked well with durable ink unless the weather is clear and dry. Dip a camel's hair pencil in the large bottle that contains the gum liquid, and wash over with it a small space on a corner of the linen, about large enough to contain the name. Dry it in the sun, and let it alone till next day. Then take a very good pen, and with the ink from the smallest bottle, write the name you intend, on the place that has been prepared by the first liquid. This also must be dried in the sun. See that the bottles are always well corked, and keep them in a covered box.

After the linen is dried, iron it before you write on it.

### ANOTHER DURABLE INK

For the marking liquid—rub together in a small mortar five scruples of lunar caustic with one drachm of gum arabic, one scruple of sap-green and one ounce of rain water. Keep the bottle three days in the sun.

For wetting the linen—mix together a quarter of an ounce of salt of soda, a heaped table-spoonful of powdered gum arabic, and two ounces of hot water.





## MISCELLANEOUS RECEIPTS

### MINCED OYSTERS

Take fifty fine large oysters, and mince them raw. Chop also four or five small pickled cucumbers, and a bunch of parsley. Grate about two tea-cupfuls of stale bread-crumbs, and beat up the yolks of four eggs. Mix the whole together in a thick batter, seasoning it with cayenne and powdered mace; and with a little salt if the oysters are fresh. Have ready a pound of lard, and melt in the frying-pan enough of it to fry the oysters well. If the lard is in too small a quantity they will be flat and tough. When the lard is boiling hot in the pan, put in about a table-spoonful at a time of the oyster-mixture, and fry it in the form of small fritters; turning them so as to brown on both sides. Serve them up hot, and eat them with small bread rolls.

### SHREWSBURY CAKES

Rub three quarters of a pound of butter into two pounds of sifted flour, and mix in half a pound of powdered sugar, and half a pound of currants, washed and dried. Wet it to a stiff paste with rich milk. Roll it out, and cut it into cakes. Lay them on buttered baking sheets, and put them into a moderate oven.

### STEWED BLACK FISH

Flour a deep dish, and lay in the bottom a piece of butter rolled in flour. Then sprinkle it with a mixture of parsley, sweet marjoram, and green onion; all chopped fine. Take your black fish and rub it inside and outside with a mixture of cayenne, salt, and powdered cloves and mace. Place skewers across the dish, and lay the fish upon them. Then pour in a little wine, and sufficient water to stew the fish. Set the dish in a moderate oven, and let it cook slowly for an hour.

*Shad or rock fish may be dressed in the same manner.*

### FRIED SMELTS

These little fish are considered extremely fine. Before they are cooked, cut off the heads and tails. Sprinkle the smelts with flour, and have ready in a frying pan over the fire plenty of fresh lard or butter. When it boils, put in the fish and fry them.

### PICKLED EGGS

Boil twelve eggs quite hard, and lay them in cold water; having peeled off the shells. Then put them whole into a stone jar, with a quarter of an ounce of whole mace, and the same quantity of cloves; a sliced nutmeg; a table-spoonful of whole pepper; a small bit of ginger; and a peach leaf. Fill up the jar with boiling vinegar; cover it closely that the eggs may cool slowly. When they are cold, tie up the jar; covering the cork with leather. After it has stood three days pour off the pickle, boil it up again, and return it boiling hot to the eggs and spice.

*They will be fit for use in a fortnight.*

### GUMBO SOUP

Take four pounds of the lean of a fresh round of beef and cut the meat into small pieces, avoiding carefully all the fat. Season the meat with a little pepper and salt, and put it on to boil with three quarts and a pint of water (not more.) Boil it slowly and skim it well. When no more scum rises, put in half a peck of ochras, peeled and sliced, and half a peck of tomatoes cut in quarters. Boil it slowly till the ochras and tomatoes are entirely dissolved, and the meat all to rags. Then strain it through a cullender, and send it to table with slices of dry toast. This soup cannot be made in less than seven or eight hours. If you dine at two you must put on the meat to boil at six or seven in the morning. It should be as thick as a jelly.

### RICE FLUMMERY

To two quarts of milk allow half a pound of ground rice. Take out one pint of the milk, and mix the rice gradually with it into a batter; making it quite smooth and free from lumps. Put the three pints of milk into a skillet, (with a bunch of peach leaves or a few peach-kernels,) and let it come to a boil. Then while it is still boiling, stir in by degrees the rice batter, taking care not to have it lumpy; add sugar, mace, and rose brandy to your taste; or you may flavour it with the juice of a large lemon. When it has boiled sufficiently, and is quite thick, strain it, and put it into a mould to congeal. Make a rich boiled custard, (flavoured in the same manner,) and send it to table in a pitcher, to eat with the flummery. Both should be cold. If you mould it in tea-cups, turn it out on a deep dish, and pour the custard round it.

### BROILED SWEETBREADS

Split open and skewer the sweetbreads; season them with pepper and salt, and with powdered mace. Broil them on a gridiron till thoroughly done. While they are broiling, prepare some melted butter seasoned with mace and a little white wine, or mushroom catchup; and have ready some toast with the crust cut off. Lay the toast in the bottom of a dish; place the sweetbreads upon it, and pour over them the drawn butter.

### AN APPLE POT PIE

Make a paste, allowing a pound of butter, or of chopped suet to two pounds and a quarter of flour. Have ready a sufficient quantity of fine juicy acid apples, pared, cored, and sliced. Mix with them brown sugar enough to sweeten them, a few cloves, and some slips of lemon-peel. Butter the sides of an iron pot, and line them with paste. Then put in the apples, interspersing them with thin squares of paste, and add a very little water. Cover the whole with a thick lid of paste, cutting a slit in the centre for the water to bubble up, and let it boil two hours. When done, serve it up on a large dish, and eat it with butter and sugar.

### APPLE BUTTER WITHOUT CIDER

Mix together ten gallons of water, and ten gallons of the best West India molasses. Put it into a large kettle over a good fire; let it come to a hard boil, and skim it as long as any scum continues to rise. Then take out half the liquid, and put it into a tub. Have ready eight bushels of fine sound apples, pared, cored and quartered. Throw them gradually into the liquid that is still boiling on the fire. Let it continue to boil hard, and as it thickens, add by degrees the other half of the molasses and water, (that which has been put into the tub.) Stir it frequently to prevent its scorching, and to make it of equal consistence throughout. Boil it ten or twelve hours, continuing to stir it. At night take it out of the kettle, and set it in tubs to cool; covering it carefully. Wash out the kettle and wipe it very dry.

Next morning boil the apple butter six or eight hours longer; it should boil eighteen hours altogether. Then an hour before you take it finally out, stir in a pound of mixed spice cloves, mace, cinnamon, and nutmeg, all finely powdered. When entirely done, put up the apple butter in stone or earthen jars. It will keep a year or more.

*It can, of course, be made in a smaller quantity than that given in the above receipt; and also at any time in the winter; fresh cider not being an ingredient, as in the most usual way of making apple butter.*

### PUDDING CATCHUP

Mix together half a pint of noyau; a pint of sherry or other white wine; the yellow peel of four lemons, pared thin; and half an ounce of mace. Put the whole into a large bottle, and let it stand for two or three weeks. Then strain it, and add half a pint of capillaire or strong sugar syrup; or of Curaçoa. Bottle it, and it will keep two or three years. It may be used for various sweet dishes, but chiefly for pudding-sauce mixed with melted butter.

### CURAÇOA

Grate as much fresh orange-peel as will make two ounces when done; the peel of fresh shaddock will be still better. Mix it with a pint of orange juice. Put it into a quart of the strongest and clearest rectified spirit; shake it, let it infuse for a fortnight, and strain it. Then make a syrup by dissolving a pound of the best loaf-sugar in a pint of cold water, adding to it the beaten white of an egg, and boiling and skimming it till the scum ceases to rise. Mix the syrup with the strained liquor. Let it stand till next day, and then filter it through white blotting paper fastened to the bottom of a sieve.

*Curaçoa is a great improvement to punch; also a table-spoonful of it in a tumbler of water makes a very refreshing summer drink.*

### LEMON-PEEL

Never throw away the rind of a lemon. Keep a wide-mouthed bottle half full of brandy, and put into it (cut in pieces) all the lemon-rind that you do not immediately want. As the white part of the rind is of no use, it will be best to pare off the yellow very thin, and put that alone into the brandy, which will thus imbibe a very fine lemon flavour, and may be used for many nice purposes.

### PATENT YEAST

Boil half a pound of fresh hops in four quarts of water, till the liquid is reduced to two quarts. Strain it, and mix in sufficient wheat flour to make a thin batter; adding half a pint of strong fresh yeast, (brewer's yeast, if it can be procured.) When it is done fermenting, pour it into a pan, and stir in sufficient Indian meal to make a moderately stiff dough. Cover it, and set it in a warm place to rise. When it has become very light, roll it out into a thick sheet, and cut it into little cakes. Spread them out on a dish, and let them dry gradually in a cool place where there is no sun. Turn them five or six times a day while drying; and when they are quite dry, put them into paper bags, and keep them in a jar or box closely covered, in a place that is not in the least damp.

When you want the yeast for use, dissolve in a little warm water one or more of the cakes, (in proportion to the quantity of bread you intend making,) and when it is quite dissolved, stir it hard, thicken it with a little flour, cover it, and place it near the fire to rise before you use it. Then mix it with the flour in the usual manner of preparing bread.

*This is a very convenient way of preserving yeast through the summer, or of conveying it to a distance.*

### TO DRY HERBS

By drying herbs with artificial heat as quickly as possible, you preserve their scent and flavour much better than when they are dried slowly by exposing them to the sun and air; a process by which a large portion of their strength evaporates. All sorts of herbs are in the greatest perfection just before they begin to flower. Gather them on a dry day, and place them in an oven, which must not be hot enough to discolour, scorch, or burn them. When they are quite dry, take them out, and replace them with others. Pick the leaves from the stems, (which may be thrown away,) and put them into bottles or jars; cork them tightly, and keep them in a dry place. Those that are used in cookery should be kept in a kitchen closet.

### PEACH KERNELS

When peaches are in season, have in a convenient place an old basket or something of the sort, in which all the peach stones can be saved; they are too useful to be thrown away. Then have them carefully cracked, so as to extract the kernels whole if possible. Spread them out on a dish for one day. Then put them into a box or jar, and keep them to use as bitter almonds; for which they are an excellent substitute in flavouring custards, creams and cakes.

*Plum stones are worth saving in the same manner.*

### TO KEEP TOMATOES

Take fine ripe tomatoes, and wipe them dry, taking care not to break the skin. Put them into a stone jar with cold vinegar, adding a small thin muslin bag filled with mace, whole cloves, and whole peppers. Then cork the jar tightly with a cork that has been dipped in melted rosin, and put it away in a dry place. tomatoes pickled in this manner keep perfectly well and retain their colour. For this purpose use the small round button tomatoes.

*Morella cherries may be pickled thus, in cold vinegar.*

## ADDITIONAL RECEIPTS

### GIBLET SOUP

Take three pounds of shin of beef or of neck of mutton. Cut off the meat and break the bones. Then put the meat with the bones into a soup-pot, with a tea-spoonful of salt, and three quarts of water. Add a bunch of sweet marjoram, one of sweet basil, and a quarter of an ounce of black pepper-corns, all tied in a thin muslin rag; a sliced onion, and six or eight turnips and carrots, cut small. Let the whole boil slowly for two or three hours, skimming it well. In the mean time, have ready two sets of goose-giblets, or four of duck. They must be scalded, and well washed in warm water. Cut off the bills, and split the heads; and cut the necks and gizzards into mouthfuls. Having taken the meat and bones out of the soup, put in the giblets, with a head of celery chopped. Boil it slowly an hour and a half, or more, taking care to skim it. Make a thickening of an ounce and a half of butter, and a large table-spoonful of flour, mixed together with a little of the soup. Then stir it into the pot, adding a large table-spoonful of mushroom catchup, and some small force meat balls, or little dumplings. Boil the soup half an hour longer. Then send it to table with the giblets in the tureen.

### HAM OMELET

Take six ounces of cold boiled ham, and mince it very fine, adding a little pepper. Beat separately the whites and yolks of six eggs, and then mix them together; add to them gradually the minced ham. Beat the whole very hard, and do not let it stand a moment after it is thoroughly mixed. Have ready some boiling lard in a frying-pan, and put in the omelet immediately. Fry it about ten minutes or a quarter of an hour. When done, put it on a hot dish, trim off the edges, and fold it over in a half moon. Send it to table hot, and covered. It is eaten at breakfast.

If you wish a soft omelet, (not to fold over,) fry it a shorter time, and serve it in a deep dish, to be helped with a spoon.

*A similar omelet may be made of the lean of a cold smoked tongue.*

### PEACH MANOES

Take free-stone peaches of the largest size, (when they are full grown, but not quite ripe,) and lay them in salt and water for two days, covered with a board to keep them down. Then take them out, wipe them dry, cut them open, and extract the stones. Mix together, to your taste, minced garlic, scraped horse-radish, bruised mustard seed, and cloves; and a little ginger-root soaked in water to soften, and then sliced. Fill the cavity of the peaches with this mixture. Then tie them round with pack-thread, and put them into a stone jar till it is two-thirds full. Strew among them some whole cloves, broken cinnamon, and a little cochineal. Season some cold vinegar, (allowing to each quart a gill of fresh made mustard, and a little ginger, and nutmeg,) and having mixed this pickle well, fill up the jar with it.

### BROILED TOMATOES

Take large ripe tomatoes; wipe them, and split them in half. Broil them on a gridiron till brown, turning them when half done. Have ready in a dish some butter seasoned with a little pepper. When the tomatoes are well broiled, put them into the dish, and press each a little with the back of a spoon, so that the juice may run into the butter and mix with it. This is to make the gravy. Send them to table hot. Tomatoes are very good sliced, and fried in butter.

### PRESERVED TOMATOES

Take large fine tomatoes, (not too ripe,) and scald them to make the skins come off easily. Weigh them, and to each pound allow a pound of the best white sugar, and the grated peel of half a lemon. Put all together into a preserving kettle, and having boiled it slowly for three hours, (skimming it carefully,) add the juice of the lemons, and boil it an hour longer. Then put the whole into jars, and when cool cover and tie them up closely. This is a cheap and excellent sweetmeat; but the lemon must on no account be omitted.

*It may be improved by boiling a little ginger with the other ingredients.*

### TOMATO HONEY

To each pound of tomatoes, allow the grated peel of a lemon and six fresh peach-leaves. Boil them slowly till they are all to pieces; then squeeze and strain them through a bag. To each pint of liquid allow a pound of loaf-sugar, and the juice of one lemon. Boil them together half an hour, or till they become a thick jelly. Then put it into glasses, and lay double tissue paper closely over the top.

*It will be scarcely distinguishable from real honey.*

### APPLE RICE PUDDING

Wash half a pint of rice, and boil it till soft and dry. Pare, core, and cut up six large juicy apples, and stew them in as little water as possible. When they are quite tender, take them out, and mash them with six table-spoonfuls of brown sugar. When the apples and rice are both cold, mix them together. Have ready five eggs beaten very light, and add them gradually to the other ingredients, with five or six drops of essence of lemon, and a grated nutmeg. Or you may substitute for the essence, the grated peel and the juice of one large lemon. Beat the whole very hard after it is all mixed; tie it tightly in a cloth, (leaving but a very small space for it to swell,) and stopping up the tying place with a lump of flour moistened to paste with water. Put it into a pot of boiling water, and boil it fast for half an hour. Send it to table hot, and eat it with sweetened cream, or with beaten butter and sugar.

### PRESERVED CUCUMBERS

Your cucumbers should be well shaped, and all of the same size. Spread the bottom and sides of a preserving kettle with a thick layer of vine leaves. Then put in the cucumbers with a little alum broken small. Cover them thickly with vine leaves, and then with a dish. Fill up the kettle with water, and let them hang over a slow fire till next morning, but do not allow the water to boil. Next day, take them out, cool them, and repeat the process with fresh vine leaves, till the cucumbers are a fine green. When cold drain them, cut a small piece out of the flat side, and extract the seeds. Wipe the cucumbers in a dry cloth, and season the inside with a mixture of bruised mace and grated lemon-peel. Tie on with a pack-thread the bit that was cut out.

Weigh them, and to every pound of cucumbers allow a pound of loaf-sugar. Put the sugar into a preserving kettle, a half pint of water to each pound, and the beaten white of an egg to every two pounds. Boil and skim the sugar till quite clear, adding sliced ginger and lemon parings to your taste. When cool, pour it over the cucumbers, and let them lie in it two days, keeping them covered with a plate, and a weight on it to press it down. Then boil up the syrup again, adding one-half as much sugar, &c. as you had at first; and at the last the juice and grated peel of two lemons for every six cucumbers. The lemon must boil in the syrup but ten minutes. Then strain the syrup all over the cucumbers, and put them up in glass jars.

*If they are not quite clear, boil them in a third syrup.  
Small green melons may be preserved in this manner.*

### BAKED APPLE DUMPLINGS

Take large, fine, juicy apples, and pare and core them, leaving them as whole as possible. Put them into a kettle with sufficient water to cover them, and let them parboil a quarter of an hour. Then take them out, and drain them on a sieve. Prepare a paste in the proportion of a pound of butter to two pounds of flour, as for plain pies. Roll it out into a sheet, and cut it into equal portions according to your number of apples. Place an apple on each, and fill up the hole from whence the core was extracted with brown sugar moistened with lemon-juice, or with any sort of marmalade. Then cover the apple with the paste, closing it neatly. Place the dumplings side by side in buttered square pans, (not so as to touch,) and bake them of a light brown. Serve them warm or cool, and eat them with cream sauce.

*They will be found very good.*

### PLAIN CIDER CAKE

Sift into a large pan a pound and a half of flour, and rub into it half a pound of butter. Mix in three-quarters of a pound of powdered white sugar, and melt a small tea-spoonful of sal-aratus or pearl-ash in a pint of the best cider. Pour the cider into the other ingredients while it is foaming, and stir the whole very hard. Have ready a buttered square pan, put in the mixture, and set it immediately in a rather brisk oven. Bake it an hour or more, according to its thickness. Cut it into squares, split and butter them.

*This is a tea cake, and should be eaten fresh.*

### INDIAN LOAF CAKE

Mix a tea-cup full of powdered white sugar with a quart of rich milk, and cut up in the milk two ounces of butter, adding a salt-spoonful of salt. Put this mixture into a covered pan or skillet, and set it on coals till it is scalding hot. Then take it off, and scald with it as much yellow Indian meal (previously sifted) as will make it of the consistence of thick boiled mush. Beat the whole very hard for a quarter of an hour, and then set it away to cool.

While it is cooling, beat three eggs very light, and stir them gradually into the mixture when it is about as warm as new milk. Add a tea-cup full of good strong yeast, and beat the whole another quarter of an hour—for much of the goodness of this cake depends on its being long and well beaten. Then have ready a turban mould or earthen pan with a pipe in the centre, (to diffuse the heat through the middle of the cake.) The pan must be very well buttered, as Indian meal is apt to stick. Put in the mixture, cover it, and set it in a warm place to rise. It should be light in about four hours. Then bake it two hours in a moderate oven. When done, turn it out with the broad surface downwards, and send it to table hot and whole. Cut it into slices, and eat it with butter.

*This will be found an excellent cake. If wanted for  
breakfast, mix it, and set it to rise the night before.  
If properly made, standing all night will not injure it.  
Like all Indian cakes, (of which this is one of the best,)  
it should be eaten warm.*

*It will be much improved by adding to  
the mixture, a saltspoon of pearl-ash, or  
sal-aratus, dissolved in a little water.*

### TENNESSEE MUFFINS

Sift three pints of yellow Indian meal, and put one-half into a pan and scald it. Add a good piece of butter. Beat six eggs, whites and yolks separately. The yolks must be beaten till they become very thick and smooth, and the whites till they are a stiff froth that stands alone. When the scalded meal is cold, mix it into a batter with the beaten yolk of egg, the remainder of the meal, a salt-spoonful of salt, and, if necessary, a little water. The batter must be quite thick. At the last, stir in, lightly and slowly, the beaten white of egg. Grease your muffin rings, and set them in an oven of the proper heat; put in the batter immediately, as standing will injure it.

*Send them to table hot; pull them open,  
and eat them with butter.*

### ROCK CAKE

Blanch three-quarters of a pound of shelled sweet almonds, and bruise them fine in a mortar, but not to a smooth paste as for macaroons. Add, as you pound them, a little rose-water. Beat to a stiff froth the whites of four eggs, and then beat in gradually a pound of powdered loaf-sugar. Add the juice of a lemon. Then mix in the pounded almonds. Flour your hands, and make the mixture into little cones or pointed cakes. Spread sheets of damp, thin, white paper on buttered sheets of tin, and put the rock cakes on it, rather far apart. Sprinkle each with powdered loaf-sugar. Bake them of a pale brown, in a brisk oven. They will be done in a few minutes.

*When cold, take them off the papers.*

### MILK TOAST

Boil a pint of rich milk, and then take it off, and stir into it a quarter of a pound of fresh butter, mixed with a small table-spoonful of flour. Then let it again come to a boil. Have ready two deep plates with half a dozen slices of toast in each. Pour the milk over them hot, and keep them covered till they go to table.

*Milk toast is generally eaten at breakfast.*

### HOE CAKE

Beat the whites of three eggs to a stiff froth, and sift into a pan a quart of wheat flour, adding a salt-spoon of salt. Make a hole in the middle, and mix in the white of egg so as to form a thick batter, and then add two table-spoonfuls of the best fresh yeast. Cover it, and let it stand all night. In the morning, take a hoe-iron (such as are made purposely for cakes) and prop it before the fire till it is well heated. Then flour a tea-saucer, and filling it with batter, shake it about, and clap it to the hoe, (which must be previously greased,) and the batter will adhere till it is baked. Repeat this with each cake. Keep them hot, and eat them with butter.

### ALMOND BREAD

Blanch, and pound in a mortar, half a pound of shelled sweet almonds till they are a smooth paste, adding rose-water as you pound them. They should be done the day before they are wanted. Prepare a pound of loaf-sugar finely powdered, a tea-spoonful of mixed spice, (mace, nutmeg, and cinnamon,) and three-quarters of a pound of sifted flour. Take fourteen eggs, and separate the whites from the yolks. Leave out seven of the whites, and beat the other seven to a stiff froth. Beat the yolks till very thick and smooth, and then beat the sugar gradually into them, adding the spice. Next stir in the white of egg, then the flour, and lastly the almonds. Add the juice of a large lemon.

Put the mixture into a square tin pan, (well buttered,) or into a copper or tin turban-mould, and set it immediately in a brisk oven. Ice it when cool.

*It is best if eaten fresh.*

*You may add a few bitter almonds to the sweet ones.*

### POTATO YEAST

Pare half a dozen middle-sized potatoes, and boil them in a quart of soft water, mixed with a handful of hops, till quite soft. Then mash the potatoes smooth, not leaving in a single lump. Mix with them a handful of wheat flour. Set a sieve over the pan in which you have the flour and mashed potatoes, and strain into them the hop-water in which they were boiled. Then stir the mixture very hard, and afterwards pass it through a cullender to clear it of lumps. Let it stand till it is nearly cold. Then stir in four table-spoonfuls of strong yeast, and let it stand to ferment. When the foam has sunk down in the middle, (which will not be for several hours,) it is done working. Then put it into a stone jug and cork it. Set it in a cool place.

This yeast will be found extremely good for raising home-made bread.

*Yeast when it becomes sour may be made fit to use by stirring into it a little sal-eratus, or pearl-ash, allowing a small tea-spoonful to a pint of yeast. This will remove the acidity, and improve the bread in lightness. The pearl-ash must be previously melted in a little lukewarm water.*

### CREAM CHEESE

The cheese so called, of which numbers are brought to Philadelphia market, is not made entirely of cream, but of milk warm from the cow, (and therefore unskimmed,) mixed with cream of last night. To a small tub of fresh morning's milk, add the cream skimmed from an equal quantity of last evening's milk. Mix the cream and the new milk together, and warm them to about blood-heat or 100 degrees of the thermometer. Have ready a cup of water in which has been soaking, since last night, a piece of rennet, (the salt wiped off,) about the length and breadth of two fingers. Stir the rennet-water into the vessel of mixed milk and cream, and set it in a warm place till the curd has completely formed. Then, with a knife, cut the curd into squares. Next, take a large, thin, straining-cloth, and press it down on the curd so as to make the whey rise up through it. As the whey rises, dip it off with a saucer or skimming dish. When the whey is nearly all out, put the curd into the cloth, and squeeze and press it with your hands till it becomes dry. Next, crumble the curd very fine with your hands, and then salt it to your taste. Then wash the straining-cloth clean, and lay it in the cheese-hoop (a bottomless vessel, about the size of a dinner-plate, perforated with small gimlet-holes) put the crumbled curd into the cloth, and then fold the rest of the cloth closely over it. The cheese-hoop should be set on a clean wooden bench or table. Place on it its round wooden cover, so as to fit exactly; and lay on the top two bricks or a heavy stone. After it has stood six hours in the hoop or mould, turn it, and let it stand six hours longer.

When you take out the cheese, rub it all over with a little fresh butter. Set it in a dark, dry place, turning it every day, and in four or five days it will be fit for use. When once cut, it should be eaten immediately, if the weather is warm. But while uncut, it may keep a week in a cold place, provided it is turned several times a-day.

### CUSTARD CAKES

Mix together a pound of sifted flour and a quarter of a pound of powdered loaf-sugar. Divide into four a pound of fresh butter; mix one-fourth of it with the flour, and make it into a dough. Then roll it out, and put in the three remaining divisions of the butter at three more rollings. Set the paste in a cool place till the custard is ready.

For the custard, beat very light the yolk only of eight eggs, and then stir them gradually into a pint of rich cream, adding three ounces of powdered white sugar, a grated nutmeg, and ratafia, peach-water, or essence of lemon, to your taste. Put the mixture into a deep dish; set it in an iron baking pan or a Dutch oven half full of boiling water, and bake it a quarter of an hour. Then put it to cool.

In the mean time roll out the paste into a thin sheet; cut it into little round cakes about the size of a dollar, and bake them on flat tins. When they are done, spread some of the cakes thickly with the custard, and lay others on the top of them, making them fit closely in the manner of lids.

You may bake the paste in patty-pans like shells, and put in the custard after they come out of the oven. If the custard is baked in the paste, it will be clammy and heavy at the bottom.

*You may flavour the custard with vanilla.*

### HONEY GINGER CAKE

Rub together a pound of sifted flour and three-quarters of a pound of fresh butter. Mix in, a tea-cup of fine brown sugar, two large table-spoonfuls of strong ginger, and (if you like them) two table-spoonfuls of carraway seeds. Having beaten five eggs, add them to the mixture alternately with a pint of strained honey; stirring in towards the last a small tea-spoonful of pearl-ash, that has been melted in a very little vinegar.

Having beaten or stirred the mixture long enough to make it perfectly light, transfer it to a square iron or block-tin pan, (which must be well buttered,) put it into a moderate oven, and bake it an hour or more, in proportion to its thickness.

When cool, cut it into squares.

*It is best if eaten fresh, but it will keep very well a week.*

### FROZEN CUSTARD

Slice a vanilla bean, and boil it slowly in half a pint of milk, till all the strength is extracted and the milk highly flavoured with the vanilla. Then strain it, and set it aside. Mix a quart of cream and a pint of milk, or, if you cannot procure cream, take three pints of rich milk, and put them into a skillet or sauce-pan. Set it on hot coals, and boil it. When it has come to a boil, mix a table-spoonful of flour in three table-spoonfuls of milk, and stir it into the boiling liquid. Afterwards add six eggs, (which have been beaten up with two table-spoonfuls of milk,) pouring them slowly into the mixture. Take care to stir it all the time it is boiling. Five minutes after, stir in gradually half a pound of powdered loaf-sugar, and then the decoction of vanilla. Having stirred it hard a few moments, take it off the fire, and set it to cool. When quite cold, put it into a mould and freeze it, as you would ice-cream, for which it frequently passes.

You may flavour it with the juice of two large lemons, stirred in just before you take it from the fire, or with a quarter of a pound of shelled bitter almonds, blanched, pounded in a mortar with rose-water, and then boiled in half a pint of milk, till the flavour is extracted. Then use the milk only.

### PINK CHAMPAGNE JELLY

Beat up the white of an egg to a stiff froth, and then stir it hard into three wine-glasses of filtered water. Put twelve ounces of the best double-refined loaf-sugar (powdered fine and sifted) into a skillet lined with porcelain. Pour on it the white of egg and water, and stir it till dissolved. Then add twelve grains of cochineal powder. Set it over a moderate fire, and boil it and skim it till the scum ceases to rise. Then strain it through a very fine sieve. Have ready an ounce and a half of isinglass that has been boiled in a little water till quite dissolved. Strain it, and while the boiled sugar is lukewarm mix it with the isinglass, adding a pint of pink champagne and the juice of a large lemon. Run it through a linen bag into a mould. When it has congealed so as to be quite firm, wrap a wet cloth round the outside of the mould, and turn out the jelly into a glass dish; or serve it broken up, in jelly glasses, or glass cups.

*Jelly may be made in a similar manner of Madeira, marasquin, or noyau.*

### CHERRY CORDIAL

Take a bushel of fine ripe cherries, either red or black, or mixed; stone them, put them into a clean wooden vessel, and mash them with a mallet or beetle. Then boil them about ten minutes, and strain the juice. To each quart of juice allow a quart of water, a pound of sugar, and a quart of brandy. Boil in the water (before you mix it with the juice) two ounces of cloves, and four ounces of cinnamon; then strain out the spice. Put the mixture into a stone jug, or a demijohn, and cork it tightly. Bottle it in two or three months.

### SOUR MILK

To recover milk that has turned sour, stir in powdered carbonate of magnesia, of which allow a heaped tea-spoonful to each quart of milk.

### COMMON ICE CREAM

Split into pieces a vanilla bean, and boil it in a very little milk till the flavour is well extracted; then strain it. Mix two table-spoonfuls of arrow-root powder, or the same quantity of fine powdered starch with just sufficient cold milk to make it a thin paste; rubbing it till quite smooth. Mix together a pint of cream and a pint of rich milk; and afterwards stir in the preparation of arrow-root, and the milk in which the vanilla has been boiled. Beat it very hard, stir in half a pound of powdered loaf-sugar, beating it very hard again. Then strain it, and put it into a freezer placed in a tub that has a hole in the bottom to let out the water; and surround the freezer on all sides with ice broken finely, and mixed with coarse salt. Beat the cream hard for half an hour. Then let it rest; occasionally taking off the cover, and scraping down with a long spoon the cream that sticks to the sides. When it is well frozen, transfer it to a mould; surround it with fresh salt and ice, and then freeze it over again. If you wish to flavour it with lemon instead of vanilla, take a large lump of the sugar before you powder it, and rub it on the outside of a large lemon till the yellow is all rubbed off upon the sugar. Then, when the sugar is all powdered, mix with it the juice of two large lemons.

*For strawberry ice cream, mix with the powdered sugar the juice of a quart of ripe strawberries squeezed through a linen bag.*

### APPLE COMPOTE

Take large ripe pippin apples. Pare, core, and weigh them, and to each pound allow a pound of fine loaf-sugar and two lemons. Parboil the apples, and then set them out to cool. Pare off very nicely with a penknife the yellow rind of the lemons, taking care not to break it; and then with scissors trim the edges to an even width all along. Put the lemon-rind to boil in a little sauce-pan by itself, till it becomes tender, and then set it to cool. Allow half a pint of water to each pound of sugar; and when it is melted, set it on the fire in the preserving kettle, put in the apples, and boil them slowly till they are clear and tender all through, but not till they break; skimming the syrup carefully. After you have taken out the apples, add the lemon-juice, put in the lemon-peel, and boil it till quite transparent. When the whole is cold, put the apples with the syrup into glass dishes, and dispose the wreaths of lemon-peel fancifully about them.



### A CHARLOTTE RUSSE

Boil in half a pint of milk a split vanilla bean, till all the flavour is extracted. Then strain the milk, and when it is cold stir into it the yolks of four beaten eggs, and a quarter of a pound of powdered loaf-sugar. Simmer this custard five minutes over hot coals, but do not let it come to a boil. Then set it away to cool. Having boiled an ounce of the best Russian isinglass in a pint of water till it is entirely dissolved and the water reduced to one-half, strain it into the custard, stir it hard, and set it aside to get quite cold.

Whip to a stiff froth a quart of rich cream, taking it off in spoonfuls as you do it, and putting it to drain on an inverted sieve. When the custard is quite cold, (but not yet set or congealing,) stir the whipt cream gradually into it.

Take a circular mould of the shape of a drum, the sides being straight. Cut to fit it two round slices from the top and bottom of an almond sponge-cake; glaze them with white of egg, and lay one on at the bottom of the mould, reserving the other for the top. You can get the mould at a tinner's.

Having thus covered the bottom, line the sides of the mould with more of the sponge-cake, cut into long squares and glazed all over with white of egg. They must be placed so as to stand up all round—each wrapping a little over the other so as to leave not the smallest vacancy between; and they must be cut exactly the height of the mould, and trimmed evenly. Then fill up with the custard and cream when it is just beginning to congeal; and cover the top with the other round slice of cake.

Set the mould in a tub of pounded ice mixed with coarse salt; and let it remain forty minutes, or near an hour. Then turn out the Charlotte on a china dish. Have ready an icing, made in the usual manner of beaten white of egg and powdered sugar, flavoured with essence of lemon. Spread it smoothly over the top of the Charlotte, which when the icing is dry will be ready to serve.

*They are introduced at large parties, and it is usual to have two or four of them.*

### A CHARLOTTE POLONAISE

Boil over a slow fire a pint and a half of cream. While it is boiling have ready six yolks of eggs, beaten up with two table-spoonfuls of powdered arrow-root, or fine flour. Stir this gradually into the boiling cream, taking care to have it perfectly smooth and free from lumps. Ten minutes will suffice for the egg and cream to boil together. Then divide the mixture by putting it into two separate sauce-pans.

Then mix with it, in one of the pans, six ounces of chocolate scraped fine, two ounces of powdered loaf-sugar, and a quarter of a pound of maccaroons, broken up. When it has come to a hard boil, take it off, stir it well, pour it into a bowl, and set it away to cool.

Have ready, for the other sauce-pan of cream and egg, a dozen bitter almonds, and four ounces of shelled sweet almonds or pistachio nuts, all blanched and pounded in a mortar with rose-water to a smooth paste, and mixed with an ounce of citron also pounded. Add four ounces of powdered sugar; and to colour it green, two large spoonfuls of spinach juice that has been strained through a sieve. Stir this mixture into the other half of the cream, and let it come to a boil. Then put it aside to cool.

Cut a large sponge-cake into slices half an inch thick. Spread one slice thickly with the chocolate cream, and cover another slice with the almond cream. Do this alternately (piling them evenly on a china dish) till all the ingredients are used up. You may arrange it in the original form of the sponge-cake before it was cut, or in a pyramid. Have ready the whites of the six eggs whipped to a stiff froth, with which have been gradually mixed six ounces of powdered sugar, and twelve drops of oil of lemon. With a spoon heap this meringue (as the French call it) all over the pile of cake, &c., and then sift powdered sugar over it. Set it in a very slow oven till the outside becomes a light brown colour.

Serve it up cold, ornamented according to your taste.

If you find the chocolate cream too thin, add more maccaroons. If the almond cream is too thin, mix in more pounded citron. If either of the mixtures is too thick, dilute it with more cream.

*This is superior to a Charlotte Russe.*



## APPENDIX, CONTAINING NEW RECEIPTS

### ORANGE CAKE

Take four ripe oranges, and roll them under your hand on the table. Break up a pound of the best loaf-sugar, and on some of the pieces rub off the yellow rind of the oranges. Then cut the oranges, and squeeze their juice through a strainer. Powder the sugar, and mix the orange-juice with it; reserving a little of the juice to flavour the icing. Wash, and squeeze in a pan of cold water, a pound of the best *fresh* butter, till you have extracted whatever milk and salt may have been in it, as they will impede the lightness of the cake. Cut up the butter in the pan of sugar and orange, and stir it hard till perfectly light, white, and creamy. Sift into a pan fourteen ounces (two ounces less than a pound) of fine flour. Beat ten eggs till they are as thick and smooth as a fine boiled custard. Then stir them, by degrees, into the butter and sugar, alternately with the flour, a little of each at a time. Continue to beat the whole very hard for some time after all the ingredients are in; as this cake requires a great deal of beating. Have ready a large square, shallow pan, well buttered. Put in the mixture, and set it immediately into a brisk oven. It must be thoroughly baked, otherwise it will be heavy, streaked, and unfit to eat. The time of baking must of course be in proportion to its thickness, but it requires a much longer time than pound-cake, queen-cake, or Spanish buns. When it shrinks from the sides of the pan, and looks as if done, try it by sticking in the middle of it, down to the bottom, a twig from a corn-broom, or something similar. If the twig comes out dry and clean, the cake is done; but if the twig remains moist and clammy, let the cake remain longer in the oven. When it is quite done, make an icing of beaten white of egg, and powdered loaf-sugar, mixed with a spoonful or more of orange juice. Dredge the cake with flour, then wipe off the flour and spread on the icing thick and evenly, scoring it in large squares. Before you put it into baskets, cut the cake into squares about the usual size of a Spanish bun. It should be eaten fresh, being best the day it is baked.

This cake will be found very fine. It is, of course, best when oranges are ripe and in perfection, as the orange flavour should be very high. We recommend that at the first trial of this receipt, the batter shall be baked in small tins, such as are used for queen-cake, or Naples biscuit, as there will thus be less risk of its being well baked than if done in a larger pan. When they seem to be done, one of the little cakes can be taken out and broken open, and if more baking is found necessary, the others can thus be continued longer in the oven. After some experience, an orange cake may be baked, like a pound cake, in a large tin pan with a tube in the centre; or in a turban mould, and handsomely iced and ornamented when done. A fine orange cake will, when cut, perfume the table.

*Lemon cake may be made and baked in a similar manner, adding also a little lemon juice to the icing.*



### BOSTON CREAM CAKES

From a quart of rich milk or cream take half a pint, and put it into a small saucepan, with a vanilla bean, and a stick of the best Ceylon cinnamon, broken in pieces. Cover the saucepan closely, and let it boil till the milk is highly flavoured with the vanilla and cinnamon. Then strain it, take out the vanilla bean, wipe it, and put it away, as it will do for the same purpose a second time. Mix the flavoured milk with the other pint and a half, and let it get quite cold. Beat very light *the yolks only* of twelve eggs, and stir them into the milk alternately with a quarter of a pound, or more, of powdered white sugar. Put this custard mixture into a tin pan, set it in a Dutch oven or something similar, pour round the pan some boiling water, enough to reach half-way up its sides, and bake the custard ten minutes. Instead of vanilla, you may flavour the custard by boiling, in the half pint of milk, a handful of bitter almonds or peach kernels, blanched and broken in half, and stirring into the custard when it has done baking, but is still hot, a wine glass of rose water. As rose water loses most of its taste by cooking, it is best, when practicable, to add it after the article is taken from the fire.

In the mean time let another mixture be prepared as follows. Sift half a pound of fine flour, cut up half a pound of fresh butter in a pint of rich milk, and set it on a stove or near the fire till the butter is soft but not melted. Then stir it well and take it off. Beat eight whole eggs very light, and stir them gradually into the milk and butter, in turn with the flour. Take care to have this batter very smooth, and quite free from lumps. Having beaten and stirred it thoroughly, put it in equal portions into deep patty-pans with plain unscalloped sides, filling them but little more than half, so as to allow space for the cakes to rise in baking. The patty-pans must be previously buttered. When the mixture is in, sprinkle powdered loaf-sugar over the top of each. Set them immediately into a brisk oven, and bake them about a quarter of an hour, or twenty minutes. They must be well browned. When done, take them out, and open in the side of each (while quite hot) a slit or cut, large enough to admit a portion of the custard that has been made for them. Put in with a spoon as much of this custard as will amply fill the cavity or hollow in the middle of each cake. Then close the slit nicely, by pinching and smoothing it with your thumb and finger, and set the cakes to cool. They should be eaten fresh. In summer they will not keep till next day unless they are set on ice.

*If properly made, they will be found delicious.*



### CITRON CAKE

Cut a pound of candied citron into slips. Spread it on a large dish. Sprinkle it thickly with sifted flour till it is entirely white with it, tumbling the citron about with your hands till every piece is well covered with flour. Then sift into a pan fourteen ounces (two ounces less than a pound) of flour. Beat together in a deep pan, till perfectly light, a pound of fresh butter cut up in a pound of powdered loaf-sugar. Then add, by degrees, a glass of wine, a glass of brandy, and a table-spoonful of powdered mace and cinnamon mixed, and a powdered nutmeg. Have ready twelve eggs beaten in a shallow pan till very smooth and thick. Stir the beaten egg into the beaten butter and sugar, alternately with the flour and citron, a little at a time of each. Then, at the last, stir the whole very hard. Butter a large tin pan (one with a tube in the centre will be best), put in the mixture, set it directly in a moderate oven, and bake it at least four hours. Put it on an inverted sieve to cool.

*When the cake is cool, ice and ornament it.*

*Common pound cakes are now very much out of use.*

*They are considered old-fashioned.*

### CONNECTICUT LOAF CAKE

For this cake you must prepare, the day before, three pounds of sifted flour, two pounds of powdered white sugar, four nutmegs, and a quarter of an ounce of mace powdered fine; two pounds of stoned raisins, two pounds of currants, picked, washed, and dried (or you may substitute for the currants two additional pounds of raisins), and half a pound of citron cut large. The raisins, currants, and citron must be spread on a large dish, and dredged thickly over with flour, which must be mixed well among them with your hands, so as to coat them all completely. This is to prevent their sinking in a clod to the bottom while the cake is baking, and should always be done with whatever fruit is used in either cakes or puddings. Put the spice into half a pint of white wine, cover it, and let it infuse all night. Next morning, have ready two pounds of the best fresh butter, cut small; six eggs well beaten; a pint of warm new milk; and half a pint of fresh strong yeast, procured, if possible, from a brewer or baker. Rub half the butter into the flour, adding half the sugar; wet it with the milk, and add half of the eggs, and the wine, and the yeast. Stir and mix it thoroughly. Then cover it and set it to rise. It should be perfectly light by evening. Then add the remainder of the butter and the sugar, and the rest of the egg. Mix it well, and set it again to rise till early next morning. Then add gradually the fruit, setting it again to rise for two or three hours. When it is perfectly light for the last time, butter a large deep pan, and put in the mixture. The oven must first be made *very hot*, and then allowed to cool down so as to bake rather slowly. If too hot, it will scorch and crust the cake on the outside, so as to prevent the heat from penetrating any farther, and the inside will then be soddened and heavy. A common-sized loaf-cake may remain in the oven from three to four hours.



### CLOVE CAKES

Rub a pound of fresh butter (cut up) into three pounds of sifted flour; adding, by degrees, a pound of fine brown sugar, half an ounce of cloves ground or powdered, and sufficient West India molasses to wet the whole into a stiff dough, mixing in at the last a small tea-spoonful of sal-aratus dissolved in tepid water. Roll the dough out into a sheet of paste, and cut out the cakes with a tin stamp, or with the edge of a tumbler. Put them in buttered pans, and bake them a quarter of an hour or more.

*They will continue good a long time, if kept dry,  
and are excellent to take to sea.*

### SOFT GINGERBREAD

Beat to a cream half a pound of fresh butter cut up in a deep pan, among half a pound of brown sugar, and at the beginning set near the fire to soften it a little, but not to melt it. Add two large table-spoonfuls of ginger, a tea-spoonful of powdered cinnamon, and a tea-spoonful of powdered cloves. Then stir into it, alternately, a pint of West India molasses, and three pints of sifted flour, and six well-beaten eggs. Lastly, dissolve a small tea-spoonful of pearl-ash in a pint of *sour* milk, and stir it, while foaming, into the mixture. Put it immediately into shallow square tin pans, well buttered, and place it in an oven not too hot, or it will burn the outside, and leave the inside raw and heavy. This cake requires long beating, and much baking.

### FINE COOKIES

Sift into a pan five large tea-cupsful of flour, and rub into it one tea-cup of fresh butter; add two cups of powdered white sugar, and a handful or two of caraway seeds; wet it with an egg well beaten, and a little rose-water. Add, at the last, a small tea-spoonful of sal-aratus dissolved in a very little lukewarm water. Knead the whole well. Roll it out into a sheet. Cut it into cakes with a stamp or a tumbler edge; put them into a buttered pan, and bake them about fifteen minutes.

*Instead of caraway seeds, you may use  
currants, picked, washed, and dried.*

### INDIAN CUP CAKES

Sift a pint and a half of yellow Indian meal, and mix it with half a pint wheat flour. Beat two eggs very light, and then stir them gradually into the meal, in turn with almost a quart of *sour* milk. If you have no sour milk from the preceding day, you can turn some sweet milk sour by setting it in the sun. Lastly, dissolve a tea-spoonful of sal-aratus, or a very small tea-spoonful of pearl-ash in a little of the sour milk reserved for the purpose. The batter must be as thick as that for a pound-cake. More Indian meal may be necessary. Stir it at the last into the mixture, which, while foaming, must be put into buttered cups, or little tin pans, and set immediately into an oven, brisk but not too hot. When well baked, turn out the cakes, and send them warm to the breakfast-table.

*Eat them with butter.*

### BRAN BATTER-CAKES

Mix a quart of bran with a handful of wheat flour, and a level tea-spoonful of salt. Pour in sufficient milk-warm water to make a thick batter. Add two table-spoonfuls of brewer's yeast, or three, if home-made; and stir it very hard. Cover it, and set it by the fire to rise. Half an hour before you begin to bake, you may add a salt-spoonful of soda, melted in a little warm water. Bake it like buckwheat cakes, on a griddle.

### WEST INDIA COCOA-NUT PUDDING

Cut up and skin a large ripe cocoa-nut, and grate it fine. Then put the grated cocoa-nut into a clean cloth, and squeeze and press it till all the moisture is taken out. Spread it on a broad tin pan, and stand it up to dry, either in the sun or before the fire, stirring it up occasionally with your hands. When quite dry weigh a pound of it. Beat very light sixteen eggs (omitting the whites of four) and then beat into them, gradually, a pound of powdered loaf-sugar, and a wine glass of rose-water. Then give the whole a hard stirring. Put the mixture into deep dishes, and lay puff-paste round their edges handsomely notched. Bake them about half an hour. Send them to table cold with white sugar grated over the top.

### APPLE BREAD PUDDING

Pare, core, and slice thin, a dozen or more fine juicy pippins, or bell-flowers, strewing among them some bits of the yellow rind of a large lemon that has been pared very thin, and squeezing over them the juice of the lemon. Or substitute a tea-spoonful of essence of lemon. Cover the bottom of a large deep dish with a thick layer of the sliced apples. Strew it thickly with brown sugar. Then scatter on a few very small bits of the best fresh butter. Next strew over it a thin layer of grated bread-crumbs. Afterwards another thick layer of apple, followed by sugar, butter, and bread-crumbs as before. Continue this till you get the dish full, finishing with a thin layer of crumbs. Put the dish into a moderate oven, and bake the pudding well, ascertaining that the apples are thoroughly done and as soft as marmalade. Send it to table either hot or cold, and eat it with cream-sauce, or with butter, sugar, and nutmeg, stirred to a cream. This pudding is in some places called by the homely names of Brown Betty, or Pan Dowdy. It will require far less baking, if the apples are previously stewed soft, and afterwards mixed with the sugar and lemon. Then put it into the dish, in layers, interspersed (as above) with bits of butter, and layers of grated crumbs.

*It will be much improved by the addition of a grated nutmeg, mixed with the apples.*



### APPLE CUSTARDS

Take fine juicy apples, sufficient when stewed to fill two soup plates. Pare, core, and slice them. Add a lump of butter, about the size of a walnut, and the grated peel of a lemon; and stew them with as little water as can possibly keep them from burning. They must be stewed till they are quite soft all through, but not broken. Then mash them well with the back of a spoon, and make them very sweet with fine brown sugar. Squeeze in the juice of a lemon, or add a wine-glass of rose-water. When the apple is quite cold, add a grated nutmeg, a table-spoonful of brandy, and a table-spoonful of cream, mixed with a table-spoonful of finely-grated bread crumbs, and the well-beaten yolk of an egg. Stir the whole very hard. Cover the bottom and sides of two soup plates with thin puff-paste, and put a thick paste round the edges, notching it handsomely. Then fill up with the mixture, and bake it about half an hour. Or you may bake it in cups, without any paste. If for cups, prepare double the above quantity of apple and other ingredients.

*Peach custards may be made in a similar manner, of fine ripe free-stone peaches, pared, stoned, quartered, and stewed without any water. Omit the lemon, and add two eggs.*

### NEW ENGLAND PUMPKIN PIE

Take a quart of stewed pumpkin. Put it into a sieve, and press and strain it as dry as possible. Then set it away to get cold. Beat eight eggs very light, and stir them gradually into the pumpkin, a little at a time, in turn with a quart of rich cream and a pound of sugar. Mix together a quarter of an ounce of powdered mace, two powdered nutmegs, and a table-spoonful of ground ginger, and stir them into the other ingredients. When all is mixed, stir the whole very hard. Cover the bottom of your pie-dishes with a thin paste, and fill them nearly to the top with the mixture. Cut out narrow stripes of paste with your jaggging-iron, and lay them across the tops of your pies. Bake them from an hour to an hour and a quarter. Send them to table cool.

*They are best the day they are baked.*

*Some persons prefer them without any paste beneath, the dishes being filled entirely with the mixture; and if they have broad edges, a border of thick puff-paste may be laid along the edge, and handsomely notched.*

*We think this the best way; as paste that is baked under any mixture that has milk and eggs in it, is liable, in consequence of the moisture, to become clammy and heavy, and is therefore unwholesome.*



## GELATINE JELLY

Gelatine is used as a substitute for calves feet in making jelly. It is prepared in light yellowish sheets, and can be purchased at the druggists'. The chief advantage in gelatine is, that by keeping it in the house, you can always have it ready for use, and the jelly made with it may be commenced and finished the same day: while, if you use calves' feet, they must be boiled the day before. Also, you may chance to live in a place where calves' feet cannot at all times be procured, and then a box of gelatine, always at hand, may be found very convenient. The cost is about the same, whether the jelly is made of calves' feet or of gelatine. That of calves' feet will generally be the firmest, and will keep two or three days in a cold place or when set on ice; that of gelatine, if not used on the day that it is made, will sometimes melt and become liquid again. Its greatest recommendations are convenience and expedition. The following receipt for gelatine jelly will be found a very good one, if exactly followed.

Soak two ounces of gelatine, for twenty-five minutes, in as much cold water as will cover it. Then take it out, lay it in another vessel, pour on it two quarts of boiling water, and let it thoroughly dissolve. Afterwards set it to cool. Having rolled them under your hand on a table, pare off very thin the yellow rind of four lemons, and cut it into small bits. Break up, into little pieces, two large sticks of the best cinnamon (that of Ceylon is far preferable to any other) and a pound of the best double refined loaf-sugar. Mix together in a large bowl, the sugar, the lemon-rind, and the cinnamon; adding the juice of the lemons, the beaten white of an egg, and a pint of Malaga or any other good white wine. Add to these ingredients the dissolved gelatine, when it is cool but not yet cold. Mix the whole very well, put it into a porcelain kettle, or a very clean bell-metal one, and boil it fifteen minutes. Then pour it warm into a white flannel jelly-bag, and let it drip into a large glass bowl. On no account squeeze or press the bag, or the jelly will be dull and cloudy. After it has congealed in the bowl, set it on ice; but the sooner it goes to table the better. A warm damp day is unfavourable for making any sort of jelly.

*You may flavour it with four or five oranges instead of lemons.*

*If you are averse to using wine in the jelly, substitute a pound of the best raisins, stemmed (but not seeded or stoned) and boiled whole with the other ingredients.*

## YANKEE TEA CAKES

Cut up half a pound of fresh butter in a pint of milk, and warm it a little, so as to soften but not melt the butter. Add, gradually, half a pound of powdered white sugar, in turn with three well-beaten eggs, and a pound of sifted flour, finishing with half a gill of strong fresh yeast. Set the mixture in a warm place to rise. It will most probably be five hours before it is light enough to bake, and it should therefore be made in the forenoon. When it has risen high, and the top is covered with bubbles, butter some cups, and bake it in them about twenty minutes. When done, turn the cakes out on large plates; send them to table hot, and split and butter them. To open these cakes, pull them apart with your fingers.

## BISCUIT ICE CREAM

This is the biscuit glacé so popular in France. Take some pieces of broken loaf-sugar, and rub off on them the yellow rind of four lemons, or oranges. Then pulverize the sugar, and mix it with half a pound of loaf-sugar already powdered, and moistened with the juice of the lemons. Beat six eggs very light, and stir them gradually into a quart of cream, in turn with the sugar and lemon. Have ready some stale Naples biscuit or square sponge cakes grated very fine, and stir them gradually into the mixture, in sufficient quantity to make a thick batter, which must be beaten till perfectly smooth and free from lumps. Put it into a porcelain stew-pan, and give it one boil up, stirring it nearly all the time. Then put it into a freezer, and freeze it in the usual manner. Afterwards transfer it to a pyramid mould, and freeze it a second time for half an hour or more. When quite frozen, take it out of the mould upon a glass or china dish.

*Instead of lemon or orange, you may flavour it with a vanilla bean boiled slowly in half a pint of cream, and then strained out, before you mix it with the other cream.*

## MACAROON ICE CREAM

From a quart of cream take half a pint, and boil in it slowly two ounces of bitter almonds, or peach kernels, previously blanched and broken up. Then, when it is highly flavoured with the almonds, strain the half pint and mix it with the remaining pint and a half of cream, to which add, by degrees, six eggs previously beaten till very light, and half a pound of powdered loaf-sugar. Crumble a sufficient quantity of the best almond macaroons to make a thick batter when stirred gradually into the mixture of cream, sugar, and eggs, which must be beaten till perfectly smooth. Give it a boil, stirring it well while boiling. Then put it into a freezer, and freeze it as usual. Afterward transfer it to a pyramid mould and freeze it again.

*It will be found very fine if properly made.*

## ORANGE WATER ICE

To four pounds of the best double refined loaf-sugar, allow a quart of water, and four dozen large ripe deep-coloured oranges. Having rolled the oranges on the table under your hand to increase the quantity of juice, wash and wipe them dry. Take pieces of the sugar and rub them on half the oranges till you have taken off on the sugar their yellow rind or zest. Then put that sugar with the remainder into a porcelain kettle, and pour on it a quart of water into which has been beaten the white of one egg. When the sugar is quite melted, set the kettle on the fire, and boil and skim it till the scum ceases to rise, and the orange-zest is entirely dissolved. Then stir in gradually the juice of the oranges, and when all is in, take it directly off the fire, lest the flavour of the juice should be weakened by boiling. Let it cool, stirring it well. Lastly, put it into a freezer surrounded by pounded ice and salt, and stir it hard for the first ten minutes. Take off the lid and repeat the stirring every five minutes till the freezing is accomplished. Turn it out into a glass bowl; having first washed off the ice and salt from the outside of the freezer, lest some of it should chance to get into the inside. Serve it on saucers.

After it has congealed in the freezer, you may transfer it to a pyramid or pine-apple mould, and freeze it a second time, which will require half an hour or more. Of course, while in the mould, it must remain undisturbed. Before you turn it out, hold round the outside of the mould a cloth dipped in cold water.

### LEMON-WATER ICE

May be made in the above manner, only that you must allow an additional pound of sugar, and use the zest or yellow rind of *all* the lemons.

### STRAWBERRY-WATER ICE

To each pound of loaf-sugar allow half a pint of water, and three quarts of ripe strawberries. Having broken up the sugar, put it into a preserving-kettle, and pour on it the water in the above proportion. To make the syrup very clear, you may allow to each pint of water half the white of an egg beaten into the water. When the sugar has melted, and been well stirred in the water, put the kettle over the fire, and boil and skim it till the scum ceases to rise. Have ready the strawberry juice, having put the strawberries into a linen bag, and squeezed the liquid into a deep pan. As soon as you take the kettle of syrup from the fire, stir into it the strawberry juice. Then put it into a freezer, surrounded with ice broken small, and mixed with salt; twirl it round by the handles for ten minutes, and then let it freeze, frequently stirring it hard. When done, turn it out into a glass bowl, and serve it on saucers. Or you may give it a second freezing in a pyramid mould.

### RASPBERRY-WATER ICE

Is made exactly as above. You may heighten the colour of these ices by adding to the juice a little cochineal, which it is very convenient to keep in the house ready prepared. To do this, mix together an ounce of cochineal (pounded to a fine powder), a quarter of an ounce of powdered alum, and a quarter of an ounce of cream of tartar, adding a salt-spoonful of pearl-ash, and three ounces of powdered loaf-sugar. Boil them all together for ten minutes or more. Then pat the mixture into a clean new bottle, cork it tightly, and stir a little of it into any liquid you wish to colour of a fine red.

*With this you may give a red colour to calves' feet jelly, or blancmange, or to icing for cakes.*

### GRAPE-WATER ICE

Is made as above, first mashing the grapes with a wooden beetle, before you put them into the bag for squeezing the juice. Currants for water ice must also be mashed before squeezing in the bag.

### PINE-APPLE WATER ICE

Having pared and sliced a sufficient number of very ripe pine-apples, cut the slices into small bits, put them into a deep dish or a tureen, sprinkle among them powdered loaf-sugar, cover them and let them set several hours in a cool place. Then have ready a syrup made of loaf-sugar, dissolved in a little water (allowing to every two pounds of sugar a pint of water beaten with half the white of an egg), and boiled and skimmed till quite clear. Get as much pine-apple juice as you can, by squeezing through a sieve the bits of pine-apple (after they have stood some hours in the tureen), measure it, and to each pint of the boiled syrup allow a pint of juice. Mix them together while the syrup is warm from the fire. Then put it into a freezer, and proceed in the usual manner.

### PEACH-WATER ICE

Take soft, ripe, juicy, freestone peaches, pare them, stone them, and cut them in pieces. Put the pieces into a linen bag and squeeze the juice into a deep pan. Crack the stones, scald and blanch the kernels, break them in half, and, having made a syrup as in the above receipts, allowing half a pint of water to each pound of loaf-sugar, boil the kernels in the syrup, taking them out when the syrup is done. This infusion of the kernels will add greatly to the flavour. Then measure the peach-juice, allowing a pint of it to each pint of syrup, and mix them together while the syrup is hot. Then freeze it.

### FINE LEMON SYRUP

The best time for making lemon syrup is early in the spring. Lemons are then plenty, and the syrup mixed with ice-water, makes a pleasant beverage for summer. It is best and cheapest to buy lemons by the box. Before using them *for any purpose*, each lemon should be wiped well, and then rolled hard under your hand upon a table to soften them and increase the juice. Two dozen large ripe lemons will generally yield about a quart of juice if pressed with a wooden lemon-squeezer; but it is best to have a few extra ones at hand, in case they should be required. To a quart of juice allow six pounds of the best loaf-sugar, broken up; on pieces of which rub off the yellow rind or zest of the lemons. The white part of the skin is useless and injurious. Put all the sugar into a large porcelain preserving-kettle. Beat to a stiff froth the whites of two eggs, mix it gradually with a quart of clear soft water, and then add it to the sugar. Stir the sugar while it is melting in the water, and when all is dissolved, place the kettle over the fire, and boil and skim it till perfectly clear, and the scum ceases to rise, and the particles of lemon zest are no longer visible. Meanwhile, squeeze the lemons through a strainer into a large pitcher, till you have a quart of juice. When the sugar has boiled sufficiently, and is quite clear, stir in gradually the lemon-juice, cover the kettle and let it boil ten minutes longer. When cool put it into clean, clear glass bottles, either quite new ones or some that have already contained lemon syrup. The bottles should first be rinsed with brandy. Cork them tightly and seal the corks. Orange syrup may be made in a similar manner omitting to use the grated yellow rind of the oranges, (it being too pungent for this purpose,) and substituting for it a double quantity of the juice; for instance, allowing two quarts of juice to six pounds of sugar.



### PRESERVED LIMES, OR SMALL LEMONS

Take limes, or small lemons that are quite ripe, and all about the same size. With a sharp penknife scoop a hole at the stalk end of each, and loosen the pulp all around the inside, taking care not to break or cut through the rind. In doing this, hold the lime over a bowl, and having extracted all the pulp and juice, (saving them in the bowl,) boil the empty limes half an hour or more in alum-water, till the rinds look clear and nearly transparent. Then drain them, and lay them for several hours in cold water, changing the water nearly every hour. At night, having changed the water once more, let the limes remain in it till next day, by which time all taste of the alum should be removed; but if it is not, give them a boil in some weak ginger tea. If you wish them very green, line the sides and bottom of a preserving-kettle with fresh vine-leaves, placed very thickly, put in the limes, and pour on as much clear cold water as will cover them, (spring or pump-water is best,) and fill up with a very thick layer of vine-leaves. Boil them slowly an hour or more. If they are not sufficiently green, repeat the process with fresh vine-leaves and fresh water. They must boil till a twig can pierce them.

After the limes have been greened, give the kettle a complete washing; or take another and proceed to make the syrup. Having weighed the limes, allow to every pound of them a pound of the best double refined loaf-sugar, and half a pint of very clear water. Break up the sugar and put it into the kettle. Then pour on to it the water, which must previously be mixed with some beaten white of egg, allowing the white of one egg to three pounds of sugar. Let the sugar dissolve in the water before you set it over the fire, stirring it well. Boil and skim the sugar, and when the scum ceases to rise, put in the limes, adding the juice that was saved from them, and which must first be strained from the pulp, seeds, &c. Boil the limes in the syrup till they are very tender and transparent. Then take them out carefully, and spread them on flat dishes. Put the syrup into a tureen, and leave it uncovered for two days.

In the mean time prepare a jelly for filling the limes. Get several dozen of fine ripe lemons. Roll them under your hand on the table, to increase the juice; cut them in half, and squeeze them through a strainer into a pitcher. To each pint of the juice allow a pound and a quarter of the best double refined loaf-sugar. Put the sugar, mixed with the lemon-juice, into a preserving-kettle, and when they are melted set it over the fire, and boil and skim it till it becomes a thick, firm jelly, which it should in twenty minutes. Try if it will congeal by taking out a little in a spoon, and placing it in the open air. If it congeals immediately, it is sufficiently done. If boiled too long it will liquefy, and will not congeal again without the assistance of isinglass. When the jelly is done, put it at once into a large bowl, and leave it uncovered.

The lemon-jelly, the syrup and the limes, being thoroughly done, and all grown cold, finish by filling the limes with the jelly; putting them, with the open part downwards, into wide-mouthed glass jars, and gently pouring on them the syrup. Cover the jars closely, and paste strong paper over the covers. Or seal the corks.

Very small, thin-skinned, ripe oranges, preserved in this

manner, and filled with orange-jelly, are delicious.

If, instead of having it liquid, you wish the syrup to crystallize or candy round the fruit, put no water to the sugar, but boil it slowly a long time, with the juice only, clarified by beaten white of egg mixed with the sugar in the proportion of one white to three pounds.

Before squeezing out the juice of the lemons intended to make the jelly, it will be well to pare off very thin the yellow rind; cut it into bits, and put it into a bottle of white wine or brandy, where it will keep soft and fresh, and the infusion will make a fine flavouring for cakes, puddings, &c. The rind of lemons should never be thrown away, as it is useful for so many nice purposes. Apple-sauce and apple-pies should always be flavoured with lemon-peel.

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### ORANGE DROPS

Squeeze through a strainer the juice of a dozen or more ripe oranges. Have ready some of the best double refined loaf-sugar, powdered as fine as possible, and sifted. Mix gradually the sugar with the juice, till it is so thick you can scarcely stir it. Put it into a porcelain skillet. Set it on hot coals, or over a moderate fire, and stir it hard with a wooden spoon for five minutes after it begins to boil. Then take it off the fire, and with a silver spoon or the point of a broad knife, drop portions of the mixture upon a flat tin pan or a pewter dish, smoothing the drops, and making them of good shape and regular size, which should be about that of a cent. When cold they will easily come off the tin. They are delicious, if properly made. Never use extract or oil of orange for them, or for any thing else. It will make them taste like turpentine, and render them uneatable. Confectioners form these drops in moulds made for the purpose.

*Lemon drops may be prepared in the same manner.*

### COFFEE CUSTARD

For this purpose the coffee should be cold drawn. Take a large half pint of fresh ground coffee, which should be of the best quality, and roasted that day. Put it into a grecque or French coffee pot, such as are made with strainers inside, and have a second cover below the lid. Lay the coffee on the upper strainer, pour on it half a pint of cold water, and press it down with the inner cover. Put on the outer or top-lid of the coffee-pot, and stop the mouth of the spout with a roll or wad of soft white paper, or with a closely-fitting cork, to prevent any of the aroma escaping.

When the coffee liquid has all filtered down through both the upper and lower strainers, pour it off into a bowl, and return it to the upper strainer to filter down a second time. It will then be beautifully clear, and very strong, notwithstanding that it has been made with cold water.

Have ready a custard-mixture made of eight well-beaten eggs, stirred gradually into a pint of cold rich milk or cream; and three or four table-spoonfuls of powdered loaf-sugar. Stir the cold liquid coffee gradually into it. Put it into cups. Set them in an iron oven or bake-pan with boiling water round them, reaching rather more than half-way up the sides of the cups. Bake them ten minutes or more. Then set them on ice, and send them to table quite cold.



### A FINE CHARLOTTE RUSSE

For this purpose you must have a circular or drum-shaped tin mould, or a pair or more of them. The mould should be without a bottom. They can be procured at a tin-store, and are useful for other purposes. The day before you want the Charlotte russe, make a stiff plain jelly by boiling a set of calves' feet (four) in a gallon of water till the meat drops from the bone. It should boil slowly till the liquid is reduced to less than two quarts. Then, having strained it, measure into a pan three pints of the liquid, cover it, and set it away to congeal. Next morning, it should be a solid cake, from which you must carefully scrape off all the fat and sediment. Boil a vanilla bean in half a pint of milk, till the milk is very highly flavoured with the vanilla. Then strain it, and set it away to get cold. Take three pints of rich cream, put it into a shallow pan, set it on ice, and beat it to a stiff froth with rods or a whisk; or churn it to a foam with a little tin churn. Next, add to the cream the vanilla milk, and beat both together. Melt the jelly in a pan over the fire. Beat very light the yolks of six eggs, and then stir gradually into the beaten egg half a pound of powdered loaf-sugar. Next, add, by degrees, the melted jelly to the egg and sugar, stirring very hard. Keep the vessel sitting on ice, and continue stirring till the mixture is firm enough to retain the mark of the spoon. Then stir in the cream as quickly as possible. Have ready the tin mould, lined with the long thin cakes called lady-fingers, or finger biscuits, brushed over with beaten white of egg. They must be laid closely across each other on the bottom of a dish, and be so arranged as to stand up in a circle round the sides of the mould, each wrapping a little over the other. Then carefully put in the mixture, and cover the top with lady-fingers laid closely across. After the whole is nicely arranged, set it on ice till wanted. When you wish to turn out the Charlotte russe, (which must be done with great care,) wrap round the outside of the mould a coarse towel dipped in cold water, and lift it off from the charlotte.

Instead of lady-fingers you may use sponge-cake for the shape or form. Cut two circular slices from a large sponge-cake, one for the bottom, and one for the top of the charlotte, and for the wall or sides arrange tall, square slices of the cake, all of them standing up so as to wrap a little over each other. All the cake must be glazed with beaten white of egg.

A still easier way is to make an almond sponge-cake, and bake it in a drum-shaped mould or pan, or an oval one with straight or upright sides. When cold, cut off the top in one thin slice, and carefully cut out or hollow the middle, so as to make a space to contain the mixture of the charlotte, leaving bottom and sides standing. They must be left thin. Then, when the mixture is ready and quite cold, fill up the cake with it. It must be set on a china or glass dish, and kept on ice till wanted. It will require no turning out; and there is no risk of its breaking

*The pieces that come out of the almond-cake when it is hollowed to receive the charlotte mixture, can be used for some other purpose, for instance, to mix with other cakes in a basket, or to dissolve at the bottom of a trifle.*

### PINE-APPLE MARMALADE

Take the largest, ripest, and most perfect pine-apples. Pare them, and cut out whatever blemishes you may find. Weigh each pine-apple, balancing the other scale with an equal quantity of the best double refined loaf-sugar, finely powdered. Grate the pine-apples on a large dish, omitting the hard core in the centre of each. Put the grated pine-apples and the sugar into a preserving-kettle, mixing them thoroughly. Set it over a moderate fire, and boil and skim it well, at times stirring it up from the bottom. After the scum has ceased to appear, still stir, till the marmalade is done, which will generally be in half an hour after it has come to a boil; but if not clear, bright, and smooth in that time, continue to boil it longer. When done, put it into a tureen, and cover it closely, while it is growing cold. Afterwards, remove it into tumblers, covering the top of each with double white tissue-paper, cut round so as exactly to fit the inside. Lay this paper closely on the marmalade, and press it down round the edges. Then paste on covers of thick paper.

*This preparation of pine-apples is far superior to the usual method of preserving it in slices. It will be found very fine for filling tart-shells, and for jelly-cake.*

### RED TOMATO PICKLES

Fill three quarters of a jar with small, round, button tomatoes when quite ripe. Put them in whole, and then pour over them sufficient cold vinegar (highly flavoured with mace, cloves, and whole black pepper) to raise them to the top. Add a table-spoonful of sweet oil, and cover the jar closely.

### CROQUANT CAKE

Take three quarters of a pound of almonds, (of which two ounces, or more, should be the bitter sort,) and blanch and slice them. Powder three quarters of a pound of fine white sugar. Sift three quarters of a pound of flour, and slice half a pound of citron. Mix together the almond and citron, on a flat dish, and sprinkle among them flour from the dredging-box, till they are white all over. Beat six eggs as light as possible, till they are very thick and smooth. Then mix them gradually with the sugar, almond, and citron, stirring very hard. Lastly, stir in, by degrees, the sifted flour. Butter a tin pan or pans, and put in the mixture about an inch deep. Bake it; and when cool, cut it into narrow slices about an inch wide, and five inches long. To make them keep a long time, lay them on shallow tins, and give them a second baking. Put the cakes into a stone jar, and they will keep a year or more, after this double baking.



### SASSAFRAS MEAD

Mix gradually with two quarts of boiling water, three pounds and a half of the best brown sugar, a pint and a half of good West India molasses, and a quarter of a pound of tartaric acid. Stir it well, and when cool, strain it into a large jug or pan, then mix in a tea-spoonful (not more) of essence of sassafras. Transfer it to clean bottles, (it will fill about half a dozen,) cork it tightly, and keep it in a cool place. It will be fit for use next day. Put into a box or boxes a quarter of a pound of carbonate of soda, to use with it. To prepare a glass of sassafras mead for drinking, put a large table-spoonful of the mead into a half tumbler full of ice-water, stir into it a half tea-spoonful of the soda, and it will immediately foam up to the top.

*Sassafras mead will be found a cheap, wholesome, and pleasant beverage for warm weather. The essence of sassafras, tartaric acid, and carbonate of soda, can of course all be obtained at the druggists'.*

### FINE TOMATO CATCHUP

Take a large quantity of tomatoes, and scald and peel them. Press them through a fine hair-sieve, and boil the pulp in either a porcelain or a bell-metal preserving-kettle, as tin or iron will blacken it. Cover the kettle closely, and keep it at a slow boil during four hours. Then measure the pulp of the tomatoes, and to every two quarts allow a tea-spoonful of salt. Boil it an hour after the salt is in, stirring it frequently. Have ready, in equal proportions, a mixture of powdered ginger, nutmeg, mace, and cloves; and to every two quarts of the liquid, allow a large tea-spoonful of these mixed spices, adding a small tea-spoonful of cayenne. Stir in this seasoning, and then boil the catchup half an hour longer. Strain it carefully into a large pitcher, avoiding the grounds or sediment of the spices, and then (while hot) pour it through a flannel into clean bottles. Cork them tightly, and seal the corks. Keep it in a dry, cool place. It will be of a fine scarlet colour.

### GREEN TOMATO PICKLES

Slice a gallon of the largest green tomatoes, and salt them over night to your taste. In the morning mix together a table-spoonful of ground black pepper; one of mace; one of cloves; four pods of red pepper, chopped fine; and half a pint of grated horse-radish. Mix them all thoroughly. Have ready a large, wide-mouthed stone jar; put into it first a layer of the seasoning, then a layer of tomatoes, then another of seasoning, then another of tomatoes, then another of seasoning, another of tomatoes; and so on alternately till the jar is filled within two inches of the top, finishing with a layer of seasoning. Then fill up to the top with cold cider vinegar; adding at the last a table-spoonful of sweet oil. Cover the jar closely.

*This will be found a very nice pickle, and is easily made, as it requires no cooking. After the tomatoes are all gone, the liquid remaining in the jar may be used as catchup.*

### FRENCH CHICKEN SALAD

Take a large, fine, cold fowl, and having removed the skin and fat, cut the flesh from the bones in very small shreds, not more than an inch long. The dressing should not be made till immediately before it goes to table. Have ready half a dozen or more hard-boiled eggs. Cut up the yolks upon a plate, and with the back of a wooden spoon mash them to a paste, adding a small salt-spoonful of salt, rather more of cayenne pepper, and a large tea-spoonful of made mustard. Mix them well together; then add two large table-spoonfuls of salad oil, and one of the best cider vinegar. All these ingredients for the dressing, must be mixed to a fine, smooth, stiff, yellow paste. Lay the shred chicken in a nice even heap, upon the middle of a flat dish, smoothing it, and making it circular or oval with the back of a spoon, and flattening the top. Then cover it thickly and smoothly with the dressing, or paste of seasoned yolk of egg, &c. Have ready a large head of lettuce that has been picked, and washed in cold water; and, cutting up the best parts of it very small, mix the lettuce with a portion of the hard-boiled white of egg minced fine. Lay the chopped lettuce all round the heap of shred chicken, &c. Then ornament the surface with very small bits of boiled red beets, and green pickled cucumbers, cut into slips and dots, and arranged in a pretty pattern upon the yellow ground of the coating that covers the chicken. After taking on your plate a portion of each part of the salad, mix all together before eating it.

Do not use for this, or any other purpose, the violently and disagreeable sharp vinegar that is improperly sold in many of the grocery stores, and is made entirely of chemical acids. Some of these employed for making vinegar, are so corrosive as to be absolutely poisonous. This vinegar can always be known by its very clear transparency, and its excessive pungency, overpowering entirely the taste of every thing with which it is mixed; and also by its entire destitution of the least flavour resembling wine or cider, though it is often sold as "the best white vinegar." You can always have good wholesome vinegar by setting in the sun with the cork loosened, a vessel of cider till it becomes vinegar. In buying a keg of vinegar, it is best to get it of a farmer that makes cider.

### TOMATO SOUP

Take a fore-leg of beef, and cut it up into small pieces. Put the meat with the bones into a soup-pot, and cover it with a gallon of water. Season it with pepper, and a little salt. Boil and skim it well. Have ready half a peck of ripe tomatoes cut up small; and when the soup is boiling thoroughly, put them in with all their juice. Add six onions sliced, and some crusts of bread cut small. The soup must then be boiled slowly for six hours or more. When done, strain it through a cullender. Put into the tureen some pieces of bread cut into dice or small squares, and pour the soup upon it.

Tomato soup (like most others) is best when made the day before. In this case you may boil it longer and slower. Then having strained it into a stone jar, cover it closely, and set it away in a cold place. Next day, add some grated bread-crumbs mixed with a little butter, and give the soup a boil up.

When ochras are in season, this soup will be greatly improved by the addition of half a peck of ochras, peeled and sliced thin.

## NORMANDY SOUP

Take four pounds of knuckle of veal. Put it into a soup pot with twenty common-sized onions, and about four quarts of water. Let it simmer slowly for two hours or more. Then put in about one third of a six-penny loaf grated; adding a small tea-spoonful of salt, and not quite that quantity of cayenne pepper. Let it boil two hours longer. Then take out the meat, and press and strain the soup through a large sieve into a broad pan. Measure it, and to every quart of the soup add a pint of cream, and about two ounces of fresh butter divided into four bits, and rolled in flour. Taste the soup, and if you think it requires additional seasoning, add a very little more salt and cayenne. Always be careful not to season soup highly; as it is very easy for those who like them to add more salt and pepper, after tasting it at table.

Put the soup again over the fire, and let it just come to a boil. Then serve it up. These proportions of the ingredients ought to make a tureen-full. This soup is a very fine one for dinner company. The taste of the onions becomes so mild as to be just agreeably perceptible; particularly in autumn when the onions are young and fresh. In cool weather it may be made the day before; but in this case, when done, it must be set on ice, and the cream and butter not put in till shortly before it goes to table.

*Never keep soup (or any other article that has been cooked) in a glazed earthen crock or pitcher. The glazing being of lead would render it unwholesome. Its effects have sometimes been so deleterious as really to destroy life.*

## HASHED VEAL

Always save the gravy of roast meat. Having skimmed off the fat, and poured the gravy through a strainer into a jar, cover it closely, and set it away in a refrigerator, or some very cold place, till next day. When cold meat is hashed or otherwise recooked, it is best to do it in its own gravy, and without the addition of water.

Take some cold roast veal, and cut it into small mouthfuls. Put it into a skillet or stew-pan, without a drop of water. Add to it the veal gravy that was left the preceding day, and a small lump of fresh butter. Cover the skillet, and let the hash stew over the fire for half an hour. Then put to it a large table-spoonful of tomato catchup; or more, according to the quantity of meat. One large table-spoonful of catchup will suffice for as much hash as will fill a soup-plate. After the catchup is in, cover the hash, and let it stew half an hour longer. This is the very best way of dressing cold veal for breakfast. Observe that there must be no water about it. Cold roast beef, mutton, or pork, may be hashed in this manner; but hashed veal is best.

*You may also hash cold poultry, or rabbits, by cutting them in small bits, and stewing them in gravy, adding mushroom catchup instead of tomato.*



## FINE CALVES' HEAD SOUP

Boil in as much water as will cover it, a calf's head with the skin on, till you can slip out the bones. Then take a fore-leg of beef, and a knuckle of veal; cut them up, and put them (bones and all) into the liquid the calf's head was boiled in; adding as much more water as will cover the meat. Skim it well; and after it has thoroughly come to a boil, add half a dozen sliced carrots; half a dozen sliced onions; a large head of celery cut small; a bunch of sweet herbs; and a salt-spoonful of cayenne pepper. Boil the whole slowly during five hours; then strain it into a large pan.

Take rather more than a pint of the liquid, (after all the fat has been carefully skimmed off,) and put it into a saucepan with two ounces of fresh butter, a bunch of sweet marjoram, a few sprigs of parsley, two onions minced fine, and a large slice of the lean of some cold boiled ham, cut into little bits. Keep it closely covered, and let it simmer over the fire for an hour. Then press it through a sieve into the pan that contains the rest of the soup. Thicken it with a large tea-cupful (half a pint) of grated bread-crumbs; return it to the soup-pot, and boil it half an hour. Unless your dinner hour is late, it is best to make this soup the day before, putting it into a large stoneware or china vessel, (not an earthen one,) covering it closely and setting it in a cool place.

Have ready some force meat balls, made of the meat of the calves' head, finely minced, and mixed with grated bread-crumbs, butter, powdered sweet-majoram, a very little salt and pepper, and some beaten yolk of egg to cement these ingredients together. Each ball should be rolled in flour, and fried in fresh butter before it is put into the soup. Shortly before you send it to table, add a large lemon sliced thin without peeling, and a pint of good madeira or sherry, wine of inferior quality being totally unfit for soup, terrapin, or any such purposes. Add also the yolks of some hard-boiled eggs cut in half. Then, after the wine, lemon, and eggs are all in, give the soup one boil up, but not more.

## CALVES' FEET SOUP

Take eight calves' feet (two sets) and season them with a small tea-spoonful of salt, half a tea-spoonful of cayenne, and half a tea-spoonful of black pepper, all mixed together and rubbed over the feet. Slice a quarter of a peck of ochras, and a dozen onions, and cut up a quarter of a peck of tomatoes without skinning them. Put the whole into a soup-pot with four quarts of water, and boil and skim it during two hours. Then take out the calves' feet, and put them on a dish. Next, strain the soup through a cullender, into an earthen pan, and with the back of a short wooden ladle mash out into the pan of soup all the liquid from the vegetables, till they are as dry as possible. Cut off all the meat nicely from the bones into small bits, and return it to the soup, adding a quarter of a pound of fresh butter, divided into four, and rolled in flour. Put the soup again into the pot, and give it a boil up. Toast two or three large thick slices of bread; cut it into small square dice or mouthfuls; lay it in the bottom of the tureen; pour the soup over it, and put on the tureen cover immediately. This soup (which, however, can only be made when tomatoes and ochras are in season) will be found excellent.

*It may be greatly improved by boiling in it the hock of a cold ham: in which case add no salt.*

### TO KEEP FRESH EGGS

Have a close, dry keg, for the purpose of receiving the eggs as they are brought in fresh from the hen's nests. An old biscuit keg will be best. Keep near it a patty-pan, or something of the sort, to hold a piece of clean white rag with some good lard tied up in it. While they are fresh and warm from the nest, grease each egg all over with the lard, not omitting even the smallest part; and then put it into the keg with the rest. Eggs preserved in this manner (and there is no better way) will continue good for months, provided they were perfectly fresh when greased; and it is useless to attempt preserving any but new-laid eggs. No process whatever, can restore or prevent from spoiling, any egg that is the least stale.

*Therefore, if you live in a city, or have not hens of your own, it is best to depend on buying eggs as you want them.*

### BAKED CLAMS

In taking out the clams, save several dozen of the largest and finest shells, which must afterwards be washed clean, and wiped dry. Chop the clams fine, and mix with them some powdered mace and nutmeg. Butter the sides and bottom of a large, deep dish, and cover the bottom with a layer of grated bread-crumbs. Over this scatter some very small bits of the best fresh butter. Then put in a thick layer of the chopped clams. Next, another layer of grated bread-crumbs, and little bits of butter. Then, a layer of chopped clams, and proceed in this manner till the dish is full, finishing at the top with a layer of crumbs. Set the dish in the oven, and bake it about a quarter of an hour. Have ready the clam-shells and fill them with the baked mixture, either leaving them open, or covering each with another clam-shell.

Place them on large dishes, and send them to table hot.

*Oysters may be cooked in a similar manner; sending them to table in the dish in which they were baked.*

*The meat of boiled crabs may also be minced, seasoned, and dressed this way, and sent to table in the back shells of the crabs.*

*Clams intended for soup will communicate to it a much finer flavour, if they are previously chopped small, and pounded in a mortar.*

### SPICED OYSTERS

To four hundred large oysters allow a pint of cider vinegar, four grated nutmegs, sixteen blades of whole mace, six dozen of whole cloves, three dozen whole pepper corns, and a salt-spoonful of cayenne. Put the liquor into a porcelain kettle, and boil and skim it; when it has come to a hard boil, add the vinegar and put in the oysters with the seasoning of spices, &c. Give them one boil up, for if boiled longer they will shrivel and lose their flavour. Then put them into a stone or glass jar, cover them closely, and set them in a cool place. They must be quite cold when eaten.

*You may give them a light reddish tint by boiling in the liquor a little prepared cochineal.*

### THE BEST CLAM SOUP

Put fifty clams into a large pot of boiling water, to make the shells open easily. Take a knuckle of veal, cut it into pieces (four calves' feet split in half will be still better) and put it into a soup-pot with the liquor of the clams, and a quart of rich milk, or cream, adding a large bunch of sweet majoram, and a few leaves of sage, cut into pieces, and a head of celery chopped small; also, a dozen whole pepper-corns, but no salt, as the saltiness of the clam liquor will be sufficient. Boil it till all the meat of the veal drops from the bones, then strain off the soup and return it to the pot, which must first be washed out. Having in the mean time cut up the clams, and pounded them in a mortar, (which will cause them to flavour the soup much better,) season them with two dozen blades of mace, and two powdered nutmegs; mix with them a quarter of a pound of fresh butter, and put them into the soup with all the liquor that remains about them. After the clams are in, let it boil another quarter of an hour. Have ready some thick slices of nicely-toasted bread, (with the crust removed,) cut them into small square mouthfuls; put them into a tureen; and pour the soup upon them.

*It will be found excellent. Oyster soup may be made in the same manner.*

### FINE STEWED OYSTERS

Strain the liquor from two hundred large oysters, and putting the half of it into a saucepan, add a table-spoonful of whole mace, and let it come to a hard boil, skimming it carefully. Have ready six ounces of fresh butter divided into six balls or lumps, and roll each slightly in a little flour. Add them to the boiling oyster liquor, and when the butter is all melted, stir the whole very hard, and then put in the oysters. As soon as they have come to a boil, take them out carefully, and lay them immediately in a pan of very cold water, to plump them and make them firm. Then season the liquor with a grated nutmeg; and taking a pint and a half of very rich cream, add it gradually to the liquor, stirring it all the time. When it has boiled again, return the oysters to it, and simmer them in the creamed liquor about five minutes or just long enough to heat them thoroughly. Send them to the tea-table hot in a covered dish.

If you stew six or eight hundred oysters, in this manner, for a large company, see that the butter, spice, cream, &c., are all increased in the proper proportion.

*Oysters cooked in this way make very fine patties. The shells for which must be made of puff-paste, and baked empty in very deep patty-pans, filling them, when done, with oysters.*



### A MOLASSES PIE

Make a good paste, and having rolled it out *thick*, line a pie-dish with a portion of it. Then fill up the dish with molasses, into which you have previously stirred a table-spoonful, or more, of ground ginger. Cover it with an upper crust of the paste; notch the edges neatly; and bake it brown. This pie, plain as it is, will be found very good.

*It will be improved by laying a sliced orange or lemon in the bottom before you put in the molasses.*

*To the ginger you may add a tea-spoonful of powdered cinnamon.*

### GREEN CORN MUFFINS

Having boiled the corn, grate it, as if for a pudding. Beat six eggs very light, and stir them gradually into a quart of milk. Then stir in, by degrees, the grated corn, till you have a moderately thick batter. Add a salt-spoon of salt. Butter the inside of your muffin-rings. Place them on a hot griddle, over a clear fire, and nearly fill them with the batter. Bake the muffins well, and send them to table hot. Eat them with butter.

### COMPOTE OF SWEET POTATOES

Select fine large sweet potatoes, all nearly the same size. Boil them well and then peel off the skins. Then lay the potatoes in a large baking-dish; put some pieces of fresh butter among them, and sprinkle them very freely with powdered sugar. Bake them slowly, till the butter and sugar form a crust. They should be eaten after the meat.

*This is a Carolina dish, and will be found very good.*

### PRESERVED GREEN TOMATO

Take a peck of button tomatoes, full grown, but quite green. Weigh them, and to each pound allow a pound of the best double-refined loaf-sugar, broken up small. Scald and peel them. Have ready ten lemons rolled under your hand on a table, to increase the juice. Grate off, upon lumps of sugar, the yellow surface of the rind, scraping up the grating or zest with a spoon, and transferring it to a bowl. Squeeze over it, through a strainer, the juice of the lemon. Take a quarter of a pound of root ginger, scrape off the outside, grate the ginger and mix it with the lemon.

Put the sugar into a large preserving kettle, and pour water on it; allowing half a pint of water to each pound of sugar. Stir it about with a large, clean wooden spoon, till it melts. Set it over a clear fire, and boil and skim it. After it has boiled, and is very clear, and the scum has ceased to rise, put in the tomatoes and boil them till every one has slightly burst. Next add the lemon and ginger, and boil them about a quarter of an hour longer. Then take them out and spread them on large dishes to cool. Boil the syrup by itself, ten minutes longer. Put the tomatoes into jars, about half full, and fill up with the syrup. Cover the jars closely, and paste paper round the lids; or tie bladders over them.

*Green tomatoes, done as above, make an excellent sweetmeat.*

*Ripe or red tomatoes may be preserved in the same manner; yellow ones also.*

*The lemon and ginger must on no account be omitted.*

### SOUP À LA LUCY

Take a large fowl; cut it up; put it with a few small onions into a soup-pot, and fry it brown in plenty of lard. Afterwards pour in as much water as you intend for the soup, and boil it slowly till the whole strength of the chicken is extracted, and the flesh drops in rags from the bones. An hour before dinner, strain off the liquid, return it to the pot (which must first be cleared entirely out) add the liquor of a quart of fresh oysters, and boil it again. In half an hour put in the oysters and mix into the soup two large table-spoonfuls of fresh butter rolled in flour; some whole pepper; blades of mace; and grated nutmeg. Toast some thick slices of bread (without the crust) cut them into dice, and put them into the soup tureen.

*For the fowl, you may substitute a knuckle of veal cut up; or a pair of rabbits.*

### MINT JULEP

This can only be made when fresh green mint is in season.

Lay at the bottom of a large tumbler, one or two round slices of pine-apple nicely pared; and cover them with a thick layer of loaf-sugar, powdered or well-broken. Pour on it a glass or more of the best brandy. Add cold water till the tumbler is two-thirds full. Finish with a thick layer of pounded ice till it nearly reaches the top. Then stick down to one side a bunch of fresh green mint, the sprigs full and handsome, and tall enough to rise above the edge of the tumbler. Place, in the other side, one of the small tubes or straws used for drawing in this liquid.

*The proportions of the above ingredients may, of course, be varied according to taste.*

### COCOA-NUT CANDY

Take three cocoa-nuts and grate their meat on a coarse grater. Weigh the grated cocoa-nut, and to each pound, allow one pound of the best double-refined loaf-sugar. Put the sugar into a preserving kettle, and to every two pounds allow a pint of water, and the beaten white of one egg mixed into the water. When the sugar is entirely dissolved in the water, set it over the fire, and boil and skim it. When the scum has ceased to rise, and the sugar is boiling hard, begin to throw in the grated cocoa-nut, gradually, stirring hard all the time. Proceed till the mixture is so thick it can be stirred no longer. Have ready, square or oblong tin pans, slightly buttered with the best fresh butter. Fill them with the mixture, put in evenly and smoothly, and of the same thickness all through the pan. Smooth the surface all over with a broad knife dipped in cold water. Set it to cool, and, when the candy is almost hard, score it down in perpendicularly straight lines with a sharp knife dipped in cold water, the lines being two or three inches apart. These cuts must be made deep down to the bottom of the pan. When it is quite cold and firm, cut the candy entirely apart, so as to form long sticks, and keep it in a cold place.

*If any of the grated cocoa-nut is left, you may make it into cocoa-nut macaroons, or into a cocoa-nut pudding.*

## TO KEEP PEACHES

Take fine ripe juicy free-stone peaches. Pare them, and remove the stones by thrusting them out with a skewer, leaving the peaches as nearly whole as possible. Or you may cut them in half. Put them immediately into flat stone jars, and cement on the covers with the composition of bees-wax and rosin melted together, and thickened with powdered brick dust. The jars (*filled up to the top*) must be so closely covered that no air can possibly get to the peaches. Then pack the jars in boxes of sand, or of powdered charcoal, and nail on the box-lid.

*Peaches done in this manner, have arrived at California in perfect preservation. But they must be eaten as soon as the jars are opened.*

## A UNION PUDDING

The night before you make this pudding, take a piece of rennet, in size rather more than two inches square, and carefully wash off in two cold waters all the salt from the outside. Then wipe it dry. Put the rennet into a tea-cup and pour on sufficient milk-warm water to cover it well. Next morning, as early as you can, stir the rennet-water into a quart of rich milk. Cover the milk, and set it in a warm place till it forms a firm curd, and the whey becomes thin and greenish. Then remove it to a cold place and set it on ice. Blanch, in scalding water, two ounces of shelled bitter almonds, or peach-kernels; and two ounces of shelled sweet almonds. Pound the almonds in a mortar, to a smooth paste, one at a time (sweet and bitter alternately, so as to mix them well); and add, while pounding, sufficient rose-water to make them light and white, and to prevent their oiling. Grate upon a lump of loaf-sugar the yellow rind or zest of two lemons, scraping off the lemon-zest as you proceed, and transferring it to a saucer. Squeeze over it the juice of the lemons, and mix the juice and the zest with half a pound and two ounces of finely-powdered loaf-sugar, adding a small nutmeg, grated. Then put the cold curd into a sieve, and drain it from the whey till it is left very dry, chopping the curd small, that it may drain the better. Beat in a shallow pan the yolks of eight eggs till very light, thick, and smooth. Then mix into the egg the curd, in turn with the pounded almonds, and the sugar and lemon. Finish with a glass of brandy, or of Madeira or Sherry, and stir the whole very hard.

Butter a deep dish of strong white ware. Put in the mixture: set it immediately into a brisk oven and bake it well. When done, set it in a cold place till wanted, and before it goes to table, sift powdered sugar over it. It will be still better to cover the surface with a meringue or icing, highly flavored with rose-water or lemon-juice. You may decorate the centre with the word UNION in letters of gilt sugar.

*The pudding will be found very fine.*



## PRESERVED FIGS

Take figs when perfectly ripe, and wipe them carefully, leaving the stem about half an inch long. Boil them rapidly, for about ten minutes, in water that has a small bag of hickory wood-ashes laid at the bottom of the preserving kettle. Then take them out carefully, so as not to break the skins. Wash out the kettle, and boil the figs a second time, in clean hot water, for ten minutes. Take them out, spread them separately on large dishes, and let them rest till next morning.

Prepare a syrup, by allowing to every pound of the finest loaf-sugar, half a pint of water, and, when melted together, placing the kettle over the fire. When the syrup has boiled, and is thoroughly skimmed, put in the figs, and boil them about twenty-five minutes or half an hour. Then take them out, and again spread them to cool on large dishes. Afterwards, put them up in glass jars, pouring the syrup over them. Cover the jars closely, and set them in the hot sun all next day. Then seal the corks with the red cement made of melted rosin and bees-wax, thickened with fine brick-dust.

*Another way is to cut the stems closely, and to peel off the skin of the figs; and to substitute for the bag of wood-ashes, a little powdered alum. Then proceed as above.*

## MYRTLE ORANGES PRESERVED

The small myrtle of the South, makes a very fine green sweetmeat. Lay them three days in weak salt and water. Then three days in cold water, changed at least three times a day. Afterwards, put a layer of green vine-leaves at the bottom of the preserving kettle, and round the sides. Put in a layer of oranges, sprinkling among them a very little powdered alum, allowing not more than a heaped salt-spoonful of alum to the whole kettle of oranges and vine-leaves. Then fill up with water; hang them over the fire till they are of a fine green, and boil them till they are so tender that you can pierce them through with a twig from a whisk broom. When clear and crisp, take them out of the kettle, spread them on flat dishes, and throw away the vine-leaves. Then wash out the kettle, and, having weighed the oranges, allow to each pound one pound of double-refined sugar, broken small. Put the sugar into the preserving-kettle, and pour on half a pint of water to each pound of sugar. When it is quite dissolved, hang it over the fire, and boil and skim it till it is very clear, and no more scum appears on the surface. Then put in the oranges, and boil them slowly in the syrup till they slightly burst.

Another way is to scoop out all the inside of oranges as soon as they are greened, and make a thick jelly of it, with the addition of some more orange-pulp from other oranges. Press it through a strainer, and, after adding a pound of sugar to each pint of orange juice, boil it to a jelly. Having boiled the empty oranges in a syrup till they are crisp and tender, spread them out to cool—fill them with the jelly, and put them up in glass jars, pouring the syrup over them.



## MUSHROOM SWEET-BREADS

Take four fine fresh sweet-breads; trim them nicely, split them open, and remove the gristle or pipe. Then lay the sweet-breads in warm water till all the blood is drawn out. Afterwards, put them into a saucepan, set them over the fire, and parboil them for a quarter of an hour. Then take them out, and lay them immediately in a pan of cold water.

Have ready a quart of fresh mushrooms; peel them, and remove the stalks. Spread out the mushrooms on a large flat dish, with the hollow side uppermost, and sprinkle them slightly with a little salt and pepper. Having divided each sweet-bread into four quarters, put them into a saucepan with the mushrooms, and add a large piece of the best fresh butter rolled in flour. Cover the pan closely, and set it over a clear fire that has no blaze. You must lift the saucepan by the handle, and shake it round hard, otherwise, the contents may burn at the bottom. Keep it closely covered all the time; for if the lid is removed, much of the mushroom-flavour may escape. Let them stew steadily for a quarter of an hour or more. Then take them up, and send them to table in a covered dish, either at breakfast or dinner.

*They will be found delicious.  
If the mushrooms are large, quarter them.*

## TO KEEP STRAWBERRIES

Take the largest and finest ripe strawberries, hull them, and put them immediately into large wide-mouthed bottles, filling them quite up to the top. Cork them directly, and be sure to wire the corks. Set the bottles into a large preserving-kettle full of cold water. Place them over the fire, and let the water boil around them for a quarter of an hour after it has come to a boil. Then take out the bottles, drain them, and wipe the outside dry. Proceed at once to seal the corks hermetically, with the red cement made of one-third bees-wax cut up, and two-thirds rosin, melted together in a skillet over the fire, and, when completely liquid, taken off the fire, and thickened to the consistence of sealing-wax by stirring in sufficient finely powdered brick-dust. This cement must be spread on hot over the wired corks. It is excellent for all sweetmeat and pickle jars. Nothing is better. Keep the bottles in boxes of dry sand. When opened, the strawberries will be found fresh and highly flavoured, as when just gathered. They must, however, be used as soon as they are opened, for exposure to the air will spoil them.

Raspberries, ripe currants stripped from the stalk, ripe gooseberries topped and tailed, and any small fruit, may be kept in this manner for many months.

*In France, where syrups of every sort of fruit are made by boiling the juice with sugar, and then bottling it, it is very customary to serve up, in glass dishes, fruits preserved as above, with their respective syrups poured round them, from the bottles. They are delicious.*



## AN APPLE PANDOWDY

Make a good plain paste. Pare, core, and slice half a dozen or more fine large juicy apples, and strew among them sufficient brown sugar to make them very sweet; adding some cloves, cinnamon, or lemon-peel. Have ready a pint of sour milk. Butter a deep tin baking-pan, and put in the apples with the sugar and spice. Then, having dissolved, in a little lukewarm water, a small tea-spoonful of soda, stir it into the milk, the acid of which it will immediately remove. Pour the milk, foaming, upon the apples, and immediately put a lid or cover of paste over the top, in the manner of a pie. This crust should be rolled out rather thick. Notch the edge all round, having made it fit closely. Set it into a hot oven, and bake it an hour. Eat it warm, with sugar.

## BAKED HAM

Soak a nice small sugar-cured ham in cold water, from early in the evening till next morning—changing the water at bed-time. (It may require twenty-four hours' soaking.) Trim it nicely, and cut the shank-bone short off. Make a coarse paste of merely flour and water, sufficient in quantity to enclose the whole ham. Roll it out, and cover the ham entirely with it. Place it in a well-heated oven, and bake it five hours, or more, in proportion to its size. When done, remove the paste, peel off the skin, and send the ham to table, with its essence or gravy about it. It will be found very fine.

If the ham is rather salt and hard, parboil it for two hours. Then put it into the paste, and bake it three hours.

## PANCAKE HAM

Cut very thin some slices of cold ham, making them all nearly of the same size and shape. Beat six eggs very light, and smooth. Stir them, gradually, into a pint of rich milk, alternately with six table-spoonfuls of sifted flour, adding half a nutmeg, grated. If you find the batter too thick, add a little more milk. For pancakes or fritters, the batter should be rather thin. Take a yeast-powder; dissolve the contents of the blue paper (the soda) in a little warm water, and, when quite melted, stir it into the batter. In another cup, dissolve the tartaric acid from the white paper, and stir that in immediately after. Have ready, in a frying-pan over the fire, a sufficiency of lard melted and boiling, or of fresh butter. Put in a ladle-full of the batter, and fry it brown. Have ready a hot plate, and put the pancakes on it as soon as they come out of the frying-pan, keeping them covered, close to the fire. When they are all baked, pile them evenly on a hot dish, with a slice of cold ham between every two pancakes, beginning with a cake at the bottom of the pile, and finishing with a cake at the top. You may arrange them in two piles, or more. In helping, cut down through the whole pile of pancakes and ham alternately.

In making yeast-powders, allow twice as much carbonate of soda as of tartaric acid. For instance, a level tea-spoonful of soda to a level salt-spoonful of the tartaric acid. Put up the two articles, separately folded in papers of different colours; the former in blue paper, the latter in white.

### HONEY PASTE (*for the HANDS.*)

Take half a pound of strained honey, half a pound of white wax, and half a pound of fresh lard. Cut up the wax very small, put it into a porcelain-lined saucepan, and set it over the fire till it is quite melted. Then add alternately the honey and the lard; stirring them all well together. Let them boil moderately, till they become a thick paste, about the consistence of simple cerate, or of lip salve. Then remove the saucepan from the fire, and stir into the mixture some rose-perfume, or carnation, or violet—no other. Transfer the paste, while warm, to gallicups with covers; and paste a slip of white paper round each cover.

For keeping the hands white and soft, and preventing their chapping, there is nothing superior to this paste; rubbing on a little of it, after dipping your hands lightly in water.

### GLYCERINE

This is an excellent and very convenient preparation for the hands. Buy a bottle of it at one of the best druggists, and keep it well corked. After washing your hands with palm or castile soap, empty the basin, and pour in a little fresh water, to which add a few drops of glycerine. Finish your hands with this, rubbing it in hard. It will render them very soft and smooth, and prevent chapping. Try it, by all means.

### CORN-STARCH BLANC MANGE

Buy at one of the best grocer's, a half-pound paper of corn-starch flour. Boil a quart of milk, taking out of it a large tea-cup-full, which you may put into a pan. While the milk is boiling, mix with the cold milk four heaping table-spoonfuls of the corn-starch. Beat three eggs very light, and stir them into the mixture. Flavour it with a tea-spoonful of extract of bitter almonds, or of vanilla, or a wine-glass of rose-water. Add a quarter of a pound of powdered loaf-sugar, and stir the whole well together. When the other milk is boiling hard, pour it gradually on the mixture in the pan, which mixture will thicken while the milk is pouring. Transfer it to blancmange moulds, (first wetting them with cold water,) and set them in a cold place till dinner-time. Eat it with cream. Serve up sweetmeats at the same time.

If you use new milk, the mixture will be like a soft custard, and must be sent to table as such. Skim-milk makes it blancmange.

If you wish it as a pudding, use five heaping spoonfuls of the corn-starch powder. Send it to table hot, and eat it with wine sauce. It is a pudding very soon prepared.

Blancmange moulds are best of block tin. Those of china are more liable to stick.

*These preparations of corn-starch are much liked.*

### TO KEEP OFF MUSQUITOES

Before going to bed, put a little eau de cologne into a basin of clean water, and with this wash your face, neck, hands, and arms, letting it dry on. The musquitoes then will not touch you.

It may be necessary to repeat this washing before morning, or about day-light. There is nothing better. You may also do it early in the evening, before the musquitoes begin.

### FARINA

Is the finest, lightest, and most delicate preparation of wheat flour. It is excellent for all sorts of boiled puddings, for flummery, and blancmange. Also, as gruel for the sick.

### CINNAMON CAKE

Take as much of the very best and lightest bread-dough as will weigh a pound. The dough must have risen perfectly, so as to have cracked all over the surface. Put it into a pan, and mix into it a quarter of a pound of fresh butter, melted in half a pint of milk, adding a well-beaten egg, and sufficient flour to enable you to knead the dough over again. Then mix in a heaping tea-spoonful of powdered cinnamon. Next, take a yeast-powder. In one cup, melt the soda or contents of the blue paper, in as much lukewarm water as will cover it; and, when thoroughly melted, mix it into the dough. Immediately after, having dissolved in another cup the tartaric acid, or contents of the white paper, stir that in also, and knead the dough a little while, till the whole is well mixed. Spread the dough thick and evenly in a square pan greased with lard or fresh butter, and with a knife make deep cuts all through it. Having previously prepared in a bowl a mixture of brown sugar, moistened with butter, and highly flavoured with powdered cinnamon, in the proportion of four heaping table-spoonfuls of sugar to two large spoonfuls of butter and one heaped tea-spoonful of cinnamon. Fill the cuts with this mixture, pressing it down well into the dough. Bake the cake half an hour or more, in a rather quick oven. When done, set it to cool; and when cold, cut it in squares, and sift powdered white sugar over it. It is best the day it is baked.

You may, previous to baking, form the dough into separate round cakes; and in placing them in the pan, do not lay them so near each other as to touch.

*By bespeaking it in time, you can get risen bread dough from your baker. For two pounds of dough you must double the proportions of the above ingredients.*

### THAWING FROZEN MEAT, &c

If meat, poultry, fish, vegetables, or any other article of food, when found frozen, is thawed by putting it into *warm water* or placing it before the fire, it will most certainly spoil by that process, and be rendered unfit to eat. The only way is to thaw these things by immersing them in *cold water*. This should be done as soon as they are brought in from market, that they may have time to be well thawed before they are cooked. If meat that has been frozen is to be boiled, put it on in cold water. If to be roasted, begin by setting it at a distance from the fire; for if it should not chance to be thoroughly thawed all through to the centre, placing at first too near the fire will cause it to spoil. If it is expedient to thaw the meat or poultry the night before cooking, lay it in cold water early in the evening, and change the water at bed-time. If found crusted with ice in the morning, remove the ice, and put the meat in fresh cold water; letting it lie in it till wanted for cooking.

*Potatoes are injured by being frozen.*

*Other vegetables are not the worse for it, provided they are always thawed in cold water.*



## KEEPING MEAT, &c., IN SUMMER

In summer, meat, poultry, fish, fruit, &c., should always be kept in ice, from the time they are brought from market till it is time to cook them. Families, who have not an ice-house, should have *two* refrigerators; one for meat and poultry, the other for milk, butter, and fruit. If the three last articles are kept in the same refrigerator with meat and poultry, the milk, butter and fruit will imbibe a bad taste.

A barrel of salt fish should never be kept in the same cellar with other articles of food. The fish-smell will injure them greatly, and render them unwholesome; milk and butter particularly.

It is best to buy salt fish a little at a time, as you want it. A fish-barrel in the cellar will sometimes vitiate the atmosphere of the whole lower story of the house, and, indeed, may be smelt immediately on entering the door. In this case, let the barrel and its contents be conveyed to the river and thrown in; otherwise, its odour may produce sickness in the family.

Avoid eating anything that is *in the very least* approaching to decomposition. Even sour bread and strong butter are unwholesome as well as unpalatable. If the bread is sour, or the butter rancid, it is because (as the French, in such cases, unceremoniously say) "putrefaction has commenced." Fortunately, the vile practice (once considered fashionable) of eating venison and other game when absolutely tainted, is now obsolete at all good tables. Persons who have had opportunities of feasting on fresh-killed venison, just from the woods, and at a season when the deer have plenty of wild berries to feed on and are fat and juicy, can never relish the hard, lean, black haunches that are brought to the cities in winter.

## BROILED SHAD

Cut off the head and tail, and clean the fish. Wipe it very dry with a cloth, and sprinkle the inside with a little salt and pepper. You may either broil it split open, and laid flat; or you may cut it into three or four pieces without splitting. In the latter case, it will require a longer time to broil. Keep it in ice till you are ready to cook it. Having well greased the bars with lard, or beef suet, or fresh butter, set your gridiron over a bed of clear, bright, hot coals; place the shad upon it (the inside downwards) and broil it thoroughly. When one side is done, turn it on the other with a knife and fork. Have ready a hot dish, with a large piece of softened fresh butter upon it, sprinkled with cayenne. When the shad is broiled, lay it on this dish, and turn it in the butter with a knife and fork. Send it hot to table, under a dish-cover.

## APPLE PORK

Take a fillet of fine fresh pork, and rub it slightly all over with a very little salt and pepper. Score the outside skin in diamonds. Take out the bone, and fill up the place with fine juicy apples, pared, cored, and cut small, and made very sweet with plenty of brown sugar; adding some bits of the yellow rind of a lemon or two, pared off very thin. Then have ready a dozen and a half or more of large apples, pared, cored, and quartered, sweetened well with sugar, and also flavoured with yellow rind of lemon. The juice of the lemons will be an improvement. Put the pork into a large pot, or into an iron bake-oven; fill up with the cut apples the space all round, adding just sufficient water to keep it from burning. Stew or bake it during three hours. When done, serve all up in one large dish.

## STEWED SALT PORK

Take a good piece of salt pork, (not too fat,) and, early in the evening, lay it in water, to soak all night, changing the water about bed-time. In the morning, drain and wash the pork, and cut it in very thin slices, seasoning it with pepper. Put a layer of this pork in the bottom of a large dinner-pot, and then a layer of slices of bread. Next put in a layer of potatoes, pared and cut up; then another layer of pork slices, covered by another layer of sliced bread; and then again potatoes. Proceed till the pot is two-thirds full, finishing with bread. Lastly, pour on just sufficient water to stew it well and keep it from burning. Set it over the fire, and let it cook slowly for three hours. If it becomes too dry, add a little boiling water.

*This is a homely dish, but a very good one,  
particularly on a farm or on ship-board.  
At sea, you must substitute biscuit for bread.*

*Cold pork, left from yesterday,  
may be cooked in this manner.*

## TO MAKE GOOD TOAST

Cut the bread in even slices, and moderately thick. When cut too thin, toast is hard and tasteless. It is much nicer when the crust is pared off before toasting. A long-handled toasting-fork (to be obtained at the hardware or tin stores) is far better than the usual toasting apparatus, made to stand before the fire with the slices of bread slipped in between, and therefore liable to be browned in stripes, dark and light alternately; unless the bread, while toasting, is carefully slipped along, so that the whole may receive equal benefit from the fire. With a fork, whose handle is near a yard in length, the cook can sit at a comfortable distance from the fire, and the bread will be equally browned all over; when one side is done, taking it off from the fork, and turning the other. Send it to table hot, in a heated plate, or in a toast-rack; and butter it to your taste. Toast should neither be burnt nor blackened in any way. You may lay it in even piles, and butter it before it goes to table; cutting each slice in half.



## CARVING

The seat, for the carver should be somewhat elevated above the other chairs: it is extremely ungraceful to carve standing, and it is rarely done by any person accustomed to the business. Carving depends more on skill than on strength. We have seen very small women carve admirably sitting down; and very tall men who knew not how to cut a piece of beef-steak without rising on their feet to do it.

The carving knife should be very sharp, and not heavy; and it should be held firmly in the hand: also the dish should be not too far from the carver. It is customary to help the fish with a fish trowel, and not with a knife. The middle part of a fish is generally considered the best. In helping it, avoid breaking the flakes, as that will give it a mangled appearance.

In carving ribs or sirloin of beef, begin by cutting thin slices off the side next to you. Afterwards you may cut from the tender-loin, or cross-part near the lower end. Do not send any one the outside piece, unless you know that they particularly wish it.

In helping beef-steak, put none of the bone on the plate.

In cutting a round of corned beef, begin at the top; but lay aside the first cut or outside piece, and send it to no one, as it is always dry and hard. In a round of *a-la-mode* beef, the outside is frequently preferred.

In a leg of mutton, begin across the middle, cutting the slices quite down to the bone. The same with a leg of pork or a ham. The latter should be cut in *very thin* slices, as its flavour is spoiled when cut thick.

To taste well, a tongue should be cut crossways in round slices. Cutting it lengthwise (though the practice at many tables) injures the flavour. The middle part of the tongue is the best. Do not help any one to a piece of the root; that, being by no means a favoured part, is generally left in the dish.

In carving a fore-quarter of lamb, first separate the shoulder part from the breast and ribs, by passing the knife under, and then divide the ribs. If the lamb is large, have another dish brought to put the shoulder in.

For a loin of veal, begin near the smallest end, and separate the ribs; helping a part of the kidney (as far as it will go) with each piece. Carve a loin of pork or mutton in the same manner.

In carving a fillet of veal, begin at the top. Many persons prefer the first cut or outside piece. Help a portion of the stuffing with each slice.

In a breast of veal, there are two parts very different in quality, the ribs and the brisket. You will easily perceive the division; enter your knife at it, and cut through, which will separate the two parts. Ask the persons you are going to help, whether they prefer a rib, or a piece of the brisket.

For a haunch of venison, first make a deep incision, by passing your knife all along the side, cutting quite down to the bone. This is to let out the gravy. Then turn the broad end of the haunch towards you, and cut it as deep as you can, in thin, smooth slices, allowing some of the fat to each person.

For a saddle of venison, or of mutton, cut from the tail to the other end on each side of the back-bone, making very thin slices, and sending some fat with each. Venison and roast mutton chill very soon, therefore it is usual to eat it with iron heaters under the plates. Some heaters are made to contain hot coals, others are kept warm with boiling water, and some are heated by spirits of wine; the last is a very exceptionable mode, as the blue blaze flaming out all around the plate, is to many persons frightful. Currant jelly is an indispensable appendage to venison, and to roast mutton, and to ducks.

A young pig is most generally divided before it comes to table, in which case, it is not customary to send in the head, as to many persons it is a revolting spectacle after it is cut off. When served up whole, first separate the head from the shoulders, then cut off the limbs, and then divide the ribs. Help some of the stuffing with each piece.

To carve a fowl, begin by sticking your fork in the pinion, and drawing it towards the leg; and then passing your knife underneath, take off the wing at the joint. Next, slip your knife between the leg and the body, to cut through the joint; and with the fork, turn the leg back, and the joint will give way. Then take off the other wing and leg. If the fowl has been trussed (as it ought to be) with the liver and gizzard, help the liver with one wing, and the gizzard with

the other. The liver wing is considered the best. After the limbs are taken off, enter your knife into the top of the breast, and cut under the merry-thought, so as to loosen it, lifting it with your fork. Afterwards cut slices from both sides of the breast. Next take off the collar-bones, which lie on each side of the merry-thought, and then separate the side-bones from the back. The breast and wings are considered as the most delicate parts of the fowl; the back, as the least desirable, is generally left in the dish. Some persons, in carving a fowl, find it more convenient to take it on a plate, and as they separate it, return each part to the dish; but this is not now the usual way.

A turkey is carved in the same manner as a fowl; except that the legs and wings being larger, are separated at the lower joint. The lower part of the leg, (or drumstick, as it is called,) being hard, tough, and stringy, is never helped to any one, but allowed to remain on the dish. First cut off

the wing, leg, and breast from one side; then turn the turkey over, and cut them off from the other.

To carve a goose, separate the leg from the body, by putting the fork into the small end of the limb; pressing it close to the body, and then passing the knife under, and turning the leg back, as you cut through the joint. To take off the wing, put your fork into the small end of the pinion, and press it closely to the body; then slip the knife under, and separate the joint. Next cut under the merry-thought, and take it off; and then cut slices from the breast. Then turn the goose, and dismember the other side. Take off the two upper side-bones, that are next to the wings; and then the two lower side-bones. The breast and legs of a goose afford the finest pieces. If a goose is old, there is no fowl so tough; and if difficult to carve, it will be still more difficult to eat.

Partridges, pheasants, grouse, &c., are carved in the same manner as fowls. Quails, woodcocks, and snipes are merely split down the back; so also are pigeons, giving a half to each person.

In helping any one to gravy, or to melted butter, do not pour it *over* their meat, fowl, or fish, but put it to one side on a vacant part of the plate, that they may use just as much of it as they like. In filling a plate, never heap one thing on another.

In helping vegetables, do not plunge the spoon down to the bottom of the dish, in case they should not have been perfectly well drained, and the water should have settled there.

By observing carefully how it is done, you may acquire a knowledge of the joints, and of the process of carving, which a little daily practice will soon convert into dexterity. If a young lady is ignorant of this very useful art, it will be well for her to take lessons of her father, or her brother, and a married lady can easily learn from her husband. Domestic who wait at table may soon, from looking on daily, become so expert that, when necessary, they can take a dish to the side-table and carve it perfectly well.

At a dinner party, if the hostess is quite young, she is frequently glad to be relieved of the trouble of carving by the gentleman who sits nearest to her; but if she is familiar with the business, she usually prefers doing it herself.

## TO DRAW POULTRY, &c.

Though to prepare poultry for cooking is by no means an agreeable business, yet some knowledge of it may be very useful to the mistress of a house, in case she should have occasion to instruct a servant in the manner of doing it; or in the possible event of her being obliged to do it herself; for instance, if her cook has been suddenly taken ill, or has left her unexpectedly.

As all poultry is, of course, drawn in the same manner, it will be sufficient to designate the mode of emptying the inside of a fowl. In winter, if the fowl is frozen, lay it before the fire till it has completely thawed. Then have ready one or more large pieces of waste paper, rolled up loosely into a long wisp; lay the fowl down on a clean part of the hearth, and, taking its legs in your hand, light the paper, and pass it back and forward above the surface of the skin, (turning the fowl on both sides,) so as to singe off all the hairs; doing it so carefully as not to burn or scorch the skin. There should always be a quantity of old newspapers, or other waste paper, kept in a closet or drawer of the kitchen for this and other purposes. Next, lay the fowl upon its back on a clean old waiter or tray, (such as should be kept in every kitchen,) and with a large sharp knife cut off, first the head, and then the legs at the first joint. The next thing is to cut a very long slit in the skin at the right side of the neck, and with your fingers strip down the skin towards the shoulders, till you come to the craw, which you must take out with your hand. Then with your knife make two long deep cuts or incisions on each side of the body, going downward towards the tail. Put your hand into the cut or orifice on the right side, and pull out the heart, liver, gizzard, and then the entrails. Take care not to break the gall-bag, or its liquor will run over the liver, and make it so bitter that it cannot be eaten, and should therefore be thrown away without cooking. Next, to flatten the body, break the breast-bone by striking on it hard with your hand. Then tuck the legs into the lower part of the slits that you have cut on each side of the body. Afterwards with your hand bend or curve inwards the end of the neck-bone, and tuck it away under the long loose piece of skin left there. After this, lay the fowl in a small tub of cold water, and wash it well inside and out: then dry it with a clean towel.

Next, cut open the gizzard, empty it of the sand and gravel, and take out the thick inside skin. Split open the heart, and let out the blood that is in it. Then carefully cut the gall-bag from the liver, so as not to break it. Wash clean the heart, liver, and gizzard, (having trimmed them neatly,) and return the heart to the inside of the breast; putting back also the eggs, if you have found any. Have ready the stuffing, and fill up with it the vacancy from which you have taken the craw, &c., pressing it in hard. Next, taking between your thumb and finger the above-mentioned piece of skin at the top of the neck, draw it down tightly towards the back of the fowl, (folding it nicely over the bent end of the neck-bone,) and fasten it down between the shoulders with a skewer, which must be stuck in so as to go lengthways down the back. This will prevent any of the stuffing from getting out, and will keep all compact and nice.

Then run a skewer through both the wings and the upper part of the body, tucking in the liver so as to appear from under the right pinion, and the gizzard (scoring it first) on the left. Both pinions must be bent upwards. Lastly, secure all by tying two strings of small twine tightly round the fowl; one just above the skewer that confines the legs; the other just below that which passes through the wings.

Of course, the strings and skewers are removed before the poultry is sent to table.

Turkeys, geese, and ducks are always trussed in this manner, the legs being cut off at the first joint. So are fowls for boiling. But when fowls are to be roasted, some cooks leave on the whole of the legs and feet, (scraping and washing them clean,) and drawing the feet up quite to the breast, where they are tied together by a string.

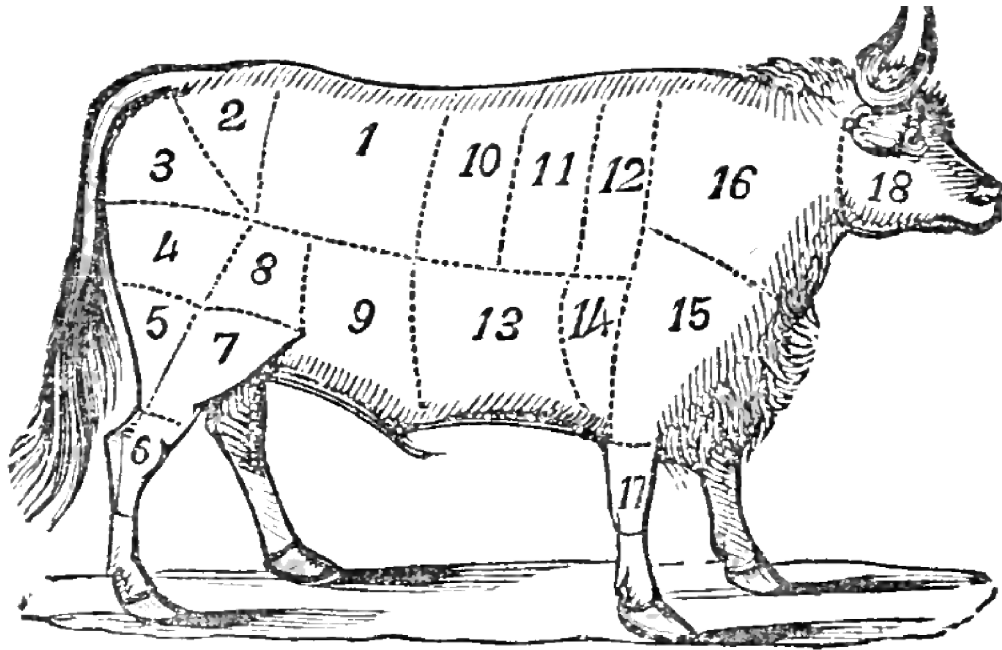
Pigeons, pheasants, partridges, &c., are all trussed as above, with the legs short.

To draw a little roasting pig, cut the body open by one long slit, and before you take out what is inside, loosen it all with a sharp knife; then extract it with your hands. Empty the head also. Afterwards wash the animal clean, (inside and out,) and fill the vacancy with stuffing. Having bent the knees under, skewer the legs to the body, and secure the stuffing by tying twine tightly several times round the body; first fastening the slit by pinning it with a wooden skewer. Having boiled the liver and heart, chop them to enrich the gravy.



FIGURES EXPLANATORY OF THE PIECES INTO WHICH THE  
FIVE LARGE ANIMALS ARE DIVIDED BY THE BUTCHERS.

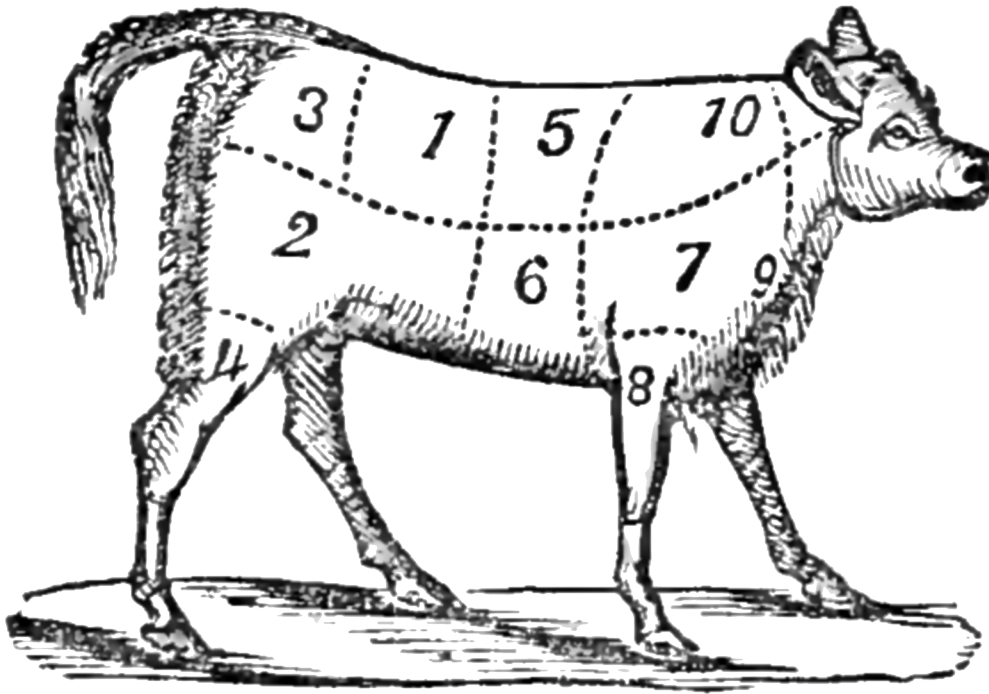
**Beef**



1. Sirloin.
2. Rump.
3. Edge Bone.
4. Buttock.
5. Mouse Buttock.
6. Leg.
7. Thick Flank.
8. Veiny Piece.
9. Thin Flank.

10. Fore Rib: 7 Ribs.
11. Middle Rib: 4 Ribs.
12. Chuck Rib: 2 Ribs.
13. Brisket.
14. Shoulder, or Leg of Mutton Piece.
15. Clod.
16. Neck, or Sticking Piece.
17. Shin.
18. Cheek.

## Veal

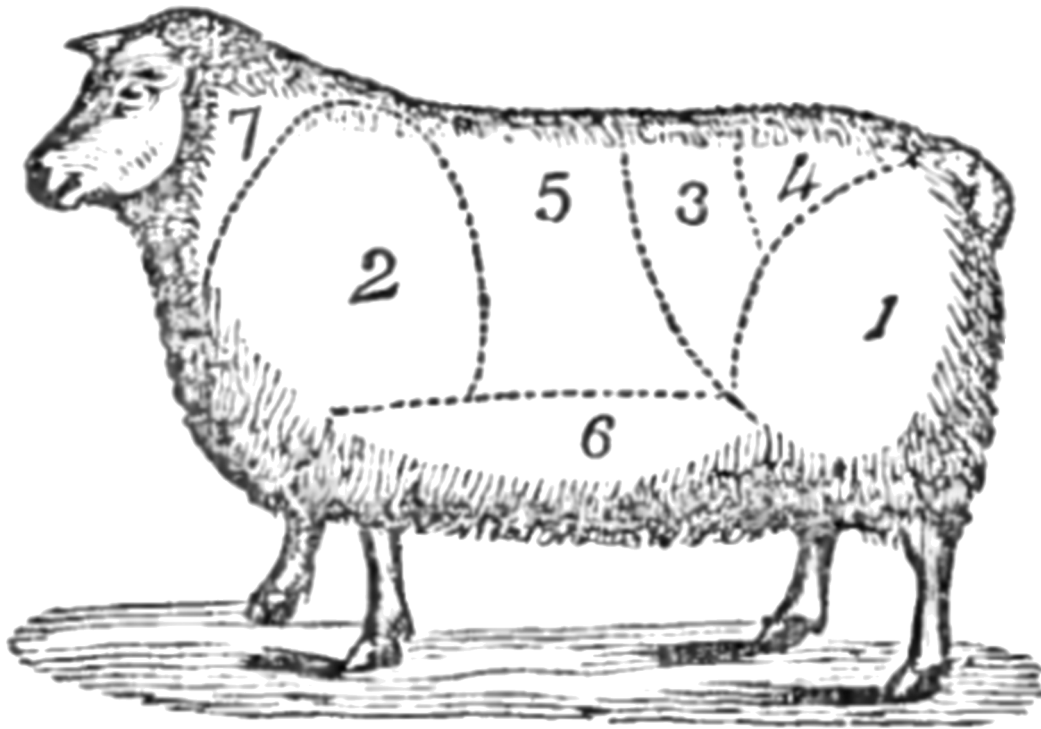


1. Loin, Best End.
2. Fillet.
3. Loin, Chump End.
4. Hind Knuckle.
5. Neck, Best End.

6. Breast, Best End.
7. Blade Bone.
8. Fore Knuckle.
9. Breast, Brisket End.
10. Neck, Scrag End.



## Mutton

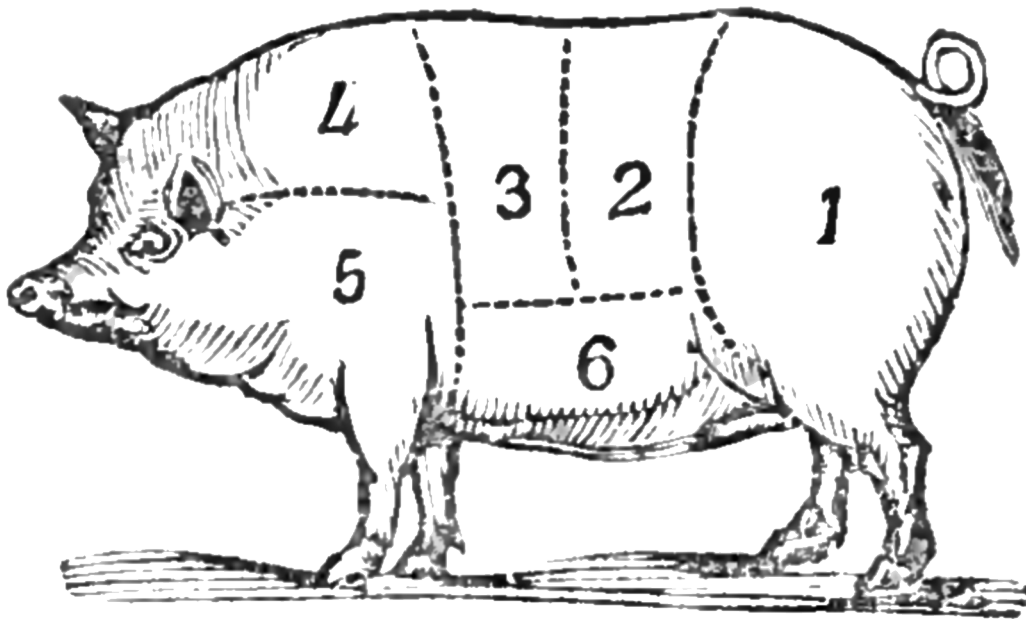


1. Leg.
2. Shoulder.
3. Loin, Best End.
4. Loin. Chump End.

5. Neck. Best End.
6. Breast.
7. Neck, Scrag End.

*Note.* A Chine is two Loins; and a Saddle is two Loins and two Necks of the Best End.

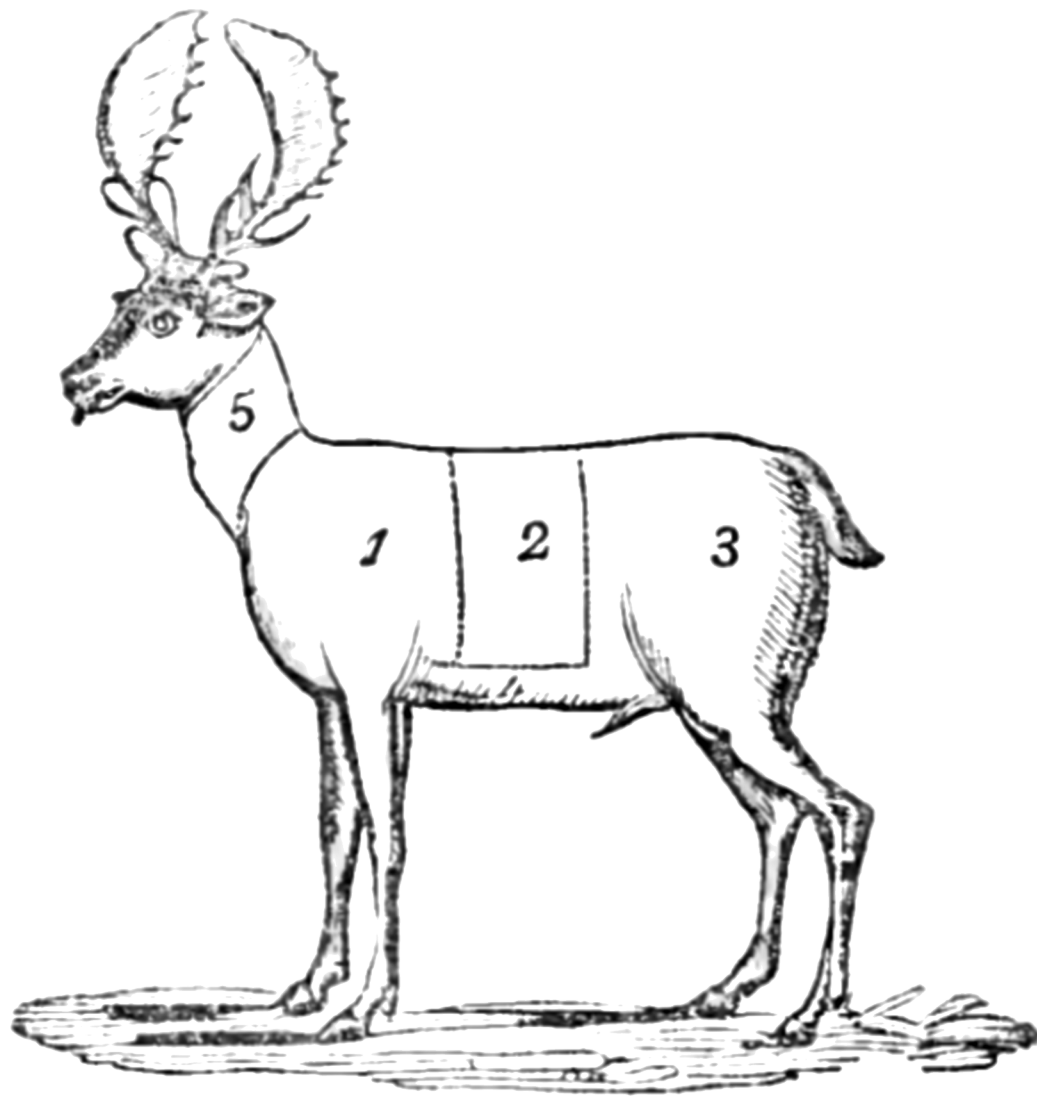
## Pork



1. Leg.
2. Hind Loin.
3. Fore Loin.

4. Spare Rib.
5. Ham.
6. Spring.

## Venison



- 1. Shoulder.
- 2. Neck.
- 3. Haunch.

- 4. Breast.
- 5. Scrag.



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Strawberry Mansion, Philadelphia

# The Kentucky Housewife

*by Mrs Peter A. White*

*The Kentucky Housewife Cookery was a popular cookbook written by Mrs. Peter A. White during the mid-19th century. It highlights the importance of using locally available ingredients, promoting the flavors and traditions of the South. The cookbook includes recipes for classic Southern dishes such as bourbon-infused recipes, cornbread variations, fried chicken, pecan pie, and an assortment of game dishes. It offers a comprehensive range of recipes for appetizers, soups, main courses, and desserts, with detailed instructions for each recipe. Overall, it is a valuable resource for anyone interested in the history of Southern cuisine.*

*This cookbook should not be confused with an earlier cookery of the same name by Mrs. Lettice Bryan.*



## AUTHOR's PREFACE

HAVING always regarded a cookery book as a book for — the kitchen, I have, in order to carry out my idea, not only been explicit in giving proportions, but have endeavored to express myself so simply that any cook who can read can take this book and be her own teacher.

When I call for a coffee cup full in measuring, I mean one that holds thirteen tablespoons; a teacup full, one that holds eleven tablespoons; a cooking-spoonful, one that holds two tablespoons.

*Mrs. P. A. W.*

### **Antique Oven Temperatures**

Cool Oven 200° F  
Very Slow Oven 250° F  
Slow Oven 300-325° F  
Moderately Slow Oven 325 – 350° F  
Moderate Oven 350 -375° F  
Moderately Hot Oven 375 – 400° F  
Hot Oven 400 – 450° F  
Very Hot Oven 450 – 500° F  
Fast Oven 450 - 500°F  
**(Added for this reprint)**





## Transcriber's Forward

### *The Cinderella Dowry*

*A "Cinderella Dowry" was the collection of skills and social graces that young women acquired in anticipation of marriage to someone with a higher social and economic status than that of the young woman's own family.*

In the 19th century Southern US, homemaking in small towns played a crucial role in maintaining the social fabric and economic stability of communities. The traditional gender roles of the time assigned women the duties of homemaking, and they were expected to create a warm and nurturing environment for their families.

Homemaking during this period often presented women with numerous challenges and obstacles. Limited resources, primitive technology, and the demands of a growing family made homemaking an arduous task. Women were responsible for cooking meals, cleaning the house, doing laundry, and ensuring their family's basic needs were met. Rural households were particularly impacted by the lack of modern amenities, making these duties even more time-consuming and physically demanding.

On a typical day, a 19th-century Southern homemaker would wake up early to start preparing breakfast for her family. This could involve gathering eggs from the chickens, milking the cows, and cooking with the limited ingredients available. After breakfast, she would clean the house, wash dishes, using various homemade cleaning products. Laundry was another significant task, with clothes often washed by hand and hung outside to dry.

Community support played an essential role in facilitating successful homemaking. Neighbors helped each other through shared labor, such as barn raisings and canning parties, allowing for a sense of camaraderie and support. Women found solace in exchanging homemaking tips, recipes, and even childcare arrangements. Such community interactions were vital for sharing knowledge and experiences, providing a support network that helped women cope with the challenges of homemaking.

Throughout the 19th century Southern US, homemaking profoundly impacted society as a whole. The homemaking skills and values instilled within families were passed down through generations, shaping the cultural identity of these communities. Women's roles as homemakers were instrumental in maintaining a stable social structure, fostering family values, and transmitting cultural traditions. The home itself became a symbol of prosperity, respectability, and the virtue of domesticity, highly valued in Southern society.

Homemaking in small towns created economic opportunities. Women would make and sell products such as butter, cheese, and preserves, providing additional income for their families. Additionally, women often took in boarders or opened their homes as boarding houses, providing essential hospitality services to travelers and contributing to local economies.

Homemaking, although predominantly assigned to women, was a collective effort among families. Men supported their wives by engaging in agricultural work, hunting, or participating in community projects. The division of labor allowed each member of the family to contribute to the overall functioning of the household, ensuring its success. Boys fishing or catching frogs and turtles were as much about providing a family with dinner as they were about youthful recreation.

Homemaking in small town, 19th century Southern US was a challenging yet integral part of daily life. Women faced numerous obstacles in providing for their families, but through community support, the sharing of knowledge, and their own dedication, they created warm and nurturing homes. Homemaking not only shaped the cultural identity and economic stability of these communities but also impacted society by fostering family values and transmitting cultural traditions. The skills passed down through generations continue to influence Southern culture to this day.

Women marrying into wealthy families needed to perfect the same skills to enable them to properly teach and direct members of their household's domestic staff.



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**SEPTEMBER:** FISH | MEATS | POULTRY AND GAME | VEGETABLES | FOR PICKLING | FRUITS



## **BREAKFAST**

### **COFFEE**

Some think that mixing coffee improves it. To those who think so, I would suggest one third Mocha and two thirds Java.

The coffee must be carefully roasted. A few grains roasted too much will make the coffee taste bitter. If not enough roasted, it will give the whole a very raw taste. I think the old idea of roasting coffee every day is necessary to have it perfect, has in a great measure been given up. Twice a week, or even once and it will be just as good, if you keep it airtight.

To make it, allow two heaping tablespoons to every pint of boiling water. First, scald out the coffee pot; put in the coffee, with white of the egg; beat well; then add a tablespoon of cold water, so as to have the coffee thoroughly moistened; pour on the boiling water; let it boil twelve minutes, stirring the grounds down once when it boils up the first time.

Pour out a cup full to see if clear, then pour it back; throw in half a teacup full of cold water; let it stand five minutes and pour off the grounds immediately. If for strong after-dinner coffee, put two tablespoons and a half to one pint of boiling water.

### **TEA**

Three things are essential in order to have good tea. First, the water must be boiling when it is poured on the leaves; second, the water must be boiled for the "purpose; third, the tea must be freshly drawn.

For black tea, one teaspoon for each person is a fair allowance; to that, allow a large teacup full of boiling water and after pouring on the number of cups required, allow an extra cup and an extra teaspoon of tea.

Oolong tea does not require so long to draw as the Souchong tea, say five minutes for the former and ten for the latter.

For green tea, allow one teaspoon and a half to each quart of boiling water and don't let it stand over three minutes.

Always scald out the pot, which should be of earthenware.

First, pour on one half of the water and after allowing the time required for drawing the different teas, pour on the other half of the water.

### **NOTES**

### **CHOCOLATE**

*Five squares of chocolate, One pint of new milk,  
One pint of rich cream.*

- Break the chocolate into very small pieces; pour on it two tablespoons of boiling water and let it stand half an hour; then mash perfectly smooth.
- Boil the milk and cream and add by degrees to the chocolate; boil hard for ten minutes, beating well, with an egg-beater, until it becomes light and frothy.
- It is better to serve it immediately, but if it must stand, put it in a saucepan with hot water underneath, the object being to keep it hot, but not to allow it to cook any more.
- If Maillard's chocolate is used, do not add anything to it; but if it should be Baker's chocolate, sweeten and flavor with vanilla.
- If cream should not be convenient, all new milk will answer.
- Cocoa can be made in the same way, only flavor and sweeten.

## **BREADS, ETC**

### **THE FIRST YEAST**

*Two yeast cakes, Four good-sized potatoes,  
One tablespoon of hops, Four tablespoons of flour,  
Two tablespoons of granulated sugar, One tablespoon of salt.*

Put the potatoes on, without peeling, in a quart of water and when almost done, add the hops; when the potatoes are done, peel them and mash through a colander; then strain the water they were boiled in and while boiling hot, mix in the potatoes, salt and the two yeast cakes, which have been previously soaked for an hour in a teacup full of warm milk.

### **THE SECOND YEAST**

*Four peeled potatoes, Four tablespoons of flour, Two tablespoons  
of granulated sugar, One tablespoon of salt.*

Let the first yeast stand all day; at night, boil the four potatoes until soft; mash them through a colander and add a teaspoon of the water they were boiled in, the flour, sugar and salt; when cold, mix it with the first yeast, let it stand overnight and in the morning it will be ready for use.

Keep in a cool place and make fresh every two weeks.

### **NOTES**

## POTATO YEAST

*Six large potatoes, One tablespoon of flour,  
One tablespoon of white sugar.*

- Peel the potatoes and put them in a saucepan, with water enough to cover them well. Boil until perfectly soft, take them out, leaving the water on the fire.
- Mash them smooth with the flour and sugar and stir in by degrees a quart of the water. Let this boil and strain through a colander.
- When lukewarm, stir in a cake of Fleischman's yeast, having previously dissolved it in a little water. Let it rise and when light, put it in the ice-chest or a cool place.
- Fresh yeast can be made by using a teacup full of this instead of Fleischman's, or a teacup full of brewer's yeast.
- Yeast should be made twice a week in the summer.

## TO MAKE THE BREAD

*One teacup full of yeast, One quart of flour,  
One tablespoon of lard, One teaspoon of salt,  
One tablespoon of granulated sugar,  
Half a pint of water.*

- Put the yeast, lard, salt and sugar in the flour, then the water.
- Work until it blisters, which will take from fifteen to twenty minutes.
- Put a little lard on top and put into a wooden bowl.
- Let it rise from five to six hours, then make out into rolls.
- Let them rise for about an hour and a half, then bake in a quick oven.
- If for loaves, they will require two hours for the second rising and a more moderate oven for baking.

## BAKING POWDER BISCUITS

*One quart of flour, Three teaspoons of baking powder,  
One large cooking-spoonful of butter,  
One teaspoon of salt, One pint of milk.*

- Sift the flour, then put in the baking powder, salt and butter; mix thoroughly with the hands and pour in the milk.
- Roll only once, half an inch thick; cut with a biscuit cutter and bake twenty minutes in a quick oven.
- Begin to make these biscuits just half an hour before they are to be eaten, allowing ten minutes to mix them.
- The dough should only be stiff enough to roll, so add more milk if needed.

## BAKING POWDER FLANNEL CAKES

*One quart of well-sifted flour, Three well-beaten eggs,  
One cooking-spoonful of butter and lard, Three heaping teaspoons of  
baking powder, Milk enough for a thick batter, Salt to the taste*

- Mix the flour, salt and milk and beat hard, then add the well-beaten yolks and lard and butter melted.
- Beat the whites of the eggs very stiff and stir in slowly. Lastly, sift in the baking powder.

## BREAD OR ROLLS

*Two quarts of flour, One pint of potato yeast,  
One pint of cold water, One tablespoon of lard,  
One dessertspoonful of white sugar,  
A heaping teaspoon of salt*

- Mix all the ingredients together and work well for fifteen minutes. Set it aside to rise.
- If in the summer, put in a cool place, if in the winter, put in a warm place.
- When light, work it for fifteen minutes more.
- Don't make into loaves or rolls until two hours and a half before baking in the winter and two hours in the summer.
- This will allow half an hour for baking the rolls and an hour for the loaves.
- Have a quick oven for the rolls and a more moderate one for the loaves.

## BREAD CAKES

*Half a pint of stale bread, One pint of flour,  
One dessertspoonful of lard and butter mixed,  
One teaspoon of baking powder,  
Two eggs and salt to taste.*

- Take a pint of sweet milk and pour it over the bread to soak for half an hour; then add the well-beaten yolks and flour, alternately.
- Should the latter be too stiff, add a little more milk, as it should be the consistency of flannel cakes.
- Beat well until the bread and flour are thoroughly mixed.
- Melt the butter and lard and stir in, adding salt to the taste.
- Sift in the baking powder; lastly, beat the whites very stiff and stir in slowly. Have the griddle hot and well-greased.

## BUCKWHEAT CAKES

*One pint and a half of buckwheat, One coffee cup full of corn meal, One  
teacup full of yeast, One tablespoon of lard and butter, mixed One  
tablespoon of thick molasses, One quart of water,  
Salt to the taste.*

- Let the water be lukewarm and beat into it alternately, the buckwheat and corn meal.
- Add lard and butter, melted, the molasses and salt and lastly the yeast.
- If wanted for breakfast, put to rise at 9 o'clock the night before.
- If for tea, at 11 o'clock in the morning — that is if potato-yeast is used. Fleischman's is much quicker.
- Just before baking stir in half a teaspoon of soda.

## NOTES

### BUCKWHEAT CAKES II

*One quart of buckwheat flour, Two cooking-spoonfuls of corn meal, Half a coffee cup full of yeast, One teaspoon of salt, One quart and a half of milk and water, One tablespoon of lard and butter, mixed.*

- Mix the buckwheat with the milk and water, meal, salt and yeast.
- Beat well with a large spoon and put into a stone jar to rise over night.
- The first thing in the morning stir the batter down and just before baking stir in two-thirds of a teaspoon of soda.
- Mix it with milk.
- Bake on a quick and well-greased griddle.
- To make them brown nicely, a tablespoon of New Orleans molasses should be added just before the yeast.

### TO COOK CORN GRITS

*One coffee cup full of grits, Three coffee cup fulls of boiling water, One teaspoon of salt.*

- Put the grits in the water with the salt and boil steadily an hour and a half, stirring frequently while boiling.
- Just before it is done add a small cup full of milk.

### CORN MEAL MUSH BATTER CAKES

*One pint of corn meal mush, Two tablespoons of flour, One teaspoon of baking powder, Salt to the taste, Two eggs*

- Beat the yolks very light and stir in the mush, then add the flour, beating well all the time.
- Put in the salt and whites of the eggs beaten to a froth.
- Add the baking powder. Fry on a quick griddle and have it well-greased.

### CORN MEAL BATTER CAKES

*One pint of corn meal, Two-thirds of a pint of buttermilk, A small teaspoon of soda, One teaspoon of butter, One dessertspoonful of flour, Yolks of two eggs, the white of one, Salt to the taste.*

- Sift the corn meal well; beat the soda in the buttermilk until it foams, then stir in the meal.
- Add the well-beaten yolks, then the salt, lastly, the whites of the eggs, beaten to a froth.
- This batter should be thin and well stirred up from the bottom, when baking each cake.
- Bake on a well-heated and well-greased griddle.
- If buttermilk or sour milk cannot be had, use sweet milk and a teaspoon of baking powder sprinkled in just before the whites of the eggs.

### CORN MEAL MUFFINS

*One pint of corn meal, Two-thirds of a pint of sour milk, One dessertspoonful of lard and butter mixed, One saltspoonful of soda, A little salt, One egg.*

- Beat the soda in the milk until it foams.
- Put the salt in the meal, add the milk and beat well, then the lard and butter melted.
- Lastly, the well-beaten egg.
- Bake quickly in molds.
- If sour milk cannot be had, substitute sweet milk and a teaspoon of baking powder.

### CORN MEAL MUSH

*One teacup full of sifted meal, One quart of cold water, Salt to the taste.*

- Let the water come to a boil and stir in the meal, by degrees, then add the salt.
- If after boiling for a while it is too thin, stir in a little more meal. If too thick, thin with a little milk. Stir often and boil slowly for three hours.

### CREAM BISCUITS

*One pound of flour, One pint of sweet cream, Half a teaspoon of salt.*

- Sprinkle the salt over the flour, mix in the cream with the hands thoroughly and pound or work until the dough blisters.
- Shape or cut, then prick as for pounded biscuits and bake in a well-heated oven.

### TO COOK CRUSHED INDIAN

*One pint of Crushed Indian, Three pints of boiling water, One teaspoon of salt.*

- Put the boiling water in the saucepan with the salt, then stir in the Crushed Indian and stir constantly done; half an hour will cook it.
- Just before it is done, add a little boiled milk.

### ENGLISH MUFFINS

*Three pints of flour, One pint of hot milk, Half a pint of yeast, A teaspoon of salt, Two eggs.*

- Put the flour into a bowl, pour the hot milk on it, mix well and when it cools slightly, stir in the yeast.
- Let this rise and when light work over; add the two well-beaten eggs and salt.
- When thoroughly mixed bake in rings on a well-greased and well-heated griddle and turn as you would flannel cakes.
- Split and butter
- If for breakfast and potato yeast is used, set them to rise at 10 o'clock the night before, or at 12 o'clock in the day if for tea
- If quick yeast is used, they will rise in three hours.

### FRENCH ROLLS

*One pint of bread dough, One tablespoon of butter, One tablespoon of granulated sugar.*

- Put into the dough the butter and the sugar; work for about five minutes, then put it in a cool place until an hour before the rolls are to be baked.
- Roll, cut, butter one-half of each and turn over the other half. Put in tins to rise and bake in a quick oven twenty minutes.

### GOOD EGG BREAD

*One quart of corn meal, One tablespoon of lard and butter, One teacup full of milk, One teaspoon of salt, Three eggs.*

- Pour a little boiling water over the meal to scald it; add the salt; stir in briskly the well-beaten yolks of the eggs, then the milk and lard and butter melted; lastly, the well-beaten whites of the eggs.
- Bake in a slow oven nearly an hour.

### GERMAN WAFFLES

*One quart of sweet milk, Half a pound of flour,  
A quarter of a pound of butter, Two tablespoons of quick yeast,  
Eight eggs, Salt to the taste.*

- Warm the milk; cut the butter up and with the salt, stir in the milk until melted; then the well-beaten yolks and flour in alternation.
- Lastly, put in the yeast. Cover the pan with a cloth and set it in a warm place to rise.
- Just before baking, beat the whites very stiff and stir in gently. Half this quantity can be made.
- If wanted for breakfast, it would be better to set the batter to rise the night before and use potato yeast. Have the irons well heated and well-greased.

### GOOD RUSKS

*Two tablespoons of light dough, Four ounces of butter,  
Eight ounces of pulverized sugar, Four eggs.*

- The dough must be raised with yeast and flour enough must be mixed with it until it ceases to stick to the hand.
- Add the well-beaten eggs and the butter melted, lastly the sugar.
- Roll out and shape with the hands.
- Put on tins to rise and when very light, which will be in about an hour, bake in a quick oven twenty minutes.
- The crust would be improved by sprinkling a little pulverized sugar and ground cinnamon over each rusk, about ten minutes before taking them out of the oven.

### GRAHAM BREAD

*Two quarts of brown flour, One teacup full of fresh yeast,  
One teacup full of molasses, One dessertspoonful of lard,  
One teaspoon of salt.*

- Mix the flour with a little lukewarm water, add the molasses, salt and yeast.
- Work well and set it to rise.
- After it has risen make into loaves; let it rise for the second time; grease it on top with a little lard to prevent it from cracking.
- Bake in a moderate oven.

### GRAHAM MUFFINS

*One pint of sweet milk, One teacup full of Graham flour, One teacup full of white flour, One large cooking-spoonful of butter, Two teaspoons of baking powder, One egg and a little salt.*

- Stir the flour in the milk, add the melted butter, salt and well-beaten egg.
- Mix thoroughly and lastly, sift in the baking powder.
- Bake quickly, in well-greased muffin molds.

### NOTES

### HOMINY MEAL MUFFINS

*One quart of hominy meal, One cooking-spoonful of butter,  
One teaspoon of salt, Three eggs.*

- Scald the meal well and stir in milk enough to make a stiff batter; add the yolks of the eggs well beaten; salt; lastly, the whites beaten to a froth.
- Warm and grease the molds and bake in a well-heated oven thirty minutes.

### LIGHT BISCUITS

*One pint of sweet milk, One quarter of a pound of butter,  
One teacup full of yeast, Three well-mashed potatoes,  
A saltspoonful of salt.*

- Warm the milk and butter, put in flour enough for a soft sponge, then put in the yeast and salt.
- Let it rise, work in the potatoes and add more flour, until a nice dough is made, but don't have it quite as thick as bread dough.
- Let this rise again and one hour before kneaded, roll, cut, put into pans and bake in a quick oven.
- These are for tea; but if wanted for breakfast, make them up the night before and work the first thing in the morning.
- Use a small teacup in measuring the yeast.

### LIGHT ROLLS

*Two quarts of flour, Three pints of sweet milk,  
Two tablespoons of melted butter, Two tablespoons of white sugar, Half  
a teacup full of potato yeast, A saltspoonful of salt.*

- Put the flour in a bowl and make a hole in the center of it.
- Warm the milk, pour in it the butter, melted, salt and sugar, lastly the yeast.
- Set this to rise over night.
- Early in the morning knead for about twenty minutes.
- When it blisters, roll, cut and put into pans, set it in a warm place to rise again, which will take about an hour and a half.
- Bake in a quick oven.

If wanted for supper, set them to rise early in the morning.

### MUFFINS

*Six ounces of flour, Four ounces of butter, Half a pint of sweet milk,  
Half a teaspoon of salt, Three eggs.*

- Put the butter and flour together, beat the yolks of the eggs very light and with the milk add to the mixture by degrees.
- Lastly, put in the salt and the well-beaten whites of the eggs.
- Put into well-greased and heated molds and bake quickly.

### NOTES

### LOAF BREAD WITHOUT LARD

*Two quarts of flour, One pint of potato yeast, One pint of cold water, A dessertspoonful of sugar, Salt to the taste.*

- Put the flour into a bowl and mix in the water, sugar, yeast and salt.
- Work for fifteen minutes, make into loaves, put them in greased pans and let them rise until light.
- Bake for three-quarters of an hour in a quick oven.
- It will take nearly two hours after the working before the loaves will be ready for baking.

### MUFFINS TO BAKE ON A GRIDDLE

*One pint of warmed milk, One teaspoon of melted butter, Two tablespoons of yeast, Half a saltspoonful of soda, One teaspoon of salt, Flour enough for a thick batter, Two eggs.*

- Mix with the warmed milk the two well beaten eggs, melted butter, salt and soda, previously dissolved in a tablespoon of hot water.
- Beat in sufficient flour to make a thick batter, then put in the yeast.
- Set in a warm place to rise for three hours, if in the summer; if in the winter it will take an hour longer.
- When light, heat the griddle, grease it well with butter.
- Grease the rings, put them on the griddle and half fill with batter.
- When one side is done turn and bake both sides a light brown.
- When done, break them open, butter and serve very hot; never cut them. If cold they can be toasted lightly on each side and buttered.

### OATMEAL BATTER CAKES

*One pint of cooked oatmeal, One teacup full of flour, One pint of sweet milk, Two teaspoons of baking powder, Salt to the taste, Two eggs*

- Beat the oatmeal and flour in the milk, alternately, until thoroughly mixed, then the well-beaten yolks and salt to the taste.
- Beat the whites to a froth and stir in gradually.
- Lastly the baking powder.
- Fry on a quick and well-greased griddle.

### TO COOK OAT FLAKES

*One coffee cup full of oat flakes, One quart of boiling water, Half a teaspoon of salt.*

- Put the boiling water into the saucepan with the salt and stir in the oat flakes. Let this boil steadily for half an hour, stirring constantly.
- Add a little boiled milk to keep it from being too stiff.
- Boil half an hour longer, continuing to stir, then serve.

### NOTES

### OATMEAL GRITS

*One coffee cup full of fine oatmeal, One quart of boiling water, One teaspoon of salt*

- Put the salt in the boiling water, sprinkle the meal lightly in with one hand while stirring it with the other.
- When thoroughly mixed, let it boil steadily for one hour without stirring it more than necessary to keep it from sticking, for the steam swells the grains and makes them light.

### POP OVERS

*Two teacup fulls of flour, Two teacups of sweet milk, One teaspoon of butter, Half a teaspoon of salt, The yolks of two eggs, the whites of three.*

- Mix the milk and flour, then add the well-beaten yolks.
- Beat well for five minutes, stir in the melted butter.
- Beat the whites to a froth and stir slowly in.
- Heat and grease the molds well, fill just half full with the batter.
- Bake quickly and serve immediately.
- Use the largest sized teacup for measuring.

### POTATO BISCUIT

*Three pints and a half of flour, Three tablespoons of baker's yeast, One pint of warm sweet milk, A quarter of a pound of butter, One teaspoon of salt, Two potatoes, boiled, Two eggs*

- Sift the flour twice; mix through it the teaspoon of salt.
- Make a hole in the center and put in the yeast and warm milk.
- Let this stand a quarter of an hour.
- Mash the potatoes and mix in the yeast and milk with the butter and well beaten eggs.
- Put it before the fire for an hour and a half; then mix all together and let it rise until light, then take a pint of flour for shaping.
- Cut off small pieces and shape lightly into cakes, as they are better not rolled.
- Let them rise again in the pan and when they begin to crack open bake in a quick oven ten minutes

### POTATO CAKES WITH BAKING POWDER

*Three pints of flour, One cooking-spoonful of lard and butter, mixed, Three teaspoons of baking powder Six mashed potatoes, A saltspoonful of salt*

- Sift the baking powder in the flour and add the salt.
- Rub the butter through the flour with the hands, then the mashed potatoes; and put in milk enough to make it mix well, but don't let it be too soft.
- Roll, cut and bake quickly. Split and butter while hot. These are very nice for breakfast.

### NOTES



### POTATO ROLLS

*Two tablespoons of flour, One teacup full of yeast, One tablespoon of melted butter, Two boiled potatoes, A saltspoonful of salt*

- Boil the potatoes, peel and mash them smoothly with the flour, adding enough of the water the potatoes were boiled in to make the consistency of thin mush.
- Then pour in the melted butter and when cold, add the yeast.
- Put it away until morning in a moderately warm place. This is the sponge and will be risen by daylight.
- Work into this sponge a quart of flour, shape as rolls and put away for an hour and a half.
- Bake in a quick oven.
- If in the winter, the kitchen will do to have them in. If in the summer, put them where there has been no fire.
- The second rising will require a warmer place than the first rising.

### POUNDED BISCUIT

*One quart of flour, One cooking-spoonful of lard and butter, mixed; One teaspoon of salt*

- Sift the flour into a bowl, sprinkle the salt, then rub in the lard and butter. Now add milk, or milk and water enough for a stiff dough.
- Pound, or work, for fifteen or twenty minutes.
- If the dough blisters and snaps when you pull it, it is worked enough.
- Roll, cut and stick with a fork.
- Have a good oven; bake and brown nicely.

### POUNDED BISCUIT II

*One pound and a half of flour, A quarter of a pound of lard, One teaspoon of salt, Ice water enough, to make a stiff dough*

- Mix thoroughly with the hands and pound or work until the dough blisters.
- Roll or shape with the hands, or cut and bake in a well-heated oven, but don't bake too quickly.
- Don't forget to prick nicely with a small fork.

### RICE FLANNEL CAKES

*One teacup full of well boiled rice. One even tablespoon of lard and butter mixed. One teaspoon of baking powder. Two pints of flour, One quart of sweet milk, Salt to the taste, Two eggs*

- Beat the yellows of the eggs very light, add the milk, flour, rice, lard and butter, melted and the salt.
- Beat all well together, then stir in the whites beaten to a froth. Lastly, sift in the baking powder.
- Bake on a well-heated and well-greased griddle. The rice must be soft enough to mash with a spoon

### NOTES

### RICE MUFFINS

*One teacup full of well-boiled rice, One teaspoon of butter, One pint of flour, Half a teaspoon of salt, One egg.*

- Melt the butter and mix with the rice, add the well-beaten egg, flour and milk enough, in alternation, to make a batter of medium thickness.
- Bake in a well-heated oven in molds.
- A teaspoon of baking powder can be added if desired.

### RICE MUFFINS WITH CORN MEAL

*Five tablespoons of corn meal, Five tablespoons of flour, Five tablespoons of well-boiled rice, One tablespoon of lard and butter, One teaspoon of baking powder, One teaspoon of salt, Two eggs*

- Mix the meal and flour, with milk enough to make a thin batter.
- Add the well-beaten eggs, rice, melted butter, lard and salt.
- Lastly, the baking powder.
- Bake quickly in molds, in a well-heated oven.

### RICE WAFFLES

*One teacup full of well-boiled rice, One pint and a half of flour One teaspoon of baking powder, One dessertspoonful of butter and lard mixed, One teaspoon of salt, One quart of milk, Three eggs*

- Soak the rice for half an hour in the milk; stir in the flour, the well-beaten yolks of the eggs, lard and butter melted and salt.
- Beat well and add the well-beaten whites of the eggs; lastly, the baking powder.
- The irons must be well greased and very hot.

### ROLLS

*Two quarts of flour, One pint of yeast, One pint of cold water, A tablespoon of lard, A tablespoon of granulated sugar, Salt to the taste.*

- Mix the flour, water, sugar and melted lard together, then add the yeast and salt.
- Work for fifteen minutes and let it rise until light, then shape into rolls and let them rise again until light.
- Bake in a well heated oven for twenty-five or thirty minutes.
- It takes about two hours after the last rising before the rolls will be ready to bake.

### NOTES

## ROSETTES

*Four teacup fulls of flour, One quart of sweet milk,  
Two tablespoons of butter, Half a teaspoon of salt, Three eggs*

- Beat the yolks of the eggs very light and stir in the milk.
- Add the melted butter and sift in the flour, then the salt.
- Beat the whites of the eggs to a stiff froth and mix through gradually.
- Warm and grease the pans and bake in a good oven.

## SALLY LUNN

*One quart of flour, One quart of milk, One tablespoon of lard, One  
tablespoon of butter, One teaspoon of salt, One tablespoon of white sugar,  
Half a pint of yeast, Three eggs*

- Stir the yellows of the eggs in the milk.
- Add the flour, sugar, melted lard and butter, then the yeast.
- When risen, add a little more flour, enough to make a soft dough

## SALT RISING BREAD

*Two-thirds of a pint of milk, Two tablespoons of corn meal,  
One teaspoon of salt, One tablespoon of white sugar,  
One tablespoon of lard*

- Mix the salt and meal, pour on the boiling milk and stir until it thickens.
- Put it on the table about nine o'clock at night to rise.
- In the morning add hot water enough to warm it, then stir in flour enough to make it quite thick, adding the sugar and melted lard.
- Make into loaves and set it to rise in a warm place. When light, bake in a moderately quick oven.

## SPANISH BUNS

*One pound of granulated sugar, Three-quarters of a pound of flour, One  
coffee cup full of cream, One coffee cup full of dried currants, Six ounces  
of butter. Two teaspoons of baking powder, Four eggs*

- Cream the butter and flour.
- Beat the yellows of the eggs very light with the sugar and add to the flour.
- Wash, pick and dry the currants; flour well and mix through.
- Beat the whites of the eggs to a stiff froth and stir in slowly.
- Lastly sift in the baking powder. Bake in a well-heated oven.

## NOTES

## WAFFLES

*One pint of flour, One pint of sour cream, or buttermilk,  
One dessertspoonful of lard and butter mixed,  
Half a teaspoon of soda, A little salt, One egg*

- Stir the soda in the milk until it foams, then add the flour and lard and butter melted, beating well all the time.
- Beat the egg separately, adding the yellow first, then the white. The salt should be put in the flour dry.
- Bake in well-greased and well-heated irons.

## WAFFLES II

*Two pints and a half of flour, One cooking-spoonful of butter and lard  
mixed One pint of milk, Half a teaspoon of salt,  
One teaspoon of baking powder, Two eggs*

- Mix the milk and flour, then the well-beaten yolks of the eggs.
- Stir in the butter and lard melted and salt.
- Beat well and add slowly the well-beaten whites of the eggs.
- Sift in the baking powder.
- Waffle batter should always be thin.
- Should this batter be too thick, thin with equal portions of milk and water.
- Bake quickly in well-heated and well-greased irons.

## WAFFLES III

*Half a pound or flour, Half a pound of butter,  
Half a pint of sweet milk, Salt to the taste, Six eggs*

- Cream the butter and flour; add the milk and well-beaten yolks of the eggs in alternation.
- Should this be too stiff, add more milk, as waffle batter should be thin.
- Lastly, stir in gently the well-beaten whites.
- Bake quickly in well-greased and well-heated waffle irons.

## YEAST FLANNEL CAKES

*One quart of flour, One pint of sweet milk, One tablespoon of lard, One  
tablespoon of butter, One tablespoon of yeast,  
One saltspoonful of salt, Three eggs.*

- Beat the milk and flour together until thoroughly mixed, then add the lard and butter melted and the yeast.
- Let this rise and just before baking beat the eggs separately, stir in the yolks, then the whites beaten to a froth.
- Bake on a quick and well-greased griddle.
- If you wish rice in them, when you put in the yolks of the eggs you can add a teacup full of rice that has been boiled until it can be mashed with a spoon.
- If these cakes are made of potato yeast put them to rise over night, if wanted for breakfast.
- If for supper put them to rise at twelve o'clock.
- If quick yeast is used they will be light in three hours.
- If the batter should taste at all sour add a saltspoonful of soda just before baking.

## YEAST MUFFINS

*Three teacup fulls of flour, One quart of sweet milk,  
One cooking-spoonful of butter, Half a teaspoon of salt,  
Half a teacup full of yeast, Three eggs*

- Mix the milk with the flour, beat the yolks of the eggs and, with the butter melted and salt, add to the flour.
- Lastly the yeast.
- Put this to rise at ten o'clock the night before.
- Just before baking the next morning beat the whites very stiff and stir slowly into the batter.
- Grease and heat the molds and bake thirty minutes in a quick oven.
- If these muffins should be wanted for supper put them to rise at twelve o'clock that day.

## YEAST WAFFLES

*One pint of flour, A quarter of a pound of butter, Half a pint of milk,  
Two tablespoons of yeast, Four eggs*

- Beat the yellows, stir in the milk, then the flour and butter melted, with a little salt.
- Add the yeast; lastly, the well-beaten whites.
- If for supper, put the batter to rise three hours before.
- If for breakfast, make the batter over night.

## ADDITIONAL BREAKFAST COURSES

### BEEF

#### DRY BEEF HASH

*One pint of chopped beef, One pint of mashed potato,  
Half a teacup full of cream, A teaspoon of chopped onion,  
A teaspoon of chopped parsley, Salt and cayenne pepper to the taste*

- Have the beef, that has either been boiled or roasted, free from all fat.
- Mix with the potato, cream, onion and parsley, add the salt and cayenne pepper to the taste.
- Stir in a skillet or bake in an oven for twenty minutes.
- If baked, put in a dish, sprinkle some bread-crumbs on top and put here and there some small pieces of butter.
- A tablespoon of butter can be added when mixing.

#### TO COOK SAUSAGES

Make into small cakes half an inch thick, dredge with a little flour and fry in a skillet with a small piece of lard until a dark brown

#### SAUSAGE MEAT

*Eleven pounds of tenderloins, Seven pounds of leaf fat,  
Four heaping tablespoons of powdered sage, Three teaspoons of salt, Four  
tablespoons of ground black pepper,  
One teaspoon of cayenne pepper*

- Chop or grind the meat as fine as possible.
- Put in "the salt and pepper; lastly, the sage.
- Mix well with the hands and fry in little cakes.

## SAUSAGE MEAT II

*Five pounds of tenderloins, Four pounds of leaf fat\*,  
Four tablespoons of ground sage, One tablespoon of black pepper, One  
tablespoon and a half of salt, One teaspoon of cayenne pepper.*

*\*The fat that lines the abdominal cavity and encloses the kidneys*

- Pick out the strings from the fat and the pieces of skin from the tenderloins before weighing.
- Run through the meat grinder twice; put in the seasoning and mix well with the hands.
- Pack in a stone jar and keep in a cool place.
- Fry in small cakes.

## SAUSAGE MEAT III

*Three pounds of tenderloins, Two pounds of leaf fat\*,  
Two heaping tablespoons of powdered sage,  
Two tablespoons of ground black pepper, Half a teaspoon of cayenne  
pepper, One heaping teaspoon of salt.*

*\*The fat that lines the abdominal cavity and encloses the kidneys*

- Grind the tenderloins and fat as fine as possible; add the sage, pepper and salt and mix thoroughly with the hands.
- Then put in a stone jar and keep in a dry, cool place.
- When cooking, make into small, round cakes and fry a very dark color.

## ONE WAY TO COOK A STEAK

*A nice, tender beefsteak, Butter, black pepper and salt.*

- Wipe the steak dry and pepper it well with black pepper.
- Put it on a gridiron before a bright fire.
- Broil one side until half done and do the other side the same way.
- Have ready a pan over hot water, with a large piece of butter, black pepper and salt.
- Press the steak well on each side, return to the fire and broil a few minutes longer.
- Have a dish heated, put the steak on it and pour over the butter in which the steak was pressed.
- Never salt a steak until half cooked.

## ANOTHER WAY TO COOK A STEAK

*A nice tender steak, Tomato or walnut catsup,  
Black pepper and butterflies*

- Put a little butter in the skillet and when quite hot put in the steak.
- Press and turn in the butter until nearly done, then take it out, put in a little walnut or tomato catsup and let it stew for a minute.
- Return the steak to the skillet, press it for a few minutes longer, then put it on a heated dish and the gravy over it.

## NOTES

### BEEF STEW FOR BREAKFAST

*One quart of beef cut in dice, One dessertspoonful of chopped onion, One pint of cold boiled potatoes cut in dice, One cooking-spoonful of butter, Salt and black pepper to the taste, One dessertspoonful of flour*

- Put the beef and onion into a skillet, with water enough to cover and simmer for twenty minutes and add the potatoes and cook five minutes longer.
- Put the flour and batter together, stir in and when it thickens, season.
- Have ready, in a heated dish, some nicely cut pieces of buttered toast and pour the stew over them.
- A little summer savory can be added if desired. Cold roast beef must be used.

### EGGS

#### TO BOIL EGGS

- Wash the eggs and put them as wanted into a kettle of boiling water.
- If wanted soft, boil three minutes, if wanted harder, boil five minutes.
- If wanted for salad, boil fifteen minutes, then put them in cold water, so as they will peel easily.
- Always eat soft-boiled eggs as soon as they are done.

#### EGGS WITH CHEESE

*Two ounces of grated Parmesan cheese, Two chopped spring onions, Two tablespoons of sherry wine, One ounce of butter, Six eggs*

- Put the grated cheese into a saucepan with the chopped onion and sherry wine.
- Stir all over the fire until the cheese is thoroughly melted.
- Beat the eggs, put them into the saucepan with the cheese and stir over a slow fire until done.
- Have some nicely cut pieces of hot fried toast and pour the mixture over them.
- A teaspoon of chopped parsley would be a pleasant addition stirred in the cheese before it is melted.

#### OMELETTE

*One teaspoon of flour, One teaspoon of chopped parsley, A saltspoonful of chopped onion, A tumbler of milk, A large cooking-spoonful of butter, Eight eggs*

- Beat the eggs together very light, add the milk and the flour.
- Then the onion, parsley, salt and black pepper to the taste and melted butter. Have ready some butter in a well-heated pan.
- Pour in one half of the mixture and shovel to the middle of the pan, so as to have it in the shape of a half moon.
- Let it brown nicely and turn into a heated disk.
- Make another omelette out of the remaining half.

#### NOTES

### SMALL OMELETTES

*Half a teacup full of milk, Two tablespoons of stale breadcrumbs, Half a teaspoon of chopped parsley, One dessertspoonful of butter, Five eggs, salt and black pepper to the taste, A saltspoonful of chopped onion*

- Soak the breadcrumbs in the milk, stir in the well-beaten yolks of the eggs.
- Beat hard and add the parsley, onion, salt and black pepper; then the butter, melted.
- When ready to fry, beat the whites to a stiff froth and stir in slowly.
- This will make five small omelettes, or one large omelette.

#### TO POACH EGGS

*One pint of boiling water, One saltspoonful of salt, As many eggs as required*

- Put the water in the skillet with the salt, let it boil, then break the eggs carefully into it, one at a time and let them poach for three minutes.
- Take them out carefully and put each one on a round, thin slice of buttered toast and then on a well-heated dish.

#### TO PRESERVE EGGS FOR WINTER USE

*A piece of lime the size of a quart bowl, Half a pound of cream of tartar, Two quarts of water, Salt sufficient to float an egg*

- Slack the lime by degrees with a little boiling water. keeping it well covered during the process.
- Add the water, cream of tartar and salt. Let this preparation stand for a week.
- Place the eggs in a wide mouth crock or tub, with the little ends down, being sure that each end is perfectly sound.
- Place on them a thick cloth, then a plate with a weight on it, to keep the eggs in place.
- Lastly, pour over the pickle, taking care to have all the eggs well covered.
- Eggs preserved in this way will keep fresh for nearly a year.

### HAM

#### TO DEVIL HAM

*A few thin slices of cold boiled ham, Mixed mustard, breadcrumbs and black pepper*

- Pepper the slices of ham, spread the mustard on them and sprinkle with grated breadcrumbs.
- Roll each piece and tie a thread loosely around.
- Put them in the oven, with some butter in the pan, for about ten minutes, basting the pieces with the butter as they are cooking.
- The thinner the slices are cut, the better.

#### NOTES

### HAM OMELETTE

*One teacup full of chopped ham, One dessertspoonful of butter,  
Black pepper to the taste, Six eggs*

- Cold boiled ham must be used for chopping.
- Put in black pepper to the taste and add the well-beaten yolks and a tablespoon of butter melted.
- Lastly, beat the whites of the eggs very light and stir slowly in.
- Have ready a hot pan with some butter in it, pour in the mixture and when done, fold over and serve in a well-heated dish.

### OTHER

#### LAMB CHOPS

They should be neatly trimmed; the bone scraped, peppered and rolled in butter; then broiled with great care.

When done, put more butter on them, also some salt and black pepper.

Wrap little ruffles of white paper around the ends of the sticks; place the chops nicely around the dish and have a center of tomatoes, peas, champignons or mashed potatoes.

Chops are also nice dipped in breadcrumbs, after broiling and browned in lard and served as above.

#### MUTTON OR LAMB STEW

*One pound of lamb or mutton, One medium sized onion, One cooking-spoonful of butter, One teaspoon of flour, Salt and cayenne pepper to the taste, Half a pint of milk, Six potatoes*

- Take cooked mutton and cut into dice.
- Boil the potatoes and cut them also into dice.
- Have the milk boiling in the skillet, then put all in and stew for ten minutes.
- Cream the butter and flour and stir in the mutton until it thickens.
- Have in the dish some hot buttered toast and pour the stew over them.
- The onion should also be boiled before putting in the stew and chopped fine.

#### COLD MUTTON HASH

*One pint of chopped mutton, One pint of chopped potatoes,  
One medium sized onion chopped fine, Half a teaspoon of powdered  
summer savory, A cooking-spoonful of butter,  
Salt and black pepper to the taste*

- Put the potatoes and onion in a skillet with enough water to cover.
- Stew for half an hour and add the butter, summer savory, mutton, salt and pepper.
- Stir for ten minutes and serve on pieces of buttered toast.
- Should the hash be thin, mix with the butter a teaspoon of flour.
- Cold beef hash can be made in the same way

### TONGUE TOAST

*One boiled tongue, A teacup full of cream, Yolk of one egg,  
A half-teaspoon of mixed mustard*

- After the tongue has been well boiled and is perfectly cold, either grate or mince very fine.
- Mix with it the cream, the well-beaten yolk of the egg and the mustard.
- Simmer two or three minutes.
- Cut off the crust of some slices of bread, toast nicely and butter well.
- Heat a flat dish, lay the slices of toast on it, spread the mixed tongue on them and send to the table hot in a covered dish.
- This makes a nice breakfast or supper dish.
- For tongue, substitute cold boiled ham.

### TURKEY HASH

*One quart of chopped turkey, One pint of potatoes cut in dice, One  
cooking-spoonful of chopped celery, Half a coffee cup full of cream,  
A dessertspoonful of flour, Salt and black pepper to the taste*

- Put the potatoes and celery in a skillet, with water enough to cover and stew for half an hour.
- Then put in the turkey, cream, salt and pepper and let all come to a boil,
- Mix the flour with a little of the liquid of the hash and stir in until it thickens.
- If cream is not to be had, substitute milk and a tablespoon of butter and if celery is not convenient, put in a teaspoon of chopped onion and summer savory, to the taste.

### TURKEY HASH II

*One pint of chopped turkey, One pint of mashed potatoes, A half teacup  
full of cream, Two tablespoons of chopped celery, A cooking-spoonful of  
butter, Salt and cayenne pepper to the taste*

- Mix the turkey, potato and cream well together; add the celery, salt and cayenne pepper; melt the butter and stir in.
- Put all into a skillet and stir for five minutes, or put into a dish, sprinkle breadcrumbs and pieces of butter on top and bake in an oven for twenty minutes.
- If not baked, when putting it in the dish have ready in it some pieces of hot buttered toast.

### TURKEY HASH III

- Take what cold turkey you have, chop very fine, add the stuffing, a little water and a cooking-spoonful of butter.
- Stir for ten minutes and serve on nicely cut pieces of buttered toast.
- Should there be no stuffing left, put in as much mashed potatoes as you have chopped turkey and cook as directed.

### NOTES

### TO MAKE VEAL HASH

*One quart of chopped veal, One teaspoon of chopped onion, Two tablespoons of tomato catsup, One cooking-spoonful of butter, Salt and black pepper to the taste, One teaspoon of flour*

- Cut in dice a quart of the cold fillet of veal, cook the onion before chopping, put it with the veal, a pint of hot water, salt and pepper into a skillet.
- While it is simmering, wet the flour and butter together and stir in until it thickens, then add the catsup.
- Have pieces of buttered toast about four inches square in a heated dish and pour the hash over them.
- Stuffing can be added instead of the flour if desired.

### WELSH RARE BIT

*Half a pound of new cheese, The yolk of one raw egg, Salt and cayenne pepper to the taste*

- Melt the cheese slowly and add by degrees dry mustard to the taste, then the salt and cayenne pepper; thin with beer.
- Have some nicely cut pieces of buttered toast and spread the cheese on them.

### WELSH RARE BIT II

*Half a pound of fresh cheese, Half a teacup full of cream, One teaspoon of mixed mustard, Salt and cayenne pepper to the taste, One teaspoon of butter*

- Put the cheese in the dish you intend serving this in and let it be one that will stand the heat.
- While it is melting, mix the mustard with the cream; melt the butter and add; then season to the taste.
- Let it come to one simmer, stirring all the time to have the ingredients well mixed, then serve immediately.
- Let it stand for a moment or two after you stop stirring, so as to have the top smooth.

### NOTES

## OFFAL

### TO STUFF A CALF'S HEART

*One calf's heart, Four tablespoons of soaked bread, Half a teaspoon of chopped onion, Half a teaspoon of powdered summer savory, A tablespoon of butter, Yolk of one raw egg, Salt, cayenne pepper and nutmeg to the taste*

- Mix the ingredients thoroughly.
- Make a little hole in the heart and put the ingredients in with a piece of fat, bacon, skewered over the end.
- Put on in water enough to keep it well covered and boil for an hour.

### FOR THE GRAVY

- Take a coffee cup full of water the heart has boiled in
- Mix a teaspoon of browned flour with a tablespoon of butter.
- Stir in the gravy until it thickens
- Add a cooking-spoonful of wine.
- Pour this over the heart

### CALF'S HEAD, FRIED

*One calf's head, Yolk of one egg, A tablespoon of butter, Two rolled crackers, Salt and cayenne pepper to taste, Ground cloves and nutmeg to taste, Two large onions*

- Mix the flour and butter perfectly smooth and stir in the two-thirds of a pint of the water the head has boiled in.
- Then the salt and cayenne pepper to the taste.
- Boil until it thickens and just before taking it off, add the wine glass of wine.
- Put the calf's head in the center of the dish, pour the gravy over it and garnish with thin slices of lemon and sprigs of parsley, in alternation, until the head is covered.
- Put the little cakes, made of the brains, around the dish.

### GRAVY FOR FRIED CALF'S HEAD

- Two-thirds of a pint of water the head was boiled in,
- Two tablespoons of butter
- A dessertspoonful of flour
- A wine glass of wine
- Salt and cayenne pepper to taste

### NOTES

## CALF'S HEAD SOUP

*One pelted ["skinned"] calf's head, A knuckle of veal,  
A pint of turtle beans, Three gallons of water*

- Soak the head in water over night, putting in a cooking-spoonful of salt in the water.
- Take out the brains and put them in another pan of salted water, changing the water until the blood is all drawn out.
- The next morning, put in the calf's head and veal, or a set of calf's feet, into the three gallons of water and boil six or seven hours, until the head is perfectly tender;
- Take it out of the water; remove the bone, cut the meat into small pieces and put them back into the soup.
- Season with black pepper, salt, sweet marjoram and summer savory, to the taste.
- Put the Mexican beans also to soak overnight and boil until thoroughly done.
- Then pass through a sieve and add the soup.
- Make egg balls with the yolks of two hard-boiled eggs, one raw egg and flour enough to mix them with. Roll out the size of a hazelnut.
- Take two pounds of cooked fillet of veal, chop very fine, season with salt, pepper, sweet marjoram and one small onion chopped fine.
- Add half a cup full of breadcrumbs and one egg.
- Mix all together with a wooden spoon and make into small balls with a little flour.
- Fry in boiling lard, a cinnamon brown.
- Put this in the ice-chest with the soup and fry the balls as you wish each day.
- When serving, put some slices of lemon in the tureen and pour the soup over them, adding the force meatballs, egg-halls and wine to the taste; also, the yolks of two hard-boiled eggs mashed fine.
- If you do not use the black beans, brown a little flour or sugar to color the soup with.
- Put the brains in a cloth, boil till tender.
- Mash the yolks of two hardboiled eggs and mix with the brains, adding black pepper and salt.
- Boil the calf's tongue until tender and put the brains in spoonful around the tongue, alternating with a slice of lemon.

*This will make a nice side dish.*

## NOTES

## CALF'S HEAD SOUP II

*One calf's head, Six quarts of clear water, Two bunches of parsley, One teaspoon of ground allspice, Half a teaspoon of ground cloves, One teaspoon of powdered summer savory, One pint of sherry wine, Salt, cayenne and black pepper to the taste, One onion*

- Boil the head until the meat drops off of the bones, which will take about four hours.
- Take out the bones and chop the meat very fine. Take the brains for the force meat balls.
- Also, chop very fine the onion and parsley and mix with the meat, adding cayenne and black pepper, salt, spices, summer savory, a cooking-spoonful of butter and a dessertspoonful of flour.
- Boil ten minutes and just before serving heat the wine and stir it in.
- Serve a slice of lemon, yolk of a hard-boiled egg and a force meat ball in each plate; or, mash the yolks of six hard-boiled eggs very smooth and stir in the soup.

### FORCE MEAT BALLS FOR CALF'S HEAD SOUP

- Half a pound of well-cooked veal, One calf's brains, Salt, cayenne pepper and nutmeg to taste, Two eggs.
- Chop the brains and veal as for mince meat; mix with the eggs, salt, cayenne pepper and nutmeg.
- Flour a board, drop a small piece here and there, roll into balls in the flour, using as little flour as possible.
- Throw them into boiling lard and fry a dark brown.
- Drain and when cool put into the soup.
- A spoonful or two of fine breadcrumbs can be used in mixing the balls if desired.

## TO STUFF A CALF'S LIVER

*One calf's liver, One pint of breadcrumbs, One chopped onion,  
One teaspoon of summer savory, One teaspoon of chopped parsley, Salt,  
black pepper and mace to the taste.*

- Take out all the veins of the under side and make deep incisions on the other side.
- Mix the stuffing well together and put carefully in the incisions and skewer each tightly.
- Pepper and dredge with flour, not forgetting to put two thin slices of pickled pork on top.
- Put into a pan, with a pint of water.
- Baste well for an hour and a quarter, then take out of the pan, thicken the gravy with a little browned flour, adding allspice and wine to the taste. Pour over the live and serve very hot.

## NOTES

### BRAINS IN SHELLS

*One quart of brains, One tumblerful of sweet cream,  
One cooking-spoonful of butter, Salt and black pepper to the taste, One  
teaspoon of flour*

- Soak the brains until the blood has disappeared entirely from them, pick the gristle and bone from them and parboil until white and tender.
- Then add the cream, butter, flour, pepper and salt and stew until done.
- Break up the brains with a spoon until fine, put them in shells with grated breadcrumbs and small pieces of butter on top and put them into the oven to brown.

*This recipe applies to hogs' brains. Calves' brains can be cooked the same way and a little of the extract of celery put in just before filling the shells is a great improvement.*

### CALF'S HEAD A LA TERRAPIN

*One calf's head, One pint of the water the head has boiled in,  
One teaspoon of allspice, One tablespoon of white flour,  
One teaspoon of browned flour, Two large cooking-spoonfuls of butter,  
Half a tumblerful of Madeira wine, Salt,  
cayenne pepper and mace to the taste.*

- Boil the calf's head until perfectly done.
- Chop up the meat with the brains, taking out the bones and gristle. Put into a saucepan, with the pint of water it has boiled in.
- Let it simmer.
- Mix perfectly smooth the butter and flour, adding two tablespoons of the liquor. Stir into the calf's head.
- Add the allspice, mace, salt and cayenne. Let it simmer until it thickens and just before taking it off the fire, pour in the wine.
- Garnish the dish with thin slices of lemon.
- This is just as delicious baked.
- Take out the brains and parboil.
- Put the head in a pot with cold water enough to cover it and the onions whole, with a little salt.
- Boil until tender enough to take out all the bones.
- Then season with cayenne pepper, salt, cloves and nutmeg to the taste.
- Dredge with flour and fry a light brown.
- Season the brains also with salt, nutmeg, cayenne pepper, to the taste.
- Add the butter, yolk of the egg and two rolled crackers.
- Mix well with the hands, shape into little cakes and fry a light brown.

### NOTES

### TO PREPARE HOGS' BRAINS

- When they are taken from the heads they must be picked, skinned and washed, changing the water while washing until it is clear.
- Put them into a bucket of cold water with some salt, soak for fifteen minutes and they will be ready for use.
- Stew or fry.
- They can be kept for ten days by soaking them in salt and water and changing the water every third day.

### TO FRY HOGS' BRAINS

*One quart of brains, One large cooking-spoonful of butter, Salt, black pepper and powdered sage to taste, Four eggs*

- Beat the eggs together and mix with the brains.
- Heat the skillet, put in the butter and when melted add the brains.
- Stir rapidly all the time, as you do when scrambling eggs.
- When half done add the salt, black pepper and powdered sage, continue to stir and when they cease to stick to the skillet they are done.
- This makes a delicious dish for breakfast.
- Be sure to wash all the blood from the brains and pick out all the pieces of bone and the strings.

### TO STEW HOGS' BRAINS

*One quart of brains, One teacup full of sweet cream, One tablespoon of butter, Salt, black pepper and powdered sage to the taste*

- After the brains have been well washed and picked, put them into hot water enough to cover them and stew ten minutes.
- Pour off the water, stir in the cream, butter, pepper, salt and sage. Simmer for five minutes longer and serve.

### TO FRY HOGS' FEET

*Three pigs' feet, Two eggs, salt and pepper,  
One teacup full of breadcrumbs*

- Slice the feet lengthwise; dip thoroughly first in the egg, then in the breadcrumbs, let them stand for about fifteen minutes so as the egg will be well dried upon them.
- Have a good deal of hot lard in a deep skillet and fry as you would oysters.
- The salt and pepper, to the taste, must be put in the eggs, which should be well beaten before dipping the feet in them.

### NOTES



## TO BOIL HOGS' FEET

*Two dozen pigs' feet, A good deal of water,  
A large cooking-spoonful of salt*

- Put the feet into a large pot and cover with lukewarm water, adding the salt.
- Simmer slowly until thoroughly done, which will take four or five hours.
- The bones must be loose, but they must not be allowed to remain in the water until they are ready to fall out.
- When done, put in a large, wide-mouthed jar and cover with the water they were boiled in.
- Put in the following spices: one coffee cup full of whole allspice, half a teacup full of whole cloves, one coffee cup full of whole black pepper grains.
- Lastly, add a third as much vinegar as you have water.
- Watch them closely, so as not to let the water and vinegar be absorbed entirely, but when you see it disappearing add more according to directions.

## TO STEW HOGS' FEET

*Some cold boiled hogs' feet, Cream according to the quantity of feet Salt  
and pepper to the taste, A little sweet marjoram*

- Take the quantity of feet you wish to serve, put them into a saucepan with a little hot water.
- Cover and steam until perfectly soft and put in the cream.
- Let it boil up once, rub the butter and flour together, add to the feet, boil up once more, season and put in a little sweet marjoram to the taste.

## TO BAKE SWEETBREADS

*Three sets of sweetbreads, Two tablespoons of butter and lard,  
One coffee cup full of breadcrumbs, Two eggs*

- After the sweetbreads have been well boiled and are cold, roll them carefully first in the egg, then in the crumbs.
- Let them stand, so as the egg and crumbs will dry on them, then have the lard and butter, half and half, in a hot skillet, put in the sweetbreads and baste constantly for fifteen minutes.
- Serve either with a tomato or champignon sauce.

## NOTES

## TO STEW SWEETBREADS WITH CREAM

*One set of sweetbreads, One pint of rich cream,  
One dessertspoonful of butter, Two teaspoons of flour, salt, cayenne  
pepper and nutmeg to the taste*

- Cook the sweetbreads thoroughly, pick off the gristle and fat.
- Cut into small pieces and put into a saucepan with the cream.
- Boil five minutes and add the butter and flour well creamed.
- Lastly the salt, cayenne pepper and nutmeg to the taste.
- This quantity can be increased according to the number to be served.

## TO PREPARE TRIPE (Cow's Stomach)

*Cold water, Tripe, Vinegar, Salt*

- Scrape and wash the tripe thoroughly.
- Put it in cold water and salt and soak for ten days.
- Don't put much salt in and just keep it covered with water and change it every other day.
- Boil it for nine hours steady and it will be ready to fry, stew or boil.

*If it is to be kept any length of time,  
it should be put in brine or vinegar.*

## TO FRY SWEETBREADS

*Three sets of sweetbreads, One large coffee cup full of sweet milk, One  
teaspoon of flour, One dessertspoonful of butter,  
Salt and black pepper to the taste, One well-beaten egg.  
Three sets means of six sweetbreads*

- Wash them clean; put them into a kettle of boiling water, with a teaspoon of salt.
- Boil slowly for twenty minutes, then throw them into cold water.
- After five minutes, take them out and set them away to get cold
- Have ready the batter made of the above ingredients; split the sweetbreads, dip each piece into the batter and fry a nice brown in hot lard.

## TO FRY SWEETBREADS II

*Three sets of sweetbreads, One large coffee cup full of sour milk,  
One teaspoon of flour, One teaspoon of butter, One well-beaten egg,  
A saltspoonful of soda, Salt and black pepper to the taste*

- Wash the sweetbreads clean, put them into a saucepan with boiling water and half a teaspoon of salt.
- Let them boil for twenty minutes, then put them into cold water for about fifteen minutes and put them aside to get cold.
- Beat the egg, add the flour, then the butter melted.
- Dissolve the soda in a little water and beat into the sour milk until it foams, then stir in the egg.
- Season to the taste, split the sweetbreads, dip in the batter and fry in hot lard a cinnamon brown.

## TO COOK CHAMPIGNONS WITH SWEETBREADS

*Two cans of champignons, Two sets of sweetbreads,  
Three teaspoons of white flour, One teaspoon of brown flour,  
One pint of clear soup, One large cooking-spoonful of butter, Two wine  
glassfuls of wine, Mace, salt and cayenne pepper to the taste*

- Cook the sweetbreads thoroughly and break into small pieces, taking care to get off all the skin and gristle.
- Cut up the champignons and put them, with their liquor, into a saucepan with the clear soup.
- Boil three-quarters of an hour, then add the salt, pepper and mace, also the sweetbreads.
- Mix the butter with the flour, put into the sweetbreads and stir until it thickens.
- Just before taking the saucepan off the fire add the wine.
- Serve very hot.

## TO STEW TRIPE (Cow's Stomach)

*One teacup full of cream, One tablespoon of butter, One teaspoon of flour, Three hard-boiled eggs, Salt and pepper to the taste*

- Cut the quantity of tripe you intend stewing into small pieces, about two inches square.
- Pat it into a saucepan, with equal quantities of milk and water, enough to cover well.
- Boil half an hour, then stir in the cream.
- Put the flour and butter together and add to it; after it has boiled five minutes longer, chop the hard-boiled eggs and stir them in.

*A little vinegar and mixed mustard is an improvement.*

## NOTES

## SOUPS

### TO BURN SUGAR FOR COLORING SOUPS

*Half a pound of sugar, A tablespoon of water*

- Put the sugar into a saucepan, with the water.
- Stir constantly over the fire, until it has a rich dark-brown color, taking great care not to let it burn or get black.
- Then pour in a teacup full of water. Let it boil five minutes longer; cool and strain through a coarse piece of muslin.
- Put it in a bottle, cork tightly and use when needed.

### ASPARAGUS SOUP

*Three pounds of veal, Three bunches of asparagus,  
One gallon of water, One teacup full of cream, One tablespoon of corn  
starch, Salt and white pepper to the taste*

- Put one-half of the asparagus in the water with the veal and boil in a closely covered pot for three hours, or until the meat is in pieces, or the asparagus is dissolved.
- Strain and return to the pot and add the remaining half of the asparagus.
- Season with salt and white pepper and boil twenty minutes longer.
- Just before you take it off the fire add the cream, into which has been stirred a tablespoon of corn starch
- Boil ten minutes longer and serve with nicely cut squares of fried toast. In the winter use celery instead of asparagus. (Three bunches will be the quantity required for this soup)

### SOUP STOCK OF BEEF

*One large shin bone, Four quarts of water, Two pounds of lean beef,  
Four carrots, three onions, Four turnips, one bunch of parsley,  
One teaspoon of celery seed, Salt to the taste.*

- Put the bone, which has been previously cracked in three pieces, into the soup-pot, with the water and beef cut into pieces the size of an egg and some salt. Boil slowly for an hour, skimming well until all of the grease is taken off.
- Scrape the carrots, peel the onions and turnips, then quarter and, with the celery seed, add to the soup
- Let this boil slowly for four hours; take off, strain into a stone jar and keep in a cool place.
- Veal stock can be made in the same way, by getting a large knuckle of veal and adding two pounds of the meat.

## NOTES

## BLACK SOUP

*One veal shank, One gallon of water, Two large carrots, One large onion, Three medium-size potatoes, One bunch of parsley, One bunch of summer savory, Half a pint of browned flour, One pint of Madeira wine, Salt and black pepper to the taste*

- Cut up the shank and put it on with the vegetables, salt and pepper, to boil slowly for four hours, skimming constantly while boiling; strain.
- Put into a clean pot with the parsley, summer savory and browned flour.
- Boil for one hour; take out the parsley and summer savory and, just before serving, heat the wine and put it in.
- Put in the soup as many yolks of hard-boiled eggs, thin slices of lemon and force meat balls\* as you have guests to serve, allowing one yolk, one force meat ball and a slice of lemon for each plate.

*Force Meat Balls: Force meat is heavily seasoned, ground meat that is used to make meatballs or patties and is often used as a stuffing. When made into balls, force meat is often used as a garnish, particularly for whole animal heads and stews.\**

## CHEAP BLACK SOUP

*The bones of a cold roasted turkey, One slice of pickled pork, A teaspoon of powdered summer savory, One cooking-spoonful of butter, One large carrot, One large turnip, One medium-sized onion, One bunch of parsley, One teacup full of cooking wine, Half a teacup full of browned flour, One gallon of water, Salt, black and cayenne pepper to taste*

- Crush the bones, scrape and cut the carrot into four pieces, peel and cut the onion into four pieces and do the same with the turnip.
- Put all into the soup pot with the butter and pickled pork.
- Fry until well browned, then pour on the water and put in the parsley and summer savory. Boil slowly for four hours, skimming carefully all the time.
- Strain through a sieve, return to the soup pot, put in the browned flour and boil twenty minutes longer, then add the salt, pepper and allspice and just before serving, heat the wine and stir in.
- Crush the yolks of two hard-boiled eggs, put them in the tureen and pour the soup in.

## NOTES

## ANOTHER RECIPE FOR BLACK SOUP

*One three-pound beefsteak, Two carrots, One onion, Three potatoes, One bunch of parsley, Half a pint of browned flour, Half a teacup full of wine, Salt and pepper to the taste*

- Cut the beefsteak up and put it on with three quarts of water.
- Boil for four hours, skimming constantly
- Peel and cut up the vegetables and put them into the soup.
- Boil one hour longer and strain through a colander, then return to the soup pot.
- Put in the parsley and browned flour, boil slowly an hour longer, heat the wine and pour in.
- Make some force meat balls\* out of the meat and put in the soup, with some thin slices of lemon.

*\*Force Meat Balls: Force meat is heavily seasoned, ground meat that is used to make meatballs or patties and is often used as a stuffing. When made into balls, force meat is often used as a garnish, particularly for whole animal heads and stews.*

## BOUILLON, OR CLEAR SOUP

*Four pounds of lean beef, Four quarts of clear water, One teaspoon of celery seed, Four large onions, Six large carrots, One bunch of parsley, Six blades of mace, Sixteen whole cloves, The whites of four eggs, Salt and pepper to the taste*

- Cut the beef into pieces the size of a walnut, taking care not to leave a particle of fat on them.
- Pour on the four quarts of water and let it boil up three times, skimming well each time; for if any of the grease is allowed to go back into the soup, it will be impossible to get it clear.
- Scrape the carrots, stick four whole cloves firmly into each onion and put them in the soup.
- Then add the celery seed, parsley, mace, pepper and salt.
- Let this boil until the vegetables are tender, then strain through a bag, return to the soup pot and stir in the well-beaten whites of the eggs.
- Boil until the eggs gather to one side, skim off and color a delicate amber by burning a dessertspoonful of brown sugar and stirring it into the soup until sufficiently colored.
- Wash the bag in warm water, pour the soup through again and serve.

## CABBAGE SOUP

*One large head of cabbage, Two quarts of clear water, One pint of sweet milk, One large cooking-spoonful of butter, One bunch of parsley, Salt and cayenne pepper to the taste*

- Take off the outside leaves of the cabbage, cut it up and fry it with the butter until it commences to turn yellow.
- Put it into a saucepan with the parsley, salt and cayenne pepper.
- Boil one hour, take out the parsley, pour in the milk and boil fifteen minutes longer.
- Serve very hot.

## NOTES

### PUREE OF CHICKEN

*One large chicken, One small knuckle of veal, Three quarts of water, A quarter of a pound of rice, One bunch of parsley, One blade of mace, Half a teaspoon of celery seed, A coffee cup full of boiling cream, Salt and pepper to the taste*

- Put the chicken and veal on with three quarts of water, together with the rice, parsley, mace and the celery seed, tied in a muslin bag.
- Boil gently until the chicken is thoroughly done, taking care to skim well all the time it is boiling.
- Take out the veal, bone, cut and pound the chicken in a mortar; moisten it with a little of the stock and pass it through the colander.
- Strain the stock, pressing the rice through the sieve.
- Return the chicken to the stock, season and just before serving, pour in the cream.
- Heat thoroughly, but don't boil.

### WHITE CONSOMME OF CHICKEN

*Two large, fat chickens, Half a teaspoon of celery seed, One blade of mace, One bunch of parsley, Salt and white pepper to the taste*

- Cut each chicken into four parts; put them into cold water to cleanse them entirely from the blood.
- In fifteen minutes drain and put them into the pot.
- Tie the celery seed in a thin piece of muslin; add the mace and parsley; pour on three quarts of water and boil gently for two hours, if young; three, if old
- Skim constantly and when they are tender, strain through a sieve.

*This will answer also for white sauces and should be used instead of water for filling them up.*

### SIMPLE CHICKEN SOUP

*One coffee cup full of cream, One teacup full of well-boiled rice, One blade of mace, A saltspoonful of celery seed, One dessertspoonful of corn starch*

- When boiling a pair of chickens for dinner, put in a blade of mace and a saltspoonful of celery seed.
- After the chickens are done, take out two quarts of the water; skim well and add the cream, or rich milk; then the rice and the dessertspoonful of corn starch; season to the taste.

*It will require about three quarts of water for a pair of chickens.*

### CHICKEN SOUP FOR THE SICK

*One large chicken, Three pints of cold water, Three tablespoons of rice, One bunch of parsley, Salt and pepper to the taste*

- Cut the chicken into four parts and wash in cold water;
- Put the pieces into a saucepan with the three pints of water, a little salt, the rice and parsley.
- Let it boil gently for an hour and a half, skimming constantly
- Take out the meat and parsley and pour the soup into a bowl.

### CREAM CELERY SOUP

*One quart of chicken soup, One dessertspoonful of butter, One dessertspoonful of corn starch, Three heads of celery, One quart of milk or cream*

- Take the white part of the celery and chop it as fine as possible.
- Put it to boil with the milk and let it cook until it can be rubbed through a sieve.
- If too thick, after it has been rubbed through, add a little more milk.
- Return it to the pot and add the chicken soup.
- When it has boiled about ten minutes, rub the butter and corn starch together and stir in until it thickens.

*Season to the taste with salt and white pepper.*

### CLAM SOUP

*Fifty clams, A quarter of a pound of butter, A teaspoon of chopped parsley, One pint of cream, Salt and cayenne pepper to taste, Two quarts of hot water*

- Strain the liquor from the clams and put it in the saucepan.
- Let it boil ten minutes, skimming well while boiling.
- Add two quarts of hot water, the butter and parsley; then the clams, chopped quite fine; lastly the cream, salt and cayenne pepper to the taste.
- Boil five minutes longer and serve. When adding the clams, be careful not to let the soup curdle.

### CHESTNUT SOUP

*Two quarts of Spanish chestnuts, Two quarts of chicken stock, One pint of rich cream, Salt, nutmeg and cayenne pepper to taste*

- Shell the chestnuts, put them in a pan and cover with cold water. Let them scald until the inner skin can be taken off.
- Put them on a sieve, to allow the hot water to drain off. While draining, pour on some cold water, so as the skins can be removed with the hand.
- When they are well skinned, put them into a saucepan with the chicken stock and let them simmer until perfectly tender.
- Then mash through the sieve into the same stock.
- Season with nutmeg, salt and cayenne pepper to the taste.
- Put it into a saucepan with hot water underneath, stirring all the time until it begins to simmer. Pour in the pint of cream and after stirring five minutes longer, serve.

### NOTES

### CORN SOUP

*Two dozen ears of corn, Two quarts of water, Two quarts of milk, Two tablespoons of butter, One tablespoon of flour, Salt and black pepper to taste*

- Grate the corn, put the cobs in the water and when it comes to a boil take out the cobs.
- Put in the grated corn and when it boils add the two quarts of milk,
- Mix the flour and butter
- Put in two tablespoons of the soup to have it smooth and keep it from curdling the soup, then stir it in the same pan and let it boil until it thickens.
- Lastly, put in the pepper and salt.

### GREEN PEA SOUP

*Three pints of hulled peas, A knuckle of veal, Four quarts of water, Salt and pepper to the taste, One onion.*

- Put the water into a saucepan with the veal, onion, salt and pepper.
- Boil until well skimmed, add the peas and boil steadily for two hours.
- Strain through a colander, then through the sieve, pressing while straining.
- Return to the saucepan and when it boils, add a tablespoon of butter, mixed with two teaspoons of flour and let it boil five minutes longer.
- Have ready in a well- heated screen some fried toast, cut in cubes and pour the soup over them.

### JULIENNE SOUP

*Two quarts of clear soup, Two good-sized carrots, One good-sized turnip, Two large pieces of celery, One small onion, Salt to the taste*

- Cut the vegetables in thin small squares.
- Put the carrots, turnips and onions in the soup and boil steadily for three-quarters of an hour, then put in the celery and boil half an hour longer.
- Poach some eggs, say one for each person, trim them around nicely, drop into the tureen, pour the soup over them just as it is ready to send to the table.

*This soup can be served without eggs, according to taste. Add the salt before putting in the eggs.*

### LEEK SOUP

*Two medium sized onions, Six average sized potatoes, One slice of bread. Salt and pepper to the taste, Four leeks.*

- Cut the leeks and onions into small pieces and fry in butter for ten minutes, add the potatoes, cut in two and the slice of bread.
- Cover the whole with water and, boil until the potatoes are very tender, then mash.
- Add clear soup until the proper thickness and boil over a slow fire for forty-five minutes.

*The onions may be omitted if objectionable.*

### TURTLE BEAN SOUP

*One quart of turtle beans, Three quarts of water, A quarter of a pound of pickled pork, Yolks of four hard-boiled eggs, A dessertspoonful of flour, Two tablespoons of butter, A teacup full of Madeira wine, Salt and cayenne pepper to the taste.*

- Soak the beans all night in one quart of water and in the morning add the other three quarts and the pork.
- Boil steadily, but not too hard, until the beans are perfectly soft, which will take about four hours.
- Mash through the colander, then strain through a sieve, taking care to get all the beans through, except the hulls. Return to the pot, thicken with the flour and butter and let it boil up once.
- Chop the yolks of the hard-boiled eggs and as many thin slices of lemon as may be required, allowing one slice for each person.
- Put these into a well-heated tureen and just before taking the soup off the fire, pour in the wine and add the salt and cayenne pepper to the taste.
- Be sure to take the seeds out of the lemons and the pork out, before mashing the beans.

### TURTLE BEAN SOUP II

*A knuckle of veal, One medium-sized onion, One pint and a half of beans, One large carrot, Three quarts of water, Wine, salt and pepper, to the taste, One bunch of parsley.*

- Soak the beans over night; the next morning put them into a soup pot with the veal and let them boil one hour.
- Peel and quarter the onions, scrape and cut up the carrot, which, with the parsley, put into the soup.
- Boil two hours longer, pour through a colander, then through a sieve and return to the soup pot.
- Cream two tablespoon of flour with a cooking-spoonful of butter, stir in the soup, let it boil ten minutes; then add the wine, salt and pepper.

*Have in heated tureen some thin slices of lemon and yolks of hard-boiled eggs, allowing one of each to every plate and pour the soup over them.*

### NOTES

## GUMBO SOUP

*Two large chickens, Two quarts of okra, Three large onions,  
One teaspoon of allspice, One bunch of parsley, Three quarts of water,  
One teaspoon of summer savory.*

- Skin and quarter the chickens, cut up the onions and put all into a saucepan with three slices of pickled pork and two tablespoons of butter.
- Fry until the chickens are a light brown and put all into a soup-pot, adding the allspice, parsley, summer savory, salt and cayenne pepper to the taste.
- Let this boil slowly from ten o'clock, skimming frequently.
- At twelve o'clock put on the okra, whole, in a separate pot, with water enough to cover well.
- Boil for an hour and a quarter.
- Half an hour before dinner, take the chicken out of the soup; pick out the bones and cut the meat in small pieces.
- Put back into the pot and add the okra.
- Let it come to a boil and serve.

*This soup can be made in the winter  
out of canned okra and tomatoes.*

*To the above quantity of soup two cans must be used.*

*This quantity is for a large family.*

*Half the quantity can be made if preferred.*

## OKRA SOUP

*One chicken, or a small knuckle of veal, Two quarts of clear water,  
Six large tomatoes, Four large onions, One quart of okra,  
One bunch of parsley, Salt and cayenne pepper to the taste,  
One teaspoon of summer savory, Half a teaspoon of powdered allspice*

- Put on the chicken, or veal, in the water and let it boil up twice, skimming carefully until all of the grease is taken off.
- Add the tomatoes, parsley, onions, summer savory, allspice, cayenne pepper and salt.
- Put this on at breakfast time: at 12 o'clock, put in a separate saucepan the quart of okra, cut up in thin slices.
- Boil for an hour, or until perfectly tender.
- Half an hour before dinner, strain the soup and add the okra.
- This is for a 2 o'clock dinner; if for a late dinner put on the meat and vegetables at 1 o'clock and the okra at 5 o'clock.

## NOTES

## CREAM SAGO SOUP

*One large old chicken, Eight whole white pepper grains,  
One large blade of mace, One pint of cream, or rich milk,  
The yolks of two raw eggs, Salt to the taste.*

- Put the chicken on with about three quarts of water, the pepper grains, mace and salt.
- Boil until the chicken falls to pieces; strain and skim.
- To every two quarts of stock, take three ounces of sago; wash it in hot water and boil it in the soup half an hour.
- Beat the yolks of the eggs into half a pint of cream, or rich milk
- Pour it gradually into the soup, taking care not to allow the soup to boil after the sago is put in and stir all the time while pouring in.

## TO MAKE A SIMPLE SOUP STOCK

- Make it either of beef shin or a knuckle of veal, as the vegetable stock is made, only leave out the vegetables and clear it with the whites of eggs, allowing one white to each quart.
- Skim as you would clear soup.

## SOUP A LA REINE

*Three fat chickens, One teacup full of breadcrumbs, Four hard-boiled eggs, One quart of cream, One teaspoon of celery seed, Three quarts of clear water, One bunch of parsley, Salt and cayenne pepper to the taste.*

- Put on the chickens with the water, celery seed and parsley.
- Boil about two hours.
- Take out the chickens and strain the water they were boiled in through a cloth.
- Soak the breadcrumbs in the water.
- Take away the skin, gristle, bones and fat, leaving nothing but the lean of the chicken. Grind it and make a paste of it and the yolks of the four hard boiled eggs.
- Press through a coarse sieve, stir into the stock and let it simmer for ten minutes, stirring well all the time. Then pour into a well heated tureen and serve very hot.

## NOTES

### SPLIT PEA SOUP

*Three pints of split peas, A quarter of a pound of pickled pork, Four quarts of water, Three large onions, Two large carrots, Salt and cayenne pepper to the taste.*

- Soak the peas overnight.
- In the morning put them on with the four quarts of water and a little salt.
- Peel the onions, scrape the carrots and put them with the pork into the pot with the peas.
- Boil steadily, but not too rapidly, for five hours, then take out the pork and vegetables and press well through a sieve.
- Return to the fire, put in the pepper and more salt if necessary and let it boil up once.
- Have ready in a well-heated tureen some small pieces of fried toast and pour the soup on them.
- A teaspoon of celery seed tied in a thin muslin bag and put in at the same time with the vegetables, is quite an improvement.

*Soup of navy beans can be made in the same way, only do not put in but a quart of beans.*

### TOMATO SOUP

*One quart of tomatoes, One pint of clear soup, One pint of cream, One dessertspoonful of flour, One tablespoon of butter, Salt and pepper to the taste, A salt spoonful of soda.*

- Stew the tomatoes for about half an hour with the soda.
- Rub through a sieve and return to the saucepan.
- Heat the clear soup and cream and stir into the tomatoes.
- Rub the flour and butter together, add to the soup.
- Boil ten minutes; season and serve in a heated tureen with some pieces of fried toast cut in dice.

*If made in the winter, canned tomatoes may be used.*

### TOMATO SOUP II

*One quart of tomatoes, One pint of hot milk, One teaspoon of soda, One teaspoon of butter, One teaspoon of flour, One carrot, a saltspoonful of celery seed Salt and cayenne pepper to the taste, Some small pieces of fried toast.*

- Put the tomatoes into a saucepan to boil, with the carrot and celery seed tied in a muslin bag and the soda.
- When it has boiled twenty minutes take out the carrot and celery seed. Put into another saucepan the butter and when it bubbles stir in the flour; then stir in the hot milk, salt and pepper.
- When this comes to a boil add the tomatoes. Heat well, but do not boil.
- Have the small pieces of fried toast in the tureen and pour the soup over them. The tomatoes must be thoroughly cooked and strained before putting them in the soup and they must be measured after they are cooked.

### TOMATO SOUP III

*Two cans of tomatoes, One pint of sweet milk, Six butter crackers, One cooking-spoonful of butter, One teaspoon of soda, Salt and cayenne pepper to the taste.*

- Rub the tomatoes through a sieve, put them in a saucepan and let them come to a boil.
- Stir in the soda until it ceases to foam.
- Add the milk, let it boil for about five minutes and stir all the time.
- Take it off and put in the crackers, which have been previously rolled very fine.
- Lastly, the salt and cayenne.

### A SIMPLE MOCK-TURTLE SOUP

*A knuckle of veal, Four calves' feet, One bunch of parsley, One teaspoon of powdered summer savory, One gallon of water, Three blades of mace, Two large onions, Twelve whole cloves, Salt and cayenne pepper to the taste.*

- Put the veal and calves' feet into a pot with the water, parsley, summer savory, mace and onions, having previously stuck six of the cloves firmly in each onion.
- Boil for four hours, skimming off carefully all the grease.
- At the end of that time, strain through a cloth and let it stand overnight,
- The next morning skim off any grease which may have risen on the top, put the stock into a pot, mix a small teacup full of browned flour, boil half an hour and put in the salt and cayenne pepper.

*A little allspice and wine can also be added.*

### FORCE MEAT BALLS FOR A SIMPLE MOCK TURTLE SOUP

*Half a pound of veal, Two tablespoons of chopped suet, Two tablespoons of breadcrumbs, The juice of one lemon, The yolks of three raw eggs, Mace, cayenne pepper and salt to the taste.*

- Pick enough meat off the knuckle and feet to make the half pound and chop as for croquettes.
- Mix with the breadcrumbs the suet and yolks of the eggs, then add the lemon juice, mace, salt and cayenne to the taste.
- Make into balls the size of a large hickory nut, roll in flour and fry in boiling lard for about five minutes.
- Mash the yolks of four hard-boiled eggs and stir in the soup.

*When serving allow a thin slice of lemon and about two of the balls to each person.*

*This will make soup enough for two dinners for a small family.*

### NOTES

### VERMICELLI SOUP

*A quarter of a pound of vermicelli, Four pounds of veal, One gallon of water, Two large onions, Two large carrots, Half a teaspoon of celery seed, Eight whole cloves, One blade of mace, Salt and cayenne pepper to the taste.*

- Put the meat into the pot with cold water; let it boil up three times, skimming carefully each time.
- Scrape and divide the carrot; peel the onions and stick four whole cloves firmly in each onion; then, with the other ingredients, put into the soup and boil steadily until the veal and vegetables are tender.
- Strain through a sieve; put back into the pot; beat up the whites of three eggs, stir in and let it boil until the eggs gather to one side.
- Strain off and color with a little brown sugar.
- Now break up the vermicelli into pieces about four or five inches in length, put it in the soup and boil until tender.

### CANNED TURTLE SOUP

*Two quarts of beef soup, Two tablespoons of brown flour, One tablespoon of butter, One dessertspoonful of chopped parsley, Two carrots cut in dice, Three tablespoons of ham cut in dice, One tablespoon of chopped onion, Yolks of six hard-boiled eggs, Salt, cayenne pepper and wine to the taste, One can of turtle.*

- Stir the ham, butter, onion, parsley and carrots together in a soup pot over the fire for five minutes.
- Add the beef soup, brown flour, turtle, salt and cayenne pepper.
- Boil fifteen minutes and add the hard-boiled eggs, chopped very fine, with the wine.
- Have some thin slices of lemon and serve two with each plate.
- Have the tureen heated with hot water before pouring in the soup.

### CANNED TURTLE SOUP II

*One quart of vegetable soup, One can of turtle, Four hard-boiled eggs, One teacup full of Madeira wine, Allspice, salt and cayenne pepper to the taste, One cooking-spoonful of butter, Two teaspoons of browned flour.*

- Put the soup in a saucepan with hot water underneath and let it simmer for ten minutes, put in the turtle, salt, cayenne pepper, allspice and yolks of hard-boiled eggs, mashed smooth and boil for a few minutes.
- Then cream the butter and flour and stir in the soup until it thickens.
- Warm the wine and just before serving the soup pour it in.
- Serve thin slices of lemon, with the seeds taken out, in each plate.
- Have the tureen very hot before pouring in the soup.

### VEGETABLE SOUP

*Two quarts of well-made beef stock, Three large carrots, Two large turnips, Two large onions, One bunch of parsley, Three large tomatoes, One quart of clear water, One teacup full of milk, Two large potatoes, Salt and cayenne pepper to the taste*

- Peel and cut the vegetables in small pieces, put into the stock and add the clear water, boiling for one hour.
- Take out the parsley and rub the vegetables through a sieve; return to the stock, add the milk, salt and cayenne pepper and boil twenty minutes longer.

*Have ready some fried toast cut in dice, put them in a well-heated tureen and pour the soup over them.*

### WHITE SOUP

*Two large, fat chickens, Five quarts clear water, One teacup full of rice, Two small onions, Eight whole cloves, One large carrot, One bunch of parsley, One pint chopped celery, Yolks of two hard-boiled eggs, One pint of rich cream, Salt and cayenne pepper to the taste.*

- Boil the chickens until thoroughly done, take them out and use the water they were boiled in for the stock.
- Skim off all of the grease, put in the carrot, celery, parsley, salt, cayenne pepper and onions, with four whole cloves stuck firmly in each onion.
- Boil until the rice is soft enough to thicken the soup without using flour.
- Strain the soup, grind the chicken very fine, mash the yolks of the eggs until smooth and mix with the chicken.
- Put this in the soup and boil about fifteen minutes.
- Just before sending the soup to the table, boil the cream and pour in.
- Fry pieces of toast in butter, put in the tureen and pour the soup over them.

### NOTES



## FISH

### A NICE WAY TO DRESS AND BAKE FISH

*One good-sized white fish or haddock, One quart of milk, A quarter of a pound of flour, A quarter of a pound of butter, Two teaspoons of chopped parsley, One medium sized chopped onion, Salt and cayenne pepper to taste, Two eggs*

- Boil the fish until done, take out the bones and sprinkle with a little salt and cayenne pepper.
- Heat the milk, cream the butter and flour together and add to the milk.
- Boil until thick.
- When cool, stir in the eggs, parsley and onion.
- Put in the baking dish a layer of fish and a layer of the sauce and so on until the dish is filled.
- Cover the top with stale breadcrumbs and small pieces of butter.
- Bake three quarters of an hour.

### TO COOK CODFISH

*Two pounds of codfish, Two pounds of mashed potatoes, Four large boiled onions, One dozen hard-boiled eggs, Half a pound of pickled pork, One tablespoon of mixed mustard*

- Soak the fish all night and wash it off in the morning.
- Put it on in cold water to simmer for about a half or three quarters of an hour, as it must be very tender.
- Pick to pieces, chop the onions very fine and mix with the potatoes, cut the pork in thin slices, fry until the grease is out.
- Take pieces out and mix the grease slowly with the potato and codfish, adding the spoonful of mixed mustard.
- Lastly, chop the eggs and add.
- Shape as an omelette and fry in butter until well browned.
- Serve with a rich drawn butter with hard-boiled eggs chopped in it and three tablespoons of Worcestershire sauce beaten in while boiling.

### CODFISH BALLS

*One pound of codfish, One pound and a half of mashed potato, One cooking-spoonful of butter, The yolks of two raw eggs*

- Skin the fish, take out the bones, weigh and soak overnight.
- In the morning change the water and over it enough hot water to cover
- Let it stand on the range where it will keep warm for about ten minutes, then change the water again and let it boil ten minutes.
- Pick and chop the fish very fine, mash the potatoes while hot and mix with the fish.
- Add the butter and yolks of the eggs, into which you have previously stirred half a teaspoon of mixed mustard.
- Make into small round cakes or balls and fry a nice brown, in lard and butter mixed.

### CLAM FRITTERS

*Two cup fulls of sweet milk, Two cup fulls of flour, Fifty well chopped clams, One large cooking-spoonful of butter, Three eggs*

- Beat the yellows of the eggs well, stir in gradually the flour and milk in alternation.
- Then the clams and butter melted, salt and black pepper.
- Lastly the well-beaten whites of the eggs.
- Drop in boiling lard and fry a nice brown.

*Measure with a coffee cup.*

### TO SELECT CRABS

- Select the thickest and heaviest crabs, which are generally considered the best, though the medium-sized are the most delicate.
- When perfectly fresh, the shell should be a bright red and the joints of the legs stiff.
- Boil them as you would lobsters, only boil them longer.

### FRICASSEE OF SOFT-SHELL CRABS

*Six large, fat crabs, Two tablespoons of chopped onion, Two teaspoons of chopped parsley, Two tablespoons of butter, One cooking-spoonful of browned flour*

- Put the butter and onion into a pan and stir until the onion is soft and well browned.
- Then add the browned flour and parsley, stir for two or three minutes and pour on a quart of boiling water.
- Wash the crabs and chop off the claws while they are alive; put them into the gravy and let them simmer for half an hour. Then put them on a dish and pour the gravy over them.

*Serve with nicely boiled rice. They should be alive when put into the gravy to cook.*

### ANOTHER RECIPE FOR CRABS

*Two dozen crabs, Three pints of rich milk, Three shallow tablespoons of flour, A salt-spoonful of curry powder, Worcestershire sauce, Salt and pepper to the taste, Six ounces of butter*

- Boil the crabs twenty-five minutes, pour off the water and when cool enough, pick the meat carefully from the shell.
- Let the milk boil slowly, mix the butter and flour together until perfectly smooth, put it in the boiling milk and stir gently to prevent burning, for five or ten minutes.
- Season to the taste with the Worcestershire sauce, salt, cayenne and black pepper and the curry powder.
- This dressing must be made the consistency of thick cream.
- Put the crab meat into a bowl, mix the dressing with it, a little at a time, until it is all mixed.
- Chop the parsley very fine, sprinkle it in the bowl and stir all together.
- Wipe each shell with a piece of onion, fill them with the mixture and put breadcrumbs and small pieces of butter over each shell and bake for about fifteen minutes.

### TO FRY SOFT-SHELL CRABS

*Six softshell crabs, One teacup full of milk, One teaspoon of flour, One egg, Salt and pepper*

- The crabs must be perfectly fresh. Wipe them dry; sprinkle over them a little salt and pepper.
- Beat the egg and milk together.
- Roll the crabs, first in the flour, then in the egg and milk and fry in boiling lard until well browned. Or sprinkle them with salt and pepper and roll them in cracker powder, then drop them in boiling lard and fry as you would croquettes.

### CRAB GUMBO SOUP

*One knuckle of veal, Three good-sized onions, A quarter of a peck of okra, Six large crabs, Two gallons of boiling water, Two tablespoons of butter. Salt and pepper to the taste*

- Cut up the onions, slice the okra and fry them in butter with pepper and salt.
- When browned, put all into a pot with the boiling water and when half cooked, divide the crabs, fry them in butter and stir them in.
- Let this simmer for five hours; then it will be done.

*If wanted in the winter use the canned okra, one quart and three pints of oysters in the place of the crabs. Serve quickly.*

### TO DEVIL CRABS

*One dozen crabs, Inside of a baker's loaf of bread, Yolks of four hard-boiled eggs, Parsley and Worcestershire to the taste. Salt and cayenne pepper to the taste, A quarter of a pound of butter.*

- Boil the crabs twenty minutes, then dissect.
- Chop the parsley very fine, mash the eggs smooth and mix all with the meat, sauce, salt and cayenne pepper.
- Wash the shells, fill and dip each one in egg, roll in pounded crackers and fry a nice brown.

### CREAM FISH

*Six pounds of fish, One small white onion, One teaspoon of summer savory, One quart of sweet milk, A quarter of a pound of flour, One tablespoon of butter*

- Boil the fish until done, then bone it.
- Tie in a thin bag, the summer savory and chopped onion.
- Boil one quart of milk, season with salt and pepper, put the bag in and let the milk boil eight minutes, then take it out.
- Put the flour and butter together, stir in the milk and boil three minutes.
- Now arrange in a baking dish a layer of fish, a little salt, then another layer of fish and some salt.
- Pour the milk over, cover the top with breadcrumbs and small pieces of butter and bake until a nice brown.

*Cream will be delicious if convenient.*

### A NICE WAY TO FRY FILLETS OF FISH

*The juice of four lemons, One tablespoon of chopped parsley, Half a teacup full of salad oil, Salt and pepper to the taste.*

- Place some nice fillets of any kind of fish in a crock; mix the above ingredients well and pour over the fillets.
- Turn them over now and then and when wanted, drain, wipe well, dip each piece in flour and fry in boiling lard a nice brown.
- Serve with any kind of fish sauce.

*If this should be prepared in summer, keep the crock in the ice chest and only prepare a small quantity at the time.*

### TO FRY FISH.

*A five pound fish, Salt and cayenne pepper to taste, Three eggs*

- Take a five-pound fish and skin it with a very sharp knife.
- Take out the bones and cut in pieces about three inches square.
- Beat the eggs, season to the taste, with salt and cayenne pepper and a little black pepper.
- Dip each piece of fish in the eggs; and fry a nice brown.

### HOW TO SERVE IT

- Put potato croquettes in the center of the dish and arrange the squares of the fish around them.
- Garnish the dish with thin slices of lemon and small sprigs of parsley.
- Serve with tartare sauce, in a gravy boat.
- This makes a delicious dish for breakfast, or luncheon.

### FISH IN SHELLS

*One white fish weighing three pounds, One pint of sweet thick cream, One cooking-spoonful of butter, One teaspoon of flour, Extract of celery, Salt and pepper*

- Let the fish boil for twenty minutes, then skin and bone it and pick it very fine.
- Put the cream into a saucepan; rub the butter and flour together, then stir into the cream until it thickens. Add extract of celery, salt and pepper to the taste and mix with the fish.
- Fill the shells, put on the top of each some stale breadcrumbs and small pieces of butter and put them in the oven for about ten minutes.

### NOTES

### TO FRY FROGS

*As much cracker crumbs as will be needed, Two eggs, salt and pepper to taste, One teacup full of milk*

- First boil them in salt and water for about three minutes; take them out and wipe well; beat the eggs and stir in the milk, adding salt and pepper to the taste.
- Dip each frog, first in the egg, then in the cracker crumbs.
- When they have all been dipped, put them carefully into a wire frying basket.
- Put it into a skillet of boiling lard; let them fry a nice brown and serve at once.

### LOBSTER BALLS

*One large hen lobster, One pint of breadcrumbs, Curry powder, salt and cayenne to the taste, Two eggs*

- Parboil the lobster, allowing ten minutes to the pound.
- Take out the meat and coral and pound well in a mortar, mix with it the breadcrumbs, curry, salt and cayenne pepper and the two eggs.
- Shape into balls the size of a small potato; roll in breadcrumbs, fry a nice brown in hot lard and serve on a napkin.

### A FRICASSE OF LOBSTER

*Two large lobsters, One pint of cream, The juice of one lemon, Salt and cayenne pepper to the taste*

- Parboil the lobsters, allowing ten minutes to the pound.
- Take out all of the meat and the coral; cut the meat into small pieces and with the coral, put into a saucepan and pour on the cream.
- Cover and let it stew gently for the same time it took to cook the lobster then add the lemon juice and curry powder to the taste.
- Simmer for five minutes and serve very hot.

### NOTES

### LOBSTER CHOPS

*A three-pound lobster, Two teaspoons of chopped parsley, One teaspoon of chopped onion, A quarter of a pound of butter, One heaping tablespoon of flour, One large teacup full of rich cream, One tablespoon of Worcestershire sauce, Two raw eggs*

- Take out the lobster, put into boiling water and let it boil for about twenty-five minutes.
- When cool, select the meat from the shell and chop it very fine.
- Mix the parsley and onion with the meat and season to the taste.
- Put the butter into the frying-pan and when melted, stir in the flour until it is slightly browned.
- Add the cream, or rich milk and the two well-beaten eggs.
- Stir gently over the fire until smooth and the consistency of rich cream.
- Season to the taste with salt and put in the "Worcestershire sauce; then add the lobster.
- Let this come to a slow boil and stir gently for three minutes.
- Pour on a dish and when cold, shape as chops and stick in the claw to represent the bone.
- Dip them in raw egg, then in breadcrumbs; put them into a deep pan and fry in boiling lard until a delicate brown.

*Serve with a sauce.*

*Don't put the claws into the chops until they have been rolled in the breadcrumbs.*

### SAUCE FOR LOBSTER CHOPS

- *One pint of rich cream, A piece of onion the size of a nutmeg, A tablespoon of butter, A dessertspoonful of flour, A teaspoon of Worcestershire sauce, Salt and pepper to the taste.*
- *Put the cream into a saucepan with the piece of onion and when it comes to a boil, add the butter and flour.*
- *Rub until perfectly smooth and stir slowly for five minutes.*
- *Take out the onion, put in the Worcestershire sauce, salt and pepper; then serve very hot with the chops.*

### NOTES

### BAKED LOBSTER or SALMON

*A two-pound can of salmon or lobster, Yolks of four hard-boiled eggs, A teaspoon of curry powder, Two tablespoons of butter, One teaspoon of flour, One pint of milk, Salt and cayenne pepper to taste*

- First make a thick drawn butter of the milk, butter and flour. If one teaspoon of flour should not make it quite thick, add a little more.
- Pick out all of the bones from the salmon and skin.
- Mash the hard boiled eggs very smooth and mix with the drawn butter.
- Then add the fish, salt, cayenne pepper and a small teaspoon of curry powder.
- Put into a dish, sprinkle over it cracker powder enough to cover well and a few pieces of butter.
- Bake twenty minutes.
- This is delicious for supper or is very pretty served in shells for luncheon. Either California, or Kennebec salmon will answer.

### LOBSTER SOUP

*Two pounds of fresh lobster, or one can of preserved, weighing two pounds, One quart of milk, One quart of boiling water, Two tablespoons of corn starch, One teaspoon and a half of salt, Two tablespoons of butter, Mace and cayenne pepper to the taste*

- Put the milk in a saucepan, with hot water underneath.
- When it comes to a boil, stir in the corn starch, previously dissolved in a little cold water.
- In the meantime, cut the lobster in very small pieces.
- Put it in the pint of water with the seasoning and butter and boil until the lobster is done.
- Strain and pour into the thickened milk.
- Pound the coral very fine and add to the soup, which will give it a pretty pink color.

### TO FEED OYSTERS IN THE SHELL

- Wash them clean, lay the bottom downwards and pour over them salt and water, allowing six ounces of salt, one quart of corn or oatmeal to each gallon of water.
- Mix well and sprinkle over the oysters.
- Do this every other day and keep them in a cellar.

### TO BROIL OYSTERS

*Four dozen large oysters, A quarter pound of butter, Salt and black pepper*

- Drain and wipe the oysters.
- Place them carefully on the wire broiler, have the butter, salt and pepper, in a saucepan with hot water underneath.
- Broil the oysters before the fire, turning the broiler to have them nicely browned; and as you broil them, put them in the butter, until all are broiled and serve quickly in a heated dish.

### A NICE WAY OF PREPARING OYSTERS

*One hundred oysters, Two teacups of oyster liquor, One teacup full of cream, Two tablespoon of flour, Three tablespoons of butter, Salt and black pepper to taste*

- Drain the oysters well, take two teacups of the liquor, boil it and skim for five minutes; then put in the oysters and let them boil up once and then take them out of the liquor.
- Cream the flour and butter together and stir into the liquor until it thickens.
- Put back the oysters and let them come to another boil and just before taking them up add the cream, salt and pepper.

### OYSTER CATSUP

*Four pints of fresh oysters, One heaping teaspoon of ground mace, Half a teaspoon of cayenne pepper, Four ounces of salt, Three pints of white wine, Half a tumblerful of brandy*

- Wash the oysters in their own liquor, then put them into a marble mortar, with the mace, salt and cayenne pepper and pound all well together.
- Now put the mixture into a saucepan with the wine and let it boil ten minutes.
- Rub through a sieve, boil five minutes longer, skim well and when cold, add the brandy; bottle, cork and seal tightly. This gives a fine flavor to meat sauces and will keep for some time.

### TO GRIDDLE OYSTERS

- Select the largest and finest oysters, drain the liquor from them.
- Have the griddle hot and butter it well.
- Lay the oysters on it in single layers and when browned on one side, turn on the other, to brown too.
- While they are cooking, a small piece of butter maybe added, this, combined with the juice given out by the oyster, forms a brown skin.
- When done to a nice brown, remove both oysters and skin with a tin cake turner.
- Put them on a hot dish, pour over them some plain melted butter, seasoned with a little black and cayenne pepper.

### OYSTER PATTIES

- Prepare the oysters as in the recipe for scalloped oysters No. 2.
- Make the patties of puff paste; bake them until the pastry begins to brown and when done, put three oysters in each pattie, with a little of the sauce.

### NOTES

## OYSTER CROQUETTES

*One hundred large oysters, A small teaspoon of chopped onion. Twelve sprigs of parsley, Half a pound of butter, Two tablespoons of flour, One pint of rich cream*

- Put the oysters into a saucepan, over a moderate fire and let them cook slowly until the leaves are well opened, then drain well through a colander.
- Take out the muscles and chop the oysters, but don't chop them too fine.
- Season to the taste with salt, black and cayenne pepper.
- Chop the onion and parsley very fine and mix well with the oysters.
- Put the butter into a large frying pan; add the flour and rub with a spoon until perfectly smooth; then add slowly the cream, stirring over a brisk fire until it becomes a smooth paste.
- If this should be too thick, add a little more cream, or some of the juice strained from the oysters; for the paste must be the consistency of thick custard.
- Put the oysters into the paste and let all cook over a slow fire for ten minutes; stirring gently every minute or two.
- Now spread the mixture on a dish and let it get cold.
- Shape the croquettes, roll in stale breadcrumbs and egg and put them in a frying basket. Fry to a nice brown in hot lard.
- Should the mixture be too soft to shape the croquettes, take out a spoonful at the time, roll first in breadcrumbs, then in egg and again in crumbs and let them stand awhile before putting them in the frying basket.

*Should the weather be at all warm, it would be well to put the mixture in the ice chest for an hour or two before shaping them.*

## TO PICKLE OYSTERS

*One quart of vinegar, One gallon of oysters, One pint of sherry wine, Two quarts of oyster liquor, Half an ounce of ground cloves, Half an ounce of ground allspice, Half an ounce of ground mace, Six small red pepper pods, One dessertspoonful of salt, Two lemons*

- Put the oysters into a porcelain kettle with their liquor and let them simmer slowly until the edges curl.
- When done take them out of their liquor, drop them in cold water and let them remain in it ten minutes, then drain.
- Take two quarts of the liquor, the vinegar, spices, salt and pepper pods; let this boil for about three minutes.
- Pour into a bowl to get cold. Cut the lemons into thin slices, taking care to throw away all of the seeds. Put them with the wine into the mixture, then put the oysters into wide-mouth bottles and pour it over.
- Cork tightly.

## PICKLED OYSTERS II

*Three hundred large oysters, One pint of Madeira wine, One quart of vinegar, Four teaspoons of salt, Four tablespoons of whole black pepper, Eight blades of mace*

- Strain the liquor off the oysters, boil and pour it over them while hot.
- Let them stand for about ten minutes, pour off the liquor and cover the oysters.
- Put the wine, vinegar, pepper, mace and salt, in the liquor and boil again for about ten minutes.
- Put the oysters in close jars and when the liquor is cold pour it over them.
- Cover the jars tightly and the oysters will keep a long time.

## TO FRY OYSTERS

- The oysters should always be handled with a spoon, a flat spoon is preferable.
- Some prefer olive oil to lard, but pure sweet lard is the best.
- Drain the oysters thoroughly in a colander, then roll them in cracker powder, not using any meal or flour.
- Let the oyster be rolled gently with the hand until it will not receive any more of the powder.
- Have the very best lard and when it has come to a good boil in the frying pan and is in sufficient quantity to entirely cover the oysters.
- Put them in with the spoon and cook them until a nice brown.

*Serve immediately.*

## ANOTHER WAY TO FRY OYSTERS

- Drain the oysters in a colander, then lay them between soft towels to dry.
- Beat up some eggs, according to the quantity of oysters you intend frying, first roll the oyster gently in the egg, then in the cracker powder and put them on a board to dry for about half an hour.
- Heat the skillet well, put in a little lard and a few oysters at the time, turning them carefully, as you would cakes, until they are a nice cinnamon brown.

*Serve immediately.*

## NOTES

## TO STEW OYSTERS

*One can of oysters, One pint of cream, Half a pound of butter, A dessertspoonful of flour, Black pepper and salt, to the taste*

- Put the oysters, with their liquor, into a saucepan, on the fire.
- Heat, but do not boil.
- Pour off the liquor into another saucepan and, as soon as it boils, add the butter, pepper and salt.
- Put into the cream, the flour and then stir it into the liquor until it thickens.
- While it is boiling, add the oysters and let them remain on the fire for about three minutes, then serve.
- Should crackers be preferred to flour, roll some very fine and put in a dessertspoonful and a half.

*Milk can be used, if cream is not to be had, but the latter is much more delicious.*

## VEGETABLE OYSTER SOUP

*Three bunches of salsify, Two tablespoons of butter, Two tablespoons of flour, One quart of rich milk, Two pounded crackers, A piece of codfish the size of a cent*

- Scrape the salsify and cut it up fine; boil it three hours in four quarts of water; put the codfish in and boil an hour; boil the other ingredients half an hour.
- Rub the flour and butter together very smooth, stir in, add the crackers and serve.

## SCALLOPED OYSTERS

*One quart of large oysters, One coffee cup full of breadcrumbs, A quarter of a pound of butter, Mace, salt and pepper to the taste.*

- Drain and dry the oysters well.
- First put in a layer of oysters, then a little mace, salt and pepper and breadcrumbs, on top of the crumbs, arrange nicely some small pieces of butter.
- Then another layer of oysters and so on, until the dish is filled, having the last layer of breadcrumbs and small pieces of butter.

*Bake in a moderate oven about twenty minutes.*

## NOTES

## SCALLOPED OYSTERS II

*One quart of oysters, One pint of cream or rich milk, One cooking-spoonful of butter, One dessertspoonful of cornstarch, Mace, salt and pepper to the taste*

- Put on the milk or cream and when it comes to a boil, season to the taste.
- Put in the cornstarch and butter and stir in until it thickens.
- Add the oysters; and when they curl, pour them into a baking dish, sprinkle bread-crumbs on top and cut up some small pieces of butter with them.
- Bake ten minutes.
- If not thick enough before pouring in the dish, add a teaspoon more of cornstarch.
- The cream after it is cooked, should be the consistency of boiled custard.
- These will be very nice baked in shells.

## OYSTER GUMBO

*One large chicken, One can of oysters, Half a pound of boiled ham, Two quarts of boiling water, One bunch of summer savory, One bunch of parsley, One tablespoon of filee\* powder, Salt, black and cayenne pepper to the taste.*

- Divide the chicken, skin and flour each piece well; cut the ham in dice and, with a cooking-spoonful of butter, fry until brown.
- Then pour on it two quarts of boiling water, the bunches of summer savory and parsley tied together, salt and cayenne pepper.
- Let this boil slowly for four hours.
- Take out the summer savory and parsley, pull the chicken to pieces, return it to the pot.
- About fifteen minutes before serving, heat the oysters and their liquor and add to the soup.
- While they are simmering very slowly, take out a teacup full of the soup and mix with the filee powder.
- When perfectly smooth put it in the soup; let it boil up once and it will be done.
- Pour into a heated tureen and serve with some nicely boiled rice in another dish.

*\*Filee, now called file. A sassafras herb commonly found in gumbo spice mixtures.*

## NOTES

## OYSTER SOUP

*One quart of oysters, One quart of cream or rich milk, One cooking-spoonful of butter, One tablespoon of corn starch, Mace, salt and white pepper to the taste.*

- Strain the liquor from the oysters and pick off any pieces of shell remaining on them.
- If cream is not to be had, use milk and two cooking spoonfuls of butter.
- Put the milk into one saucepan and the liquor into another.
- Let each boil and skim the liquor while boiling.
- After the has boiled about five minutes stir in the liquor.
- Season with the mace, salt and pepper to the taste.
- Put the corn starch and butter together and stir in the milk and liquor until the consistency of thick cream.
- Lastly, put in the oysters; stir them gently and when the leaves curl, they will be cooked enough.
- If crackers are preferred to corn starch, use two tablespoons of cracker powder.

*Some do not like mace, in that case leave it out.*

## POTATO SOUP

*Eight large potatoes, One small onion, One tablespoon of chopped parsley, Two quarts of stock, Salt to the taste.*

- Slice the potatoes and onion and put them into a saucepan with a cooking-spoonful of butter.
- Stir until nicely colored, then put in the soup and chopped parsley.
- Boil until the potatoes are perfectly soft.
- Put through a colander, return to the fire, add the salt and a little black pepper, boil five minutes.
- Just before taking off the fire stir in the well-beaten yolks of three eggs.
- Don't let the soup boil after adding the eggs but stir for a minute so as to mix well.

## TO BOIL PIKE

*One pike, Twelve medium-sized oysters, Half a pint of breadcrumbs, One saltspoonful of summer savory, One dessertspoonful of butter, Salt and black pepper to the taste, Two eggs*

- Take out the gills and wash thoroughly.
- Chop the oysters, mix with them the breadcrumbs, butter, yolks of the eggs, summer savory, a teaspoon of grated lemon peel, salt and black pepper.
- Stuff the fish with this, sew it up, then wrap it in a cloth and put it into a fish kettle of boiling water, adding two tablespoons of vinegar to the water and a dessertspoonful of salt.
- If the fish is of medium size, it will be done in half an hour; if a large one, it will take an hour.
- Garnish the fish alternately with thin slices of lemon and small sprigs of parsley and serve with egg sauce.

## TO BAKE SHAD

*One large shad, One pint of breadcrumbs, One teaspoon of chopped parsley, Half a teaspoon of powdered summer savory, One tablespoon of butter, The yolk of one raw egg, Salt and black pepper to the taste*

- Clean the fish nicely and if it be a male remove the back bone, if a female remove the roe.
- Make a stuffing of the above ingredients and put it into the cavities made by removing the backbone or roe; put some egg and fine breadcrumbs on top of the fish and lay it full length in a pan, with about a pint of hot water.
- Baste well and let it bake gently for about an hour.
- Boil the roe and garnish the dish alternately with slices of it, small sprigs of parsley and thin slices of lemon.

*This can be eaten without sauce, or with a tartare sauce.*

## SALMON CROQUETTES

*One pound of cooked salmon, One pound of mashed potatoes, Half a teaspoon of curry powder, Two tablespoons of butter, Two tablespoons of cream, Salt and cayenne pepper to taste*

- Take all of the bones out of the salmon and skin.
- Chop very fine and mix all well together. If too stiff, add a little more cream.
- Shape as croquettes and fry quickly in boiling lard.

## TO BROIL SPANISH MACKEREL

*One Spanish mackerel, The juice of one lemon, Butter, pepper and salt.*

- Split the mackerel down the back, rub it over with a little salad oil; then sprinkle it with a little black pepper and salt.
- Put it on the gridiron before a good fire and brown both sides nicely.
- When done, squeeze the lemon juice on it and garnish tastefully with sprigs of parsley.

*Serve as it is, or with a tartare sauce.*

## TO FRY SMELTS

*Seven smelts, One teacup full of breadcrumbs, One tablespoon of butter, The yolks of two eggs*

- Do not wash the smelts any more than is necessary.
- Cut off the fins, wipe them with a towel and sprinkle a little flour over each one.
- Melt the butter and beat it in the eggs.
- Dip each smelt into the eggs, then into the breadcrumbs and drop them in boiling lard.
- Let them fry gently until a light brown and when done, dish them up on a napkin and serve with tartare sauce.

## RED SNAPPER

*One nice fresh red snapper, The juice of three lemons,  
Salt and black pepper*

- Wash the fish, clean and wipe dry, then rub the lemon juice in it and sprinkle over that some salt and black pepper.
- Put into a cloth, then into a fish kettle; cover it with hot water and add a tablespoon of salt.
- Let it boil gently, skimming carefully while boiling.
- If it is a large fish, boil three-quarters of an hour, if a medium size, half an hour will do.
- If lemons are not to be had, a half pint of vinegar put in the water, when the fish is put on to boil, will do.

*(This rule can be observed with all fish to be boiled.)*

- Have the dish hot and garnish the fish with sprigs of parsley and thin slices of lemon.
- Serve with either a hot or cold sauce.

## TO OPEN TERRAPINS:

- Place it on its back with the head from you.
- The gall bladder is then in the left-hand liver. This must be removed very carefully.
- The other liver and all that part which is not too close to the gall should be cut up and put in.
- The only other part which cannot be used is the sand-bag.
- If the pipes are used, they should be chopped almost to a hash and will serve as thickening.
- Be sure to leave out the nails and bones of the head

*The eggs should have the slight film which surrounds them pulled off and then put them in cold water for a short time.*

## TO CAN TERRAPINS

*Terrapins can be canned as tomatoes or peaches.*

- Parboil them and seal very hot.
- As they are so delicate, it would be better to put them up in glass jars.
- A little salt, cayenne and black pepper should be put in while boiling.

## DRESSING FOR ONE TERRAPIN

*A quarter of a pound of butter, One teacup full of cream, Three tablespoons of Madeira wine, Yolks of two hard-boiled eggs, Salt and cayenne pepper to the taste*

- Let the cream come to a boil, add the butter.
- Mash the hard-boiled yolks until perfectly smooth and stir in.
- Lastly, put in the salt and cayenne pepper.
- Boil for five minutes, pour in the wine and while boiling hot, pour over the terrapin.

*The terrapin should always be heated first*

## FOR COOKING AND DRESSING TERRAPINS

- Place the terrapin in boiling water for five minutes; then take it out, throw that water away and put on fresh water to boil.
- Remove the outside skin, which is on the legs and flesh between the upper and lower shells. This can be easily done at this stage by rubbing with a towel.
- Put the terrapin back into the boiling water and cook until it is done, which will take from three-quarters of an hour to an hour and a quarter, according to the size and toughness of the terrapin.
- When the joints of the leg break under a slight pressure it has boiled enough.

## TO DRESS THE TERRAPIN

*The yolks of three hard boiled eggs, A quarter of a pound of butter, Half a teacup full of sherry or Madeira wine, One teacup full of sweet cream*

- Mash the eggs and add the butter; but if they do not mix nicely, a little heat can be applied.
- Put a saucepan on the fire and put in some terrapin, then a little cream dressing and so on, until it is thoroughly heated and the dressing is all dissolved.
- Then stir in the eggs, wine, cayenne pepper, black pepper and salt to the taste.
- This will be enough for one large terrapin, or three small ones.

## TO DRESS A TERRAPIN II

*One pint of the water the terrapin was boiled in, One quarter of a pound of butter, One wineglass and a half of Madeira wine, One saltspoonful of salt, One teaspoon of browned flour, Cayenne pepper to the taste*

- Mix the flour and butter together, add three tablespoons of the terrapin liquor, let this simmer for a few minutes and add the rest of the liquor.
- Put in the terrapin while boiling, color with a teaspoon of burnt brown sugar.
- Put in the salt and pepper and just before serving add the wine.
- This should be prepared in a saucepan, with hot water underneath.

*One terrapin is enough for four persons.*

*Garnish the dish with thin slices of lemon.*

## NOTES



### TERRAPIN DRESSING III

*One good sized terrapin, One teaspoon of made mustard, Half a tumblerful of sweet cream, A large wineglassful of sherry wine, The yolks of two hard boiled eggs, The eighth of a pound of butter*

### NOTES

- Put the terrapin on in a saucepan with hot water underneath and let it steam.
- Heat the cream and butter and stir in the terrapin with the mustard and hard-boiled eggs rubbed very fine.
- Let this boil for about five minutes, put salt and cayenne pepper to the taste and just before serving, heat the wine and pour in.
- Serve very hot, with the dish garnished with thin slices of lemon. Take out the seeds.

### ANOTHER DRESSING FOR TERRAPINS

*One pint of clear soup, A quarter of a pound of butter, A teacup full of sherry wine, Yolks of four hard-boiled eggs, Salt and cayenne pepper to the taste*

- Let the soup come to a boil, mash the yolks of the hard-boiled eggs until perfectly smooth and with the butter stir in, then the salt and cayenne pepper.
- Boil for five minutes; and just before taking it off the fire, heat the wine, put it in the dressing and pour over the terrapin while boiling hot.
- This will do for two good sized terrapins.
- Garnish the dish with thin slices of lemon, leaving out the seeds.

### EGG BALLS FOR TERRAPINS

*Yolks of two hard-boiled eggs, The white of one raw egg, A saltspoonful of butter, Salt and cayenne pepper to the taste*

- Mash the yolks smoothly with the butter, then add the white of the egg.
- Salt and cayenne pepper to the taste.
- After mixing thoroughly, take bits of the mixture and soil the size of terrapin's eggs; then roll in flour and fry carefully in butter, but don't let them change color in frying.
- If wanted for turtle soup, shape the eggs as large as a medium-sized marble.

## BEEF AND ENTREES, OBSERVATIONS ON ROASTING, BOILING AND FRYING

### *Also Directions for Choosing Meat*

- When roasting, let the piece lie in water one hour, then wash it, wipe perfectly dry and put it in the oven, or on the spit.
- Put on it two thin slices of pickled pork and put two inches of water in the pan; pepper and salt it.
- After the meat is about half cooked and before it begins to look brown, cover it with white paper and baste on it.
- When it is nearly done, take off the paper, dredge with flour, baste frequently to raise a froth, then serve.
- When mutton is roasted, after you take off the paper, loosen the skin and take it off carefully, then dredge and froth it up.
- Mutton, veal, lamb and pork, must be well roasted, but beef must be rare.
- The two last must be skinned in the manner directed for mutton.
- Beef may look brown, but the whiter the other meats are, the more genteel are they and if properly roasted, they may be perfectly done and quite white.
- Whatever meat is to be boiled, must be put into cold water, with a little salt, which will cook it regularly.
- When the meat is put into boiling water, the outside is cooked too much before the inside gets heated.
- Dredge everything with flour and be sure to add salt to the water.
- Good beef, when fresh, has a fine grain and is of a vermilion color, with a slight tint of purple on the cut surface; it is firm and tender to the touch and is so elastic, that no mark is left after pressure from the finger.
- The fat is white and firm. When beef is lean, coarse and sinewy looking, it is old and tough.
- When hams are cooked, they should instantly be thrown into cold water, as the change from the boiling water they were cooked in, to the cold water, instantly loosens the skin from the flesh and it peels off without trouble.
- In choosing mutton or veal when fresh, the quality may be determined from the fat inside the thigh.
- If there be a plenty of clear, firm fat, the meat is good.
- Veal should be six weeks old before it is killed, else it will be unwholesome.
- Too young veal, may be detected by a bluish tint.
- Fish and all other articles for frying, after being nicely prepared, should be laid on a board and dredged with flour or meal, mixed with salt.
- When it becomes dry on one side, turn it and dredge it on the other.
- For broiling, have very bright, clear coals.
- If wild fowls, poultry or birds, pepper and salt well before broiling.
- If beef steak or mutton chops, only pepper at first and do not salt until pressing them; then have butter, salt and more pepper in a pan for that.
- To have viands served in perfection, the dishes should always be well heated.
- There should always be a supply of browned flour kept in readiness to thicken brown gravies, which must be prepared in the following manner: Put a pint of flour in a pan, which place in a hot oven and stir until it is uniformly browned.

### ASPEC JELLY

*Three pints of clear soup, One box of Cox's gelatin, Half a pint of wine, One tablespoon of vinegar, Whites and shells of three eggs, Six whole cloves, Salt to the taste, One Lemon*

- Put the soup in a saucepan with the wine, gelatin, vinegar, cloves, rind and juice of a lemon, salt and egg shells.
- Lastly, stir in the well-beaten whites of the eggs.
- Boil twenty minutes, let it settle for five minutes and strain through a jelly bag.

### HOW TO MOLD ASPEC JELLY

- Put the mold on ice, pour in until about one-third full, let the jelly get stiff.
- Then cut some thin slices of cooked sweetbreads, champignons and truffles, which place tastefully on the jelly, with some cooked peas here and there.
- Pour on some more jelly, let it get stiff, put some more champignons, etc. and so on, until the mold is full.

*This is a delightful dish to be served as a course at a dinner, lunch, or supper.*

### BEEF BOUILLI

*Five pounds of the round of the beef, Three medium-sized onions, Four large carrots, A teaspoon of black pepper grains, A small pod of red pepper, A teaspoon of celery seed, A teaspoon of powdered summer savory, Three turnips*

- Put the beef on the fire with water enough to cover it and a dessertspoonful of salt.
- When it boils, remove and set it back to simmer slowly.
- Peel and chop the onions; cut the carrots and turnips in dice and put them in with the beef.
- Tie the parsley, pepper grains, red pepper pod and celery seed, in a muslin bag and put it in the beef.
- Sprinkle the summer savory over all and boil slowly three hours.
- Take it off and a few minutes before dishing, beat up an egg, spread it on top, sprinkle with breadcrumbs and brown in the oven.

### TO CORN BEEF

*Four gallons of water, Five pounds of salt, Two ounces of saltpeter, One pound and a half of brown sugar*

- Mix the above and boil fifteen minutes, being careful to take off the scum as it rises.
- Let it stand until cold, then having packed the meat you wish to corn in a vessel, pour the pickle on it, taking care to have the meat well covered with it.
- Before putting the pickle on the beef, it will be better to rub it well with salt and saltpeter and let it stand three days.
- Let the beef remain a week in the pickle.

*This pickle will also be excellent for tongues*

### TO BOIL CORN BEEF

*One piece of corn beef, Six whole cloves, Six whole allspice*

- Soak it for about half an hour in cold water, then pour off that water and cover it with fresh cold water.
- When it comes to a boil, set it back on the range, put in the cloves and allspice and if to be eaten hot, add two good-sized carrots; let it simmer steadily for four or five hours, according to size; skimming frequently.
- When thoroughly done, put it in a vessel rather small for it; put a plate on top and a heavy flat iron on top of that, leaving it so until the next day
- If it is to be eaten hot, garnish the dish with the carrots, cut in dice, or some nicely boiled cabbage.

### CROQUETTES

*One set of sweetbreads, Half a teacup full of chopped turkey breast, Two-thirds of a pint of boiling cream, One small teacup full of stale breadcrumbs, One small onion, A dessertspoonful of chopped celery, A quarter of a pound of butter, One teaspoon of chopped parsley, Salt, cayenne pepper and nutmeg to taste*

- Pour the boiling cream over the breadcrumbs and mash smooth.
- Parboil the sweetbreads and chop very fine; grate the onion and mix all well together with the hands.
- Shape as pears; roll in egg, then in stale breadcrumbs.
- Drop in boiling lard and fry a cinnamon brown.

### CROQUETTES II

*Half a pound of the breast of chicken or turkey, Half a pound of sweetbreads, Half a pound of breadcrumbs, Half a pound of butter, Three teaspoons of chopped parsley, One teaspoon of grated onion, Four eggs, Nutmeg, salt and cayenne pepper to the taste*

- Put the breadcrumbs into a saucepan and pour over them hot water enough to mash perfectly smooth.
- Add the yolks of two eggs, stir over the fire until a moderately stiff panada is made and set aside to cool.
- Chop the meat and sweetbreads as fine as possible, add the panada\*, butter, parsley, salt and cayenne pepper.
- When thoroughly mixed, add the other two eggs, both whites and yolks and shape as pears.
- Break into a pan two more eggs and have ready some stale breadcrumbs.
- Roll each croquette in the egg, then in the crumbs and let them stand for a while to dry.
- Drop in boiling lard and fry a cinnamon brown.
- Be sure to cook the sweetbreads before chopping and if they are not to be had, substitute for them four tablespoons of rich cream.

*The more creamy the croquettes are, the more delicious they will be.*

*\*Panada: Bread boiled to a pulp and flavored*

### BEEF WITH PARSLEY

*Seven pounds of beef, Two large bunches of parsley,  
Three small slices of pickled pork*

- Put the beef in a pot with water enough to cover it. Boil slowly for about four hours.
- Take out the beef, dredge it with flour and put it into an oven to brown.
- Take a pint and a half of the water the beef was boiled in, stir in a teaspoon of white flour and the same of brown flour; stir this until it thickens, garnish the beef with some thin slices of pickle, pour some of the gravy over it and put the rest in a dish.

*Serve very hot.*

### ROAST RIBS OF BEEF

*A roast of two or three ribs, Some flour for dredging,  
Salt and black pepper*

- Put the beef into a pan, season with pepper and salt and pour in the pan a pint of hot water to baste with.
- Keep the oven well heated and closed until it begins to roast, then baste well every fifteen minutes.
- Add more hot water as it begins to simmer away, so as the gravy will not burn.
- Allow about fifteen minutes to the pound and half an hour before it is done, dredge well with flour and baste often, so as to brown nicely.
- Take the meat up, dredge in more flour and add seasoning and boiling water, but don't let the gravy be too thin.
- Let it boil up once and strain into a gravy boat.

### BEEF ROLL

*Two pounds of lean beef, One pound of fat bacon, One lemon, A  
teaspoon of chopped parsley, A teaspoon of chopped onion, Nutmeg and  
salt to taste, Two eggs*

- Chop the beef and bacon very fine; season with nutmeg, salt and a little pepper.
- Add the onion, parsley, grated rind of the lemon and the juice of one half of it.
- Then the eggs and mix well together with the hand.
- Shape into a roll, surround the roll with buttered paper and tie a cord securely around it.
- Then cover it with a paste made of flour and water and bake two hours. Remove the paper and crust and serve with a tomato sauce or brown gravy.

### TO COOK A FILLET OF BEEF

*Three pounds of the fillet, Half a pint of clear soup,  
Salt and black pepper*

- Put the fillet into a pan, sprinkle some salt and black pepper over it.
- Heat the clear soup and pour over the fillet.
- Have a good oven, baste well for three quarters of an hour and serve either with a tomato sauce or champignon sauce.

### A KENTUCKY RECIPE FOR CURING HAMS

*Some red and black pepper, Some saltpeter and brown sugar*

- Make a strong red pepper tea of the pods, moisten the salt with it and add some brown sugar, allowing about a quarter of a pound to each ham; mix all well together and rub the hams thoroughly with it.
- Put a teaspoon of saltpeter on the fleshy side of each ham; let them stand in the salt three weeks, then smoke with green hickory or red oak until a good color.
- Canvas them by mixing red and black peppers together; about three- fourths black pepper.
- Wrap in paper, put them in cotton bags and hang in a cool, dry place.

### TO BOIL A HAM

*One ham, One pint of vinegar, Enough water to cover well*

- If the ham is one year old, soak it overnight.
- If two years old, soak a day and a night. If three years old soak two days and two nights.
- Wash well and put it on in cold water, having the water at least four inches above the ham.
- If small, let it simmer six or seven hours. If large, it will require at least nine hours simmering and never let it boil hard.
- After it has been on the fire three hours, pour off the water and add fresh boiling water with the pint of vinegar.
- Skin while the ham is warm

### TO BAKE A HAM

*Half a teaspoon of mixed mustard, The yolks of two eggs,  
Some grated breadcrumbs*

- After the ham has been well boiled and skinned, before allowing it to get cold, mix the mustard with the yolks of the eggs and spread nicely over the ham, then sprinkle the breadcrumbs over, put it in the oven and bake half an hour.

*It is a great improvement to pour over the ham half a  
tumblerful of sherry or port wine, just about ten minutes  
before taking it out of the oven.*

### MUTTON

*The best pieces of mutton for roasting are  
the saddle, the leg and shoulder.*

- It improves mutton to let it hang, but it is a great mistake to allow it to hang too long.
- In the summer, if surrounded by ice, it can hang a week.
- In the winter, three weeks at the utmost.
- If allowed to hang too long it becomes dark and dry.
- For boiling a leg of mutton, allow a quarter of an hour to the pound and serve with caper sauce.
- For roasting allow the same time, baste well and serve with jelly.

## LAMB

*The best pieces of lamb for roasting, are the forequarter and hindquarter.*

- If preferred rare, allow fifteen minutes to the pound.
- If preferred well done, allow twenty minutes to the pound and serve either with a mint sauce or brown gravy and jelly.

## BOILED MARROW BONES

*Some marrow bones, Some nicely cut squares of toast*

- Saw the bones according to fancy, make a little paste of flour and water and cover the ends with it, so as the marrow will not come out in boiling.
- Put them into a kettle and cover them with boiling water.
- Cook for two hours and if served without taking the marrow out, take the paste off; wrap each end with white fringed paper and arrange nicely on the dish.
- In this case, the bones ought to be four inches long.
- If served with the toast, have the squares nicely cut, buttered while hot and spread the marrow on the squares.

## QUENELLES

*One pound of ground chicken or turkey breast, Six ounces of panada, A quarter of a pound of chopped beef suet, A quarter of a pound of butter, A tablespoon of scraped pork, Two tablespoons of cream sauce, One teaspoon of chopped onion, Nutmeg and grated lemon rind to the taste, Salt and pepper to the taste*

- Mix the panada\* and meat well together with the hand, add the butter, salt, pork and cream sauce and work for two or three minutes.
- Then put in the onion, nutmeg, pepper, salt and grated lemon rind.
- Let the seasoning be so delicate, that the taste of no one ingredient can be detected above the other.
- Shape about three inches long, two inches wide and two inches thick, roll in flour and cook as croquettes. Serve with a white champignon sauce poured over them.

*\*Panada: Bread boiled to a pulp and flavored*

## NOTES

## TO ROAST A PIG

*Have a very young pig, Two medium-sized onions, A coffee cup full of breadcrumbs, Two teaspoons of summer savory, Two tablespoons of butter, One saltspoonful of salt, One egg, black pepper to the taste*

- Clean the pig well and chop the onions very fine.
- Put the butter and breadcrumbs together; add the egg, chopped onion and powdered summer savory, salt and black pepper.
- Stuff the pig with this and sew it up with coarse thread.
- Truss the fore legs forward and hind legs backward.
- Rub the pig with butter, sprinkle with black pepper and salt and dredge with flour.
- Just before putting it in the pan, take a sharp knife and cut the skin of the body in squares, but don't cut any deeper than the skin.
- Put hot water in the pan and have a moderate oven.
- Baste very often and cook for three hours and a half.
- Make a gravy of the drippings, by adding a little summer savory and dredging with a little flour.

## RISSOLE

*A quarter of a pound of the breast of chicken or turkey, A quarter of a pound of sweetbreads, A quarter of a pound of butter, A pint of rich cream, A teaspoon of parsley, Yolks of three hard-boiled eggs, Nutmeg, salt and cayenne pepper to the taste*

- Chop the chicken, sweetbreads and parsley, very fine and mix with the butter; then stir in the cream and hard boiled eggs rubbed very fine; when thoroughly mixed, put in the nutmeg, salt and cayenne pepper.
- Put all into a saucepan and stir until it boils, then put it in the ice chest to get cold.
- Make some nice pastry, roll very thin and cut with a biscuit cutter, roll an oblong shape, put in a large spoonful of the mixture. Turn the pastry, which will make it a half-moon shape.
- Grease the ends inside with butter and press them gently together. Dip in egg, then in vermicelli, which must be broken in small pieces. Let them stand a little while, then fry in boiling lard like croquettes.

## NOTES

## ROLLED STEAK

*A large tender steak, One teacup full of breadcrumbs, One medium sized chopped onion, Two teaspoons of chopped parsley, Two teaspoons of powdered summer savory, Half a teaspoon of powdered allspice, Half a teaspoon of powdered mace, Half a teaspoon of black pepper, A saltspoonful of salt*

- Get either a sirloin, or a porter-house steak. If the latter, cut out the bone and pound just enough to flatten it out well, so it will roll nicely.
- Mix the above ingredients thoroughly together and as you roll the steak, sprinkle freely with the preparation.
- Then tie firmly with twine and put it, with a pint of hot water, into a skillet, on the fire, two hours before dinner.
- Baste well and turn frequently, for one hour; pour off the gravy, put a cover on the skillet and set it back on the range for an hour, so as the steak will brown nicely.
- Before taking it off the fire, put the gravy into a saucepan, with a tea-spoon of browned flour and stir until it thickens; then add a wineglassful of Madeira wine and pour over the steak.
- Cut the twine in several places, so as not to disturb the form of the steak.

## A DELICIOUS WAY TO USE UP

### COLD ROAST BEEF

*One cup full of turnips, cut in dice, One cup full of carrots, cut in dice, One chopped onion, Some slices of cold roast beef, One cooking-spoonful of butter, One tablespoon of flour, Two tablespoons of currant jelly, Half a teacup full of wine*

- Put the vegetables into a skillet with a quart of water, some salt and some pepper.
- Let them boil for one hour, then put in the beef and currant jelly.
- While the meat is heating, rub the butter and flour together and stir in until it thickens.
- Then heat the wine and add.

*Use a medium sized coffee cup for measuring.*

## TO ROAST A SIRLOIN OF BEEF

- Time to roast, a quarter of an hour to the pound,
- If wanted more cooked, roast twenty minutes the pound.
- Have a good oven, put a little clarified beef dripping in the pan and baste well as soon as it begins to cook.
- Baste again and every quarter of an hour after, until twenty minutes before it is done, then sprinkle salt and black pepper and dredge flour over the sirloin and turn it.
- When nicely browned, take it off the fire.
- Make a gravy in the pan, by adding a little more hot water and dredging a little more flour, then stir until it thickens.

## TONGUE A LA MODE

*One fresh beef tongue, Half a teaspoon of whole black pepper, One teaspoon of ground cloves, One teaspoon of ground cinnamon, One teaspoon of celery seed, One teaspoon of ground allspice, One dozen bay leaves, Two medium sized onions, One pint of vinegar, one lemon, Water enough to cover*

- Get a stone crock, one foot in diameter and six inches high.
- Put a fresh beef tongue in it, with the above ingredients and boil until tender.
- Cook one can of champignons three quarters of an hour, take out a pint of the broth, thicken with soft gingerbread and pour over the tongue.
- The onions and lemon must be sliced and be sure to take the seeds from the lemon. Add salt to the taste, when boiling. Add also, half a tumbler of sherry.

## VEAL CUTLETS

*Two large veal cutlets, A teacup full of breadcrumbs, A teaspoon of chopped parsley, A teaspoon of summer savory, Salt and cayenne pepper to the taste, One large onion, One egg*

- Rub the veal cutlets with egg; sprinkle them well with breadcrumbs and brown them in butter and lard, mixed, for about ten minutes.
- Peel and chop the onion and brown that also; add to the gravy a pint of boiling water, the parsley, powdered summer savory, salt and pepper.
- Put the cutlets back and let them simmer for an hour.
- Take them up; stir a tablespoon of tomato catsup in the gravy and pour it over the cutlets.

*If the gravy should be thin, a teaspoon of browned flour should be put in before the catsup.*

## NOTES

### TO ROAST A FILLET OF VEAL

*A six-pound fillet of veal, One pint of breadcrumbs, One cooking-spoonful of butter, One teaspoon of summer savory, One teaspoon of chopped onion, One saltspoonful of powdered mace, Salt and cayenne pepper to the taste*

- Take the bone out of the fillet, mix the breadcrumbs with the other ingredients and put them in where the bone was.
- On the top there will be a piece of skin, skewer that over the stuffing
- Pepper and flour and put three thin slices of pickled pork on the fillet; then put it in the pan with a quart of boiling water.
- Put another pan on top, so as the steam will assist in the cooking.
- This must be put in the oven five hours before dinner.
- Keep the top pan on for three hours, basting constantly; remove it then, so as it will be nicely browned.
- About fifteen minutes before dinner, open the oven door, so as it will not cook any longer.
- Take out a pint of the gravy, add a teaspoon of browned flour, a dessertspoonful of tomato catsup; stir until it thickens; put into a gravy-boat and serve with the veal.

### VEAL LOAF

*Three pounds of lean veal. Two pounds of fresh pork. Two teaspoons of black pepper, A small saltspoonful of cayenne pepper, Two teaspoons of salt, One tablespoon of summer savory, Ten pulverized crackers, Six eggs*

- Chop the veal and pork as fine as possible; mix the salt and pepper together and put into the meat; then the crackers, eggs; lastly the summer savory — rubbed very fine.
- Mix well with the hands; mold into a loaf and put it in a pan with a teacup full of water.
- Add occasionally a few small pieces of butter on the top, which will assist in basting, cooking and browning nicely.
- Bake carefully in a good oven for two hours, but don't let it be too hot.

### VEAL LOAF II

*Three pounds of veal cutlets, A teacup full of breadcrumbs, Half a teacup full of sweet milk, A tablespoon of butter, A teaspoon of powdered summer savory, A dessertspoonful of salt, Nutmeg to the taste, One egg*

- Chop the cutlets as fine as possible, add the breadcrumbs, milk and butter melted, mix thoroughly.
- Then put in the summer savory, eggs, salt and cayenne pepper.
- Put into a nicely shaped bowl and bake for three hours, basting occasionally with a little hot water.
- It would be a great improvement to put a teacup full of Madeira wine in the water when basting it.

*Serve cold.*

### VEAL LOAF III

*Three pounds of lean veal, Two pounds of fresh pork, Two heaping teaspoons of black pepper, Two heaping teaspoons of salt, One heaping tablespoon of summer savory, One teaspoon of thyme, Ten pulverized crackers, Yolks of six raw eggs*

- Chop the veal and pork as fine as possible.
- Rub the thyme and summer savory to a powder and mix with the meat, then add the well beaten yolks.
- Lastly, put in the pulverized crackers and, when thoroughly mixed, season with the salt and black pepper.
- Mold into a loaf and bake two hours, basting constantly with butter and hot water.
- Just half an hour before it is done, add three tablespoons of wine and finish basting.

### CREME DE VOLAISLE

*Half a pound of chicken breast, Half a pound of beef suet, Half a pound of butter. Two cans of champignons, One teacup full of boiled chopped beef tongue, One teacup full of truffles, Two tablespoons of cream, Salt, cayenne pepper and mace to the taste, Five eggs*

- Grind the meat and suet, then pound through a colander, so as to get out all the sinews and threads.
- Add the eggs, one at a time, beating as for cake, then the salt, cayenne pepper, mace and liquor of the champignons.
- Mix well and line a mold made for the purpose, leaving a hollow in the center for the sauce, which make in the following manner:
- Cut up the champignons and mix with the tongue; then add the cream, butter and a little more cayenne pepper and salt to the taste.
- Fill the hollow, leaving out some to go around the mold when it is served; cover over with a little of the chicken mixture, put the tin top tightly on and steam for three hours.
- Decorate the dish with cut-up truffles and hard-boiled eggs, according to taste.

*Serve hot.*

### NOTES

## SAUCES FOR MEATS

### TO MAKE A SAUCE FOR BOUILLI

*One pint of water the bouilli was cooked in, One saltspoonful of ground allspice, One teaspoon of browned flour, Two tablespoons of Madeira wine, Salt and black pepper to taste*

- Take the pint of water the bouilli has cooked in, skim off all of the grease and if very thick, add half a teacup full of hot water.
- Stir in the allspice and the browned flour, moistened with a little cold water to mix it.
- Let this boil five minutes and just before putting it in the sauce-boat heat the wine and stir it in.
- Put the bouilli on a heated dish, garnish tastefully with the vegetables and small sprigs of parsley.

### TO MAKE DRAWN BUTTER

*One pint of milk, Two tablespoons of butter, One teaspoon of corn starch, Salt to the taste.*

- Put the milk on in a saucepan.
- While it is boiling, rub the corn starch and butter well together and stir in until it thickens, then put in salt to the taste.
- This can be served either with a tablespoon of capers, or two hard-boiled eggs, chopped and stirred in.
- If capers are used, have them in the sauce boat and pour the drawn butter over them.
- The sauce boat must be heated.
- Flour can be used for thickening if preferred.

### CHAMPIGNON SAUCE

*Two cans of champignons, One quart of clear soup, One dessertspoonful of flour, One cooking-spoonful of butter, Two tablespoons of wine, Salt and cayenne pepper to the taste*

- Cut the champignons into small pieces and cook in their own liquor for half an hour.
- Let the clear soup come to a boil and add to the champignons, with the salt and cayenne pepper.
- Rub the flour and butter and stir in the champignons until quite thick.
- Heat the wine and pour in before serving.

### NOTES

### TARTARE SAUCE FOR FISH

*The yolks of two hard-boiled eggs, The yolks of two raw eggs, Eight tablespoons of olive oil, Three dessertspoonfuls of vinegar, One teaspoon of chopped onion, One tablespoon of capers, Salt and cayenne pepper, to the taste*

- Mash the hard-boiled eggs, add the raw eggs to them and beat until perfectly smooth and light.
- Then beat in well, the oil and vinegar, in alternation.
- Add the onion and capers, the salt and cayenne pepper.

*Serve cold in a sauce boat.*

### A SAUCE FOR EITHER BAKED OR BOILED FISH

*One teaspoon of mixed mustard, One tablespoon of walnut or mushroom catsup, One dessertspoonful of butter, One tablespoon of olive oil, Two medium-sized cucumber pickles, Salt and cayenne pepper to the taste, One large onion*

- Chop the onion very fine, sprinkle with a little browned flour and fry until well browned.
- Mix the onion and catsup together and boil five minutes, then stir in the oil, butter, salt and cayenne pepper.
- Lastly, the cucumber pickles, chopped very fine.

### SAUCE A LA HOLLANDAISE FOR FISH

*One pint of boiled milk, Two tablespoons of butter, One tablespoon of flour, One tablespoon of Madeira wine, One tablespoon of capers, Salt and cayenne pepper, to the taste, One egg*

- Put the milk into a saucepan and when it comes to a boil, stir in the well-beaten eggs, salt and cayenne pepper, also extract of celery, to the taste.
- Cream the butter and flour until perfectly smooth and stir into the milk until it thickens.
- Have the capers in the sauce boat and pour the sauce over them and serve very hot.

### LOBSTER SAUCE

- Make a sauce a la Hollandaise; heat the lobster and stir in.
- Shrimp and salmon sauce can be made in the same way.
- Do not cut up the shrimps and simply take out the bones and remove the skin of the lobster and salmon.

*Always serve these sauces hot, with fish.*

### BROWN SAUCE FOR MEATS

*One pint of clear soup, One teaspoon of browned flour, One dessertspoonful of butter, Salt and cayenne pepper to the taste*

- Put the soup into a saucepan with hot water underneath, with the salt and cayenne pepper.
- While it is boiling, rub the flour and butter together and stir in the sauce until it thickens, then serve.

*A small wineglassful of sherry or Madeira wine can be added just before serving if preferred.*



### MINT SAUCE

*Two tablespoons of fresh mint, One teaspoon of brown sugar, Half a teacup full of vinegar, Half a teacup full of water.*

- Put the vinegar, sugar and water in a gravy boat.
- Chop the mint very fine and stir in. Let this stand for half an hour before using it.

*This quantity can be increased according to the number of guests to be served.*

### WHITE SAUCE FOR VEGETABLES

*One pint of sweet cream, Two pieces of celery, One teaspoon of flour, One dessertspoonful of butter, Salt and black pepper to the taste*

- Boil the cream with the celery until it tastes well of it, then take it out and put in the salt and black pepper to the taste.
- Rub the flour and butter together and stir in until it thickens.
- If celery is out of season, tie a saltspoonful of celery seed in a piece of fine muslin and boil in the cream or the celery can be left out altogether.

### SAUCE FOR QUENELLES

*Two cans of champignons, One pint of cream, A heaping tablespoon of butter, One tablespoon of flour, Nutmeg, salt and cayenne pepper to the taste*

- Cut the champignons up in small pieces and put them into a saucepan with their own liquor, to cook gently for half an hour.
- Stir in the cream and while boiling, mix the butter and flour well together and add to the champignons by degrees.
- Boil for five minutes, then season with the nutmeg, salt and cayenne pepper. Use two tablespoons of this sauce for the quenelles, leaving out the champignons.

### TO MAKE THE OYSTER SAUCE FOR BOILED TURKEY

*One quart of oysters, One pint of cream or rich milk, One dessertspoonful of flour, Salt and black pepper to the taste*

- Strain the liquor from the oysters and put it into a saucepan to boil.
- Add the cream, then the flour moistened with a little cold water.
- Let this boil until it thickens, then season and drop in the oysters.
- When they curl, take them off; serve in a sauce boat.
- If cream is not to be had, put into the milk a cooking-spoonful of butter and a tablespoon of flour.

### NOTES

### TRUFFLE SAUCE

*One pound can of truffles, One pint of clear soup, One tablespoon of butter, One teaspoon of white flour, One teaspoon of browned flour, Two tablespoons of sherry wine, Salt and cayenne pepper to the taste*

- Chop the truffles and put them with their liquor into a saucepan with the clear soup.
- Boil steadily for half an hour.
- Rub the flour and butter together, stir in the truffles and simmer until thick, then add the wine, salt and cayenne pepper
- This sauce is delicious in an omelette, only don't put as much of the sauce as of the truffles.

*This is also delicious for meats and entrees*

### TOMATO SAUCE FOR STEAKS AND CHOPS

*One pint of tomatoes, One small carrot, Two whole cloves, A small piece of a blade of mace, Salt and black pepper to the taste, One onion*

- The tomatoes must be measured after they have been peeled and cut up.
- Peel and quarter the onion; scrape and divide the carrot.
- Put the tomatoes into a saucepan with the other ingredients and stew until the carrot and onion are tender.
- Pour through a sieve, return to the saucepan and thicken with a teaspoon of flour and a dessertspoonful of butter.

*Serve very hot.*

### CREAM SAUCE FOR BOILED TURKEY

*One pint of the water the turkey was boiled in, Two tablespoons of butter, One tablespoon of flour, Half a coffee cup full of boiled milk, Three stalks of celery, Salt to the taste*

- Put the pint of water in a saucepan on the fire; put in the boiled milk, cream the butter and flour and stir in.
- Add the salt; cut the celery about four inches long, boil it twenty minutes and drop into the sauce.
- Slice some pieces of the breast of boiled turkey, enough for a nice dish and pour the sauce over them.

*This is delicious and can be served as a course, after fish.*

### NOTES

## FOWL AND GAME

### TO BOIL A CHICKEN

*One fat, tender chicken, Two-thirds of a pint of breadcrumbs, Half a teaspoon of sweet marjoram, One dessertspoonful of butter, Salt, black pepper and nutmeg to the taste*

- Wash the chicken and wipe dry.
- Rub the butter and breadcrumbs together and if too dry, add a teaspoon of water.
- Put in the powdered marjoram, salt, black pepper and a suspicion of nutmeg; stuff the chicken with this and skewer tightly.
- Wrap a cloth around the chicken and boil until tender, which will take from an hour and a quarter, to an hour and a half.
- Make a rich drawn butter and stir in two chopped hard-boiled eggs; pour some over the chicken and serve the rest in a boat.

### FRICASSEE OF CHICKEN

*One tender chicken, One teacup full of butter, One tablespoon of flour, One bunch of parsley, A saltspoonful of celery seed*

- Wash the chicken and cut it up as for frying, put into a stewpan, with hot water enough to cover it, the celery seed and salt; let it boil gently, taking off the scum as it rises, until it is tender, which will take about one hour.
- Rub the butter and flour together, put into the stew pan with the well chopped parsley; let it stew fifteen minutes. Add the yolks of two raw eggs; stir as you would for custard and boil five minutes longer.
- Serve on a dish with boiled rice arranged nicely around it. When putting the celery into the stew pan, put it in a thin piece of muslin.

### CHICKEN PIE

*One tender chicken, Two pints of sweet milk, Half a pound of butter, Two tablespoons of flour, Salt and black pepper to the taste, One quart of water*

- Divide the chicken as for frying and put it on with the quart of water, which should be freshly boiled. When it is done, take it out of the pot; then simmer the water until reduced to a pint; then add the salt, pepper, milk, butter and flour.
- Boil ten minutes and line a dish with pie crust; fill it with the chicken; cover with a top crust and bake slowly one hour. A little celery can be boiled with the chicken or a bunch of parsley.
- Keep the chicken covered with water, while it is cooking.

### NOTES

### BROWN FRICASSEE OF CHICKEN

*One chicken, One cup full of suet dripping or lard, One teaspoon of salt, One tablespoon of flour, One tablespoon of butter, A teaspoon of summer savory tied in a bag, Cayenne pepper to the taste*

- Cut the chicken into joints, dividing the back and breast into two pieces each; lay these into cold water, slightly salted, for half an hour and wipe dry.
- Roll each piece in flour; heat a cup full of dripping or lard; add the salt and pepper and when the fat is at boiling point, lay in the pieces of chicken, frying brown on both sides.
- When all the pieces are fried, lay them in a saucepan and cover with boiling water, letting the water be an inch above the chicken; it will be well to pour this water into the frying pan first, to simmer for a few minutes, so as to secure a little of the gravy.
- Cover closely and if the chicken is tender, it will be done in an hour and a half.
- For the gravy, take a pint of what the chicken was boiled in, cream, flour and butter; stir into the broth and simmer until it thickens.
- Put the chicken on a hot dish, pour over some of the gravy and put the rest in a boat.
- Put the summer savory in the chicken, when put to boil and take it out before making the gravy.

### TO FRY CHICKEN

*One fat, tender chicken, Two thin slices of pork, One teacup full of sweet cream, Two teaspoons of chopped parsley, One teacup full of pure lard.*

- Divide the chicken nicely, salt and pepper each piece, using black pepper and dredge with flour.
- Lay them aside on a board until you get the pork fried and the lard boiling.
- Drop in a few pieces at the time, allowing room in the pan for each piece to be nicely turned.
- As fast as the pieces are fried, put them on a dish over hot water to keep them hot while the gravy is being made.
- Pour off some of the grease, dredge in flour and let it brown.
- Have the parsley in the cream; pour in a little at the time and let it get thoroughly mixed.
- Put the chicken back in the gravy for three or four minutes; then arrange on a dish and pour the gravy over.

### JAMBALAYA OF CHICKEN AND RICE

*One good sized chicken, Two large tomatoes, One thin slice of pickled pork, One teacup full of rice, Salt and cayenne pepper to the taste, One large onion*

- Prepare the chicken as for gumbo; peel and cut up the tomatoes and onions and fry all together.
- While frying, slowly, have the rice boiling and boil until it swells; add it to the chicken, etc. and fry until a light brown.

## TO ROAST A CHICKEN

*One tender, fat chicken, Two-thirds of a pint of breadcrumbs,  
Half a teaspoon of summer savory, One dessertspoonful of butter, Salt  
and black pepper to the taste*

- Wash the chicken and wipe dry.
- Rub the butter with the breadcrumbs and the powdered summer savory, then the salt and pepper.
- Stuff the inside of this and skewer well.
- Put two thin slices of pickled pork across the breast bone and a pint of hot water in the pan.
- Have a good oven; baste frequently for an hour and a half.
- Put the giblets on to cook at the same time you put the chicken to roast; chop very fine, dredge some flour in the pan and when the gravy thickens stir, in the giblets, adding salt and pepper.

*Serve the gravy in a boat.*

## CURRY

*Two tablespoons of curry, One teaspoon of ground ginger, One teaspoon  
of salt, Three tablespoons of flour, Yolks of two hard-boiled eggs, One  
quart of clear water*

- Prepare the meat as for a stew.
- Mash the yolks well; add to them the curry, ginger and salt.
- Mix well with the water; then put in the flour; stew the meat in this mixture until done; serve with rice.
- Put the meat in the center of the dish, pour the sauce over it and put the rice around it. By the sauce is meant what the meat was stewed in.

## TO COOK CANVAS BACK DUCKS

*One canvas back duck, Some currant jelly, Salt and black pepper*

- Wipe out the inside of the duck and if at all strong, wash out with a little saleratus\* water. (\*19<sup>th</sup> century term for Baking Soda)
- Sprinkle the inside with black pepper, also sprinkle a little on the outside, with some salt and flour.
- Lay a thin slice of pickled pork across the breast bone; have a very hot fire, baste every five minutes and let the duck cook just eighteen minutes;
- When putting the duck in the pan, a pint of hot water could be put in to baste with.
- Make a brown gravy of clear soup, currant jelly and wine to the taste.
- Serve quickly, as a canvas-back should never be overdone, or allowed to stand; some like it just red hot through.
- The gravy can be omitted if objected to.

## NOTES

## TO ROAST DUCKS

*One medium sized onion, One teaspoon of powdered summer savory,  
One teacup full of breadcrumbs, One tablespoon of butter,  
Salt and pepper to the taste*

- The above ingredients are for stuffing one duck.
- Select a young duck and fill it with the stuffing; sprinkle a little salt and black pepper on top and dredge with flour.
- Lay two thin pieces of pickled pork across the breastbone and put it into a pan with a little hot water. Baste frequently and cook for an hour.

*Serve with brown gravy, made of the giblets  
and currant jelly.*

## TO ROAST WILD DUCKS

*Some currant jelly, A few thin slices of lemon,  
One thin slice of pickled pork, Salt, pepper and flour*

- Do not stuff.
- Put a teaspoon of black pepper inside of the duck, sprinkle flour and salt on the outside and lay the slice of pork across the breast bone.
- Put it in the pan with a pint of hot water, have a hot fire and baste frequently for twenty or twenty-five minutes, according to the size.
- Make a brown gravy; stir in currant jelly to the taste and serve in a boat.
- Garnish the dish with thin slices of lemon and small sprigs of parsley.

## TO ROAST A GOOSE

*One young goose, Three large onions, One teaspoon of powdered sage,  
Two teacup fulls of bread crumbs, One heaping tablespoon of butter,  
One tablespoon of chopped pork, Salt and pepper to the taste; one egg*

- As you truss the goose, cut out the neck and put back the piece of flesh that surrounded it.
- Sprinkle pepper and salt over the goose and dredge with flour.
- Keep the giblets for the gravy.
- Lay on the breastbone three thin slices of pickled pork, put it in the pan with a quart of hot water and baste every ten or fifteen minutes.
- If it is a green goose cook two hours, if an older goose, cook nearly three hours.
- Make a nice brown gravy, put the chopped giblets in and serve in a boat.
- Have some nice apple sauce in a dish to serve also with the goose.

## NOTES

### TO BOIL GROUSE

*One good-sized grouse, A quarter of a pound of butter,  
Salt and black pepper*

- Split the grouse down the back; have ready one half of the butter in a hot skillet; pepper the grouse well; put it in the skillet; keep pressing and turning it all the time it is cooking and add the rest of the butter by degrees.
- Put it on a heated dish; pour over the gravy that is in the skillet and garnish with sprigs of parsley.
- Roast a grouse as you would a canvas-back, only cook it fifteen minutes longer.
- Serve it with wine and jelly in a brown sauce.

### TO BROIL PRAIRIE CHICKEN

*One fat young prairie chicken, Four tablespoons of butter,  
Salt and black pepper to the taste*

- Pepper the chicken and rub with a little butter; have a hot fire; broil a little on one side, then on the other.
- Have some more butter in a pan, with pepper and salt; press the chicken well in it, then broil until done.
- Put on a hot dish and pour over it the melted butter in which it was pressed; garnish with sprigs of parsley and serve immediately.

### TO ROAST QUAILS

*A few oysters. Some breadcrumbs, Butter, salt and black pepper*

- Put over each breast bone a thin slice of pickled pork and a little salt and pepper.
- For each quail chop the soft parts of two oysters.
- Mix a little butter, some of the oyster liquor, with a heaping tablespoon of breadcrumbs and salt and black pepper to the taste.
- Put this quantity in each bird; put them into a pan with a little hot water, baste well, roast twenty minutes and serve quickly.
- Garnish the birds and around the dish with sprigs of parsley.
- Another way to roast quails is simply to put a teaspoon of black pepper inside of each bird, with the pork, etc., on the outside; and baste well.
- Or make a chestnut stuffing, as for turkey and fill each bird with some of it.

### TO BROIL QUAILS

- Have a quick fire; put the quails on the broiler and have some butter, pepper and salt in a pan nearby.
- When each side of the quail has been partly broiled, press well in the pan holding the butter, etc., drain each bird well.
- Return to the broiler and cook until done.
- Serve on some nicely cut squares of toast.

### BOUDINS A LA RICHELIEU

*Some raw turkey breast, One half as much butter,  
Three eggs, Salt, nutmeg and pepper to taste*

- Take as much turkey breast as you wish, say a heavy pound, grate and pound in a mortar until it can be passed through a fine sieve.
- Add half as much butter as there is turkey breast and one-third as much paste, made as follows:
- Take the inside of a loaf of bread, soak it in milk and dry on the range, but don't let it get in the least hard, then add the butter until it becomes a stiff paste.
- Add the eggs, nutmeg, salt and pepper to the taste.
- Fry a small piece in boiling water, to see that it is not too stiff or too soft. If too stiff add more yolks. The above should be a light-yellow in color.

### A NICE DISH OF QUAILS AND TRUFFLES

*Eight fat young quails, One wineglassful of wine, Half a pound of truffles, One pint of clear soup, Salt and pepper to the taste*

- Cut out the breasts of eight quails; divide them and broil very delicately; cook the truffles for three-quarters of an hour in the pint of clear soup.
- Thicken with a teaspoon of browned flour and a tablespoon of butter.
- Add the wine; arrange the quails' breasts nicely on a dish; sprinkle the truffles over them; then pour over the sauce.

### TO ROAST REED BIRDS

*Some nice, fat reed birds, Black pepper, butter and salt. Rub them with butter and sprinkle with black pepper*

- Have a good fire; put them in a pan with a little butter and baste well for fifteen minutes.
- These little birds are so delicate that you can eat bones and all.
- They can be fried also in the following manner: Split them down the back; place each bird on pieces of buttered toast to catch the juices; sprinkle them with pepper and have butter in the pan; baste well and allow about twelve minutes, as they will cook quicker when split open.

### NOTES

## TO ROAST SNIPE AND WOODCOCK

*Some snipe or woodcock. Some thin slices of pickled pork, Butter, black pepper and salt*

- First pluck them and take the skin off the heads and necks.
- Put the heads under the wings, pepper each one well, lay one thin slice of pickled pork across the breast bone of each bird and skewer it.
- Have a bright fire; put each bird over a slice of buttered toast, to catch the trail.
- Put a little butter in the pan to start the basting and baste each bird well every five minutes, cook twenty minutes.
- Sprinkle a little salt over each bird and serve quickly on the pieces of toast they were cooked on.

*Garnish with sprigs of parsley and slices of lemon.*

## TO BOIL A TURKEY

- Sprinkle a cloth with flour, tie the turkey up in it, put it in a pot and cover with cold water.
- Let it boil slowly for half an hour, taking off the scum as it rises, set the pot back and let it simmer slowly for two hours, or two and a half, according to the size.

*Serve with a white sauce.*

## THE SAUCE

- One pint of the water the turkey has boiled in, Half a teacup full of cream.
- Put the water into a saucepan.
- Add the cream and salt to the taste. Let it boil.
- While boiling mix a teaspoon of flour with cold water; stir in and let it boil until it thickens.
- Have ready in the sauce boat, the chopped yolks of four hard-boiled eggs and pour the sauce over them.

Garnish the turkey with slices of hard boiled eggs and a little of the sauce poured over it.

## TO MAKE THE SAUCE FOR THE BOUDINS

*One fourth of a box of truffles, One large wineglassful of sherry wine, One aschalot.*

- Chop and cook the aschalot; put into a pan with the sherry wine, then add the chopped truffles.
- Let all cook again until nearly dry, then stir in a tablespoon of brown sauce.
- Simmer for ten minutes and put into a dish to cool.
- The boudin should be the shape and size of a wafer cake and rolled in heavy white paper, wet with sweet oil inside and outside.
- Then boil in clear soup for twenty-five minutes and serve with the sauce.

## NOTES

## STUFFING FOR A TURKEY

*One loaf of stale bread, A quarter of a pound of butter. One teaspoon of summer savory, Salt and black pepper to the taste, The yolks of three eggs*

- Cut off all the crust of the bread and pour on it enough hot water to soak it thoroughly; then squeeze all of the water out of it.
- Put the pepper and salt in the bread, mix with the eggs and summer savory; then put all into the turkey and sew it up carefully.

## CHESTNUT STUFFING FOR A TURKEY

*One teacup full of boiled mashed chestnuts, One teacup full of mashed sweet potato, One dessertspoonful of butter, One wineglassful of cream, Salt to the taste, Black pepper to the taste*

- Mix the potato, chestnut and cream well together, then add the salt and black pepper.
- When the turkey is half roasted, put in the stuffing and continue to baste well until done.
- Get the Spanish chestnuts. This makes a delicious stuffing for quails also.

## TO ROAST A TURKEY

- Tie the legs and wings together or fasten with skewers.
- Put in the stuffing, salt and pepper well, dredge with flour, lay three thin slices of pickled pork across the breast bone and put it into a pan with a pint of hot water; increasing it as you think necessary to make a sufficient quantity of gravy.
- Baste it frequently and roast from two hours and a half to three hours, according to its size.
- When it is done, take some of the gravy, say a pint, put in a teaspoon of flour and stir until it thickens.
- Chop up the gizzards and liver, which have been previously well cooked and mix with the gravy.
- It is always well, when putting the turkey to roast, to put a pan over it, until half done, then remove the pan so as to let it brown nicely This will keep the turkey from roasting too quickly or drying up.

## TO STUFF A TURKEY WITH OYSTERS

*Twenty-five large oysters, Half a pint of breadcrumbs, One tablespoon of chopped celery, Two tablespoon s of cream, Salt and black pepper to the taste, The yolk of one egg.*

- Chop the oysters fine, mix with the celery, cream and breadcrumbs.
- Add the yolk of the egg, then the salt and pepper.
- Mix thoroughly and put in the turkey.
- Boil, as in the recipe for boiling a turkey and serve with oyster sauce.

## ANOTHER WAY TO ROAST AND STUFF A TURKEY

*One turkey, weighing ten or twelve pounds, One dozen chopped oysters,  
One pint of bread crumbs, One teaspoon of powdered summer savory,  
One large cooking-spoonful of butter, Black pepper, salt and nutmeg to  
the taste, Two eggs*

- Truss the turkey; put the salt, pepper, nutmeg and summer savory in the breadcrumbs
- Rub in the butter, then moisten with the eggs; add the chopped oysters and stuff the turkey, sewing it up very carefully, so as the stuffing will not come out.
- Cut three thin slices of pickled pork, lay them across the breast bone, dredge the turkey with flour and put into a pan with one inch of water in it.
- Roast for two hours and a half, basting frequently.
- Make a sauce of the drippings, into which stir in the giblets, which have been previously cooked and chopped fine.
- Thicken this sauce with a little brown flour

## TO BROIL VENISON STEAKS

*Some nicely cut venison steaks, A few thin slices of lemon,  
Some currant jelly and sherry wine*

- Have a good fire, pepper the steaks well, broil partly on one side, then on the other.
- Take them off, rub with butter, return to the gridiron, broil a few minutes longer and put them on a hot dish.
- Melt some currant jelly and while hot, add wine to the taste.
- Put a few small pieces of butter on each steak, then pour the wine and jelly over, which must be very hot.
- If wine and jelly are objected to, then broil as you would a beef steak.

*Arrange some thin slices of lemon and  
sprigs of parsley around the dish.*

## TO ROAST VENISON

*A haunch of venison, Some wine and currant jelly,  
Brown gravy as required*

- Sprinkle the Venison with pepper and salt and cover the whole with white paper greased with butter.
- Put it in the oven with a little hot water and two or three thin slices of pickled pork on top.
- Baste well for about two hours, then remove the paper and baste well for nearly an hour longer, so as to brown nicely.

*Make a brown gravy, by dredging the gravy in the pan  
with both white and browned flour, then add wine and  
currant jelly to the taste. Serve very hot in a boat.*

## SALADS

### SALAD DRESSING

*The yolks of sixteen eggs, Twenty tablespoons of oil,  
Fifteen tablespoons of vinegar, Nine tablespoons of water,  
Salt and cayenne pepper to the taste*

- Beat the eggs, add the oil, vinegar and water in alternation, beating well all the time, then the salt and cayenne pepper.
- Put this into a saucepan with boiling water underneath and stir constantly and rapidly until the consistency of very thick custard; put it away to get perfectly cold.
- This will be sufficient for one large turkey.
- Always cut up as much celery as you have turkey, which must never be chopped, but cut in dice.
- The advantage of this dressing is the proportions are so perfect that enough for six turkeys can be made in less than three-quarters of an hour.
- The water is put in to keep the vinegar from tasting too strong, or it would destroy the taste of the oil and make the salad too acid.

*I always use this dressing when making a  
large quantity of salad.*

### SALAD DRESSING II

*One well-boiled chicken, Two teacup fulls of celery cut in dice, Two  
teacup fulls of cream, One tablespoon of mixed mustard, Two heaping  
tablespoons of butter, Vinegar, salt and cayenne pepper to the taste, The  
yolks of four eggs*

- Put the cream into a saucepan and when it comes to a boil stir in the butter, vinegar, salt and cayenne pepper.
- Add the well-beaten eggs; stir well until it becomes like thick boiled custard.
- Take it off of the fire, put the saucepan in cold water and stir until it cools, so as to keep it from curdling.
- Take off the skin and fat of the chicken, cut it in dice and with the celery, mix carefully with the dressing.

### SALAD DRESSING III

*Two tablespoons of mixed mustard, Two tablespoons of butter, Three  
tablespoons of oil, Three tablespoons of vinegar, One pint of rich cream,  
Salt and cayenne pepper to the taste, Five eggs*

- Scald the cream, stir the vinegar in the yolks of the eggs, add the cream and butter, stirring well to keep from curdling, until it thickens; take it off the fire and when cold, beat in the mustard, cayenne pepper and salt.
  - The whites of the eggs can be beaten very light and added to the mixture when it is cold, but it will be found good enough without them.
- A little extract of celery is a great improvement.*

### SWEETBREAD SALAD

*The yolks of two hard-boiled eggs, The yolks of two raw eggs, One teaspoon of dry mustard, Two cruets of the best oil, One tablespoon of vinegar, Salt and cayenne pepper to the taste.*

Mash the yolks of the eggs smoothly together, then sprinkle in the mustard and beat in by degrees the oil and vinegar.

Season to the taste and beat hard for a few minutes. If it is too stiff, add the juice of one lemon.

Have the sweetbreads well cooked and picked to pieces, taking off all of the skin.

Put the dressing on in alternate layers with the sweetbreads and garnish the dish with small heads of crisped lettuce.

### SHRIMP SALAD

*Two cans of shrimps, Yolks of two hard boiled eggs, Yolks of two raw eggs, Twelve tablespoons of oil, Salt, cayenne pepper to taste*

- Mix the eggs perfectly smooth, then beat in the oil slowly, alternating every third tablespoon with half a teaspoon of vinegar and three drops of lemon juice.
- When very light add the salt and cayenne pepper to the taste.
- Don't put this over the shrimps until they are to be served.
- In the winter, cut up as much celery as you have shrimps and mix in.
- In the summer, put the shrimps in the center of the dish, pour the dressing over them and put delicate pieces of lettuce around.
- Always put the dressing on the ice for a while before serving.
- If this quantity should not be enough, more oil, vinegar and lemon juice can be beaten in.

### A SALAD OF CABBAGE AND CELERY

*One pint of cabbage, One pint of celery, One teacup full of vinegar, A tablespoon of butter, A teaspoon of mixed mustard, A tablespoon of rich cream, Salt and cayenne pepper to taste, Yolks of two eggs.*

- Beat the eggs, stir in the vinegar, mustard, melted butter, salt and cayenne pepper.
- Put all into a saucepan with boiling water underneath and stir steadily until it thickens. When cold, add the cream.
- Cut the cabbage and celery in small pieces, mix well and pour the dressing over.

### NOTES

### DRESSING FOR COLD SLAW

*Yolks of two hard-boiled eggs, Yolks of two raw eggs, Five tablespoons of oil, Three dessertspoonfuls of vinegar, Salt and cayenne pepper to the taste.*

- Shave the cabbage with a sharp knife until you have a quart.
- Put it in a dish and set it on the ice for an hour.
- Mash the hard-boiled eggs smoothly, then mix the raw ones with them.
- Beat the oil and vinegar in the eggs, alternately and carefully, to prevent curdling.
- Lastly, add the salt and cayenne pepper.
- Have the dressing in a small bowl and pour it over the cabbage as you serve it.

*The above quantity will be sufficient for six persons.*

## VEGETABLES

### TO BOIL POTATOES

- When putting potatoes on to boil, always choose them of equal size, or the small ones will cook too quickly and the large ones will not be sufficiently cooked.
- Let the water be boiling and put in it a teaspoon of salt.
- Either peel the potatoes or boil them without peeling.
- Put them in the boiling water and boil until thoroughly done, which will take about half an hour.
- Pour off the water, sprinkle a little salt over them, shake them around gently, remove the lid and let them remain about five minutes over the fire to steam.
- They should be dry and flaky.
- Never let them remain in the water a moment after they are done and serve immediately.

### TO BAKE POTATOES IN THEIR JACKETS

- Choose them of equal size.
- Have your oven well heated and bake until tender.
- A large potato will take an hour, a medium-sized one about three-quarters of an hour.
- Serve as soon as done. If underdone, they will be very indigestible. Neither should they be overdone.

### NOTES

## MASHED POTATOES

*One quart of mashed potatoes, Half a teacup full of cream,  
One tablespoon of butter, Salt to the taste*

- Boil them properly, then throw them into a colander and mash them well through it.
- After they are thoroughly mashed, put them into a saucepan with hot water underneath and add the butter, cream and salt.
- Beat well for five or ten minutes and serve
- If cream is not to be had, use milk and increase the quantity of butter.
- If preferred to be baked, put into a baking dish and brown in the oven for about ten minutes.

## TO BAKE POTATOES WITH BEEF

- Mash and peel as many potatoes as you have guests to serve and have them all as near the same size as possible.
- Put them in the pan with the beef. If medium sized, three quarters of an hour will be sufficient for baking them; if large, it will require one hour.
- As often as you baste the beef, baste the potatoes and when done and nicely browned, serve them on the same dish, arranged nicely around the beef.

## SCALLOPED POTATOES

*Eight good sized Irish potatoes, A heaping tablespoon of butter,  
Flour, salt and black pepper*

- Peel the potatoes and slice them thin.
- Have ready a deep dish that will hold two quarts. Put in a layer of potatoes, dredge well with flour, then a second layer of potatoes, which dredge again with flour and sprinkle a little salt and black pepper.
- On the third layer, cut the butter in small pieces and arrange nicely over the potatoes, then fill up with rich milk or cream, leaving room enough in the dish to cook slowly for two hours.
- If the potatoes should soak up the milk or cream, add more, so as to have the potatoes creamy, when they go to the table.
- Be sure not to cook too rapidly.

*This quantity will be sufficient for a family of eight.*

## POTATOES A LA LYONNAISE

*One pound of cold boiled potatoes, Two teaspoons of minced onion, Two teaspoons of chopped parsley, One large cooking-spoonful of butter, Salt and black pepper to the taste*

- Slice the potatoes.
- Put the butter into a skillet; when hot, throw in the potatoes and onions and fry until a light brown.
- Put in the chopped parsley and when thoroughly mixed put into a heated napkin, which must be in a heated dish.
- Don't put the cover on the dish, simply close the napkin over the potatoes.

## TO STEW POTATOES

*One quart of boiled potatoes, One pint of sweet milk, One large cooking spoonful of butter, One heaping teaspoon of flour, Salt and black pepper, to the taste*

- Boil the potatoes and while hot, cut them in dice, then measure a quart.
- Put the milk into a saucepan and when it comes to a boil, put in the potatoes and let them simmer.
- While simmering, cream the butter and flour, put into the potatoes and stir until the milk is the consistency of thick custard, then add salt and a very little black pepper.
- A teaspoon of chopped parsley is sometimes a pleasant addition.
- Be sure, after putting the potatoes in the milk, not to let them cook long or hard enough to break and get mushy.
- One pint of cream can be used and in that case leave out the butter.

## SARATOGA POTATOES

*Three large potatoes, Half a pint of fresh lard, A little salt*

- Peel the potatoes and cut them with a potato cutter into slices as thin as a wafer.
- Put them into a pan of ice water for half an hour.
- Have the colander in a pan in the oven with the door open.
- Put a few slices at the time in the boiling lard and when a delicate yellow, take them out and put them in the colander to dry, sprinkling a little salt over them as you put them in.
- When all are fried, put them in a heated dish and serve.

*A frying basket made of fine wire is exceedingly nice for frying the potatoes in, as you can take them out of the lard without any trouble, by merely lifting the basket and pouring them into the colander to drain.*

*The pan underneath the colander is intended to catch the grease.*

## FRIED POTATOES

- Take cold boiled potatoes and cut them in slices about a quarter of an inch thick.
- Have ready some boiling lard and butter mixed.
- Then throw in the potatoes and stir until they are a light yellow.
- Put into a sieve before the fire for a moment; sprinkle a little salt over them and serve in a very hot dish.

## NOTES



### POTATOES A LA PARISIENNE

- Have a little round potato cutter about three-quarters of an inch in diameter.
- Peel the potatoes and cut as many small ones from each potato as you have guests to serve.
- Have the lard boiling, put the little balls into a frying basket and hold it in the lard until the potatoes are done and nicely browned, which will take about fifteen minutes.
- Take them out and sprinkle salt over them.
- They are nice to garnish a dish of broiled fish with, or to garnish a beef steak or game with.
- The pieces of potatoes left from the cutting can be boiled or mashed.
- Potatoes cut this way, boiled about fifteen minutes and dressed with a nice white sauce, are very pretty with boiled fish.

### TO BAKE SWEET POTATOES

*Six large, sweet potatoes, Two heaping tablespoons of sugar, Two heaping tablespoons of butter, A little salt*

- Boil the potatoes.
- When done, peel and slice lengthwise, in two or three pieces; first put in a deep baking dish a layer of potatoes, one tablespoon of sugar, one tablespoon of butter, cut in small pieces and arranged over the potatoes; then another layer of potatoes, sugar and butter; lastly some thin slices of butter and sugar sprinkled freely over them.
- Bake about twenty minutes.
- Serve hot.
- Before sprinkling sugar on top, sprinkle about two tablespoons of hot water, then the sugar.

### POTATOES A LA NEIGE

- Prepare the potatoes as for mashed potatoes.
- Place the dish they are to be served in over hot water and press the potatoes through the colander into the dish, having previously heated the colander.

*They will look like rice or vermicelli and will be very pretty served with venison, roast beef, or beef tongue*

### SHOOFLY POTATOES

*There is a machine that comes expressly for cutting shoofly potatoes.*

- The potatoes are cut in strips like macaroni.
- Have the boiling lard in the skillet, put the potatoes in a frying basket, then put the basket into the hot lard, fry a nice brown and they will be done.
- Then sprinkle salt through them.

*Serve in a heated dish with the top off*

### POTATO CROQUETTES

*Twelve large potatoes, Two tablespoons of butter, One teaspoon of chopped parsley, Salt, black pepper and nutmeg to the taste, Six eggs*

- Boil, peel and mash the potatoes and let them get cold; then put them into a bowl with the butter and beat until thoroughly mixed.
- Put in the yolks of four of the eggs and two whole ones, continue to beat until very light.
- Add the nutmeg, salt, pepper and parsley. Shape as croquettes, dip them in egg and bread crumbs and fry a light brown.

*Serve immediately.*

*These are particularly nice with fish.*

### POTATO CROQUETTES II

*Six large potatoes, A tablespoon of butter, One wineglassful of cream, Yolks of two eggs, Salt to the taste*

- Peel, boil and mash the potatoes until perfectly smooth; add the salt, then the butter, cream and lastly the eggs; shape as croquettes.
- Dip in egg and breadcrumbs and fry in boiling lard a nice brown.
- It would be well, after mixing, to let it stand in a cold place for an hour, so as to handle easily.

### TO FRY TOMATOES

*Six large ripe tomatoes, Half a tumblerful of cream, Some brown sugar, Salt and black pepper*

- Slice the tomatoes half an inch thick, but don't peel them.
- Put a few slices at a time into a hot skillet with a cookingspoonful of butter.
- Fry a good brown; take them out carefully, place them in a dish which you must have over hot water; and over each layer, sprinkle about a dessertspoonful of sugar, a little salt and black pepper.
- When all are fried, pour the cream into the skillet and dredge in flour enough to make it as thick as a drawn butter; stir until smooth and pour over the tomatoes.

*If cream is not convenient, they will be just as good without it*

### NOTES

## TO STEW TOMATOES

*Three pints of tomatoes, Three tablespoons of bread-crumbs, One saltspoonful of chopped onion, One dessertspoonful of butter, One dessertspoonful of brown sugar, Salt and black pepper to the taste*

- Peel and cut enough tomatoes to make three pints.
- Put them into a saucepan with the chopped onion, salt and pepper.
- Let them stew for half an hour, then add the breadcrumbs, sugar and butter; stew for an hour longer, chopping the tomatoes frequently while stewing, then serve.

## STUFFED TOMATOES

*One dozen large tomatoes, One teacup full of chopped tenderloin, Two tablespoons of chopped ham, One tablespoon of chopped parsley, One teaspoon of salt, Half a teaspoon of white pepper, Four pounded crackers, One large chopped onion*

- Cut off the stem of each tomato and take out the seed and the pulp, chop fine and mix with the ham, parsley and onions, then put in the salt and pepper, lastly the crackers.
- If too stiff, thin with a little water or soup stock.
- Fill the tomatoes well with this, put cracker powder and small pieces of butter on each and bake in a moderate oven about an hour.

## TO STUFF TOMATOES II

*Eight firm, ripe tomatoes, One pint of breadcrumbs, One teaspoon of chopped parsley Half a teaspoon of chopped onion, Salt and black pepper to the taste, One egg*

- Moisten the bread crumbs a little; mix with the parsley, salt and pepper.
- Cut off a slice from the stem side of the tomato, take out the cores and seeds; chop the cores and mix with the stuffing.
- Brown the onion slightly in the skillet with a teaspoon of butter.
- Put the stuffing in and brown that a little also.
- Then add a dessertspoonful of butter and the egg.
- Stir quickly to prevent it from curdling.
- Cook ten minutes and stuff the tomatoes with it. Place them close together in a pan; put some grated Cheshire cheese over each tomato; cover closely, baste frequently and bake slowly for one hour.
- Remove the cover and brown nicely.

## NOTES

## TO BAKE TOMATOES WITHOUT STUFFING

*Six good ripe tomatoes, A teaspoon of salt, Half the quantity of black pepper, One cooking-spoonful of butter*

- Wash the tomatoes nicely, cut out a little piece from under each stem and put in the little hollow a little salt, black pepper and a small pinch of butter.
- Put them in a baking dish with two tablespoons of hot water; bake and baste for one hour and after basting, brown, for ten minutes.

## TO SCALLOP TOMATOES

*Eight large, full ripe tomatoes, Three tablespoons of bread crumbs, One teaspoon of salt, One saltspoonful of black pepper, One dessertspoonful of brown sugar, One tablespoon of butter*

- Pour scalding water over the tomatoes and when well skinned, get out the seeds and cut up the tomatoes fine.
- First, put in one-half of the tomatoes, then one-half of the bread crumbs; salt, pepper, butter and sugar.
- Sprinkle all well over the tomatoes in layers.
- Then put in the rest of the tomatoes and other things with the breadcrumbs last and small pieces of butter scattered here and there on top. Bake one hour and serve.

## TO BOIL CABBAGE

*Two heads of early York cabbage, One pint of drawn butter*

- Take the medium-sized heads of cabbage, pull off the outside leaves, cut through the heads to the stalks, then cut across the other way to the stalks, but don't cut through.
- Put them on in a pot two hours before dinner, in hot water enough to cover well, with a tablespoon of salt in the water.
- Boil steadily for one hour, pour off this water, pour on some more hot water, leaving out the salt and boil one hour longer.
- Put the heads in a hot dish, make a rich drawn butter and pour over the heads.
- After cutting the heads, tie them loosely together with a strong cord and clip it before putting the heads in the dish.

*This is delicious and perfectly digestible.*

## TO FRY CABBAGE

*Two quarts of cut up cabbage, Two thick slices of pickled pork, Salt and cayenne pepper to the taste*

- Put the chopped cabbage with the pork into a skillet and cover with hot water.
- Keep it steadily frying for two hours, add the salt and cayenne pepper and fry half an hour longer.
- Should the water boil down, add a little more, but not during the last half hour.
- Have a heated dish ready, put the pork in the center and the cabbage around it.

*The cabbage must be freshly cut.*

## HOW TO COOK BEETS

*Some sugar beets, Butter, salt and pepper*

- Wash the beets, but don't trim the roots too close, or they will bleed and lose their sweetness.
- If they are young, cook three hours; if old, cook four hours.
- When done, slice them, put into a hot dish; add butter, pepper and salt.
- If any should be left, pour vinegar over them and they will be nice the next day.

## SPINACH

- Wash and pick well; put it in a saucepan with hot water underneath, with a little salt and no more water than remains on the leaves after washing.
- Keep the water boiling underneath for an hour, taking care to chop it well with a spoon while cooking.
- Before serving, put in a little cream, salt and black pepper.
- After mixing well, steam for about five minutes, then put into a heated dish and garnish the top with slices of hard-boiled eggs.
- Scrape the outside of the stalks and cut off about an inch of the end.
- Tie them evenly in bundles, keeping the heads one way.
- Put them in well salted boiling water and cook for a half an hour, or three quarters, according to the size of the stalks.
- Drain; have some nicely cut pieces of buttered toast at the bottom of a heated dish; lay the stalks in regularly and pour over them some melted butter, or asparagus sauce.

## ASPARAGUS SAUCE

*One pint of water the asparagus has cooked in, One cookingspoonful of butter, One dessertspoonful of flour, Salt and black pepper to taste, Yolk of one egg*

- Take the pint of water the asparagus was cooked in, put into a saucepan with hot water underneath.
- When it comes to a boil, add the egg, salt and pepper.
- Rub the butter and flour well together and stir in until the sauce is the consistency of boiled custard.
- When putting in the egg first, stir in it a tablespoon of the boiling asparagus water, then put in the saucepan. (This precaution is to keep it from curdling.)

## TO COOK SUMMER SQUASH

*One large summer squash, Two tablespoons cream. One tablespoon of butter, Salt and black pepper to the taste*

- Have the squash young and tender; peel, cut up and take out the seeds.
- Put it on in hot water and cook steadily until perfectly done.
- Drain well and mash with a wooden spoon.
- Put into a saucepan, with the butter, cream, pepper and salt.
- Simmer and stir constantly, until the squash looks dry, then serve very hot.

## BAKED CAULIFLOWER

*One fine fresh cauliflower, One ounce of grated Parmesan cheese, One ounce of cracker powder, A tablespoon of butter, A dessertspoonful of flour, White pepper and salt to the taste*

- Put the cauliflower, top down, in cold salt and water for an hour, then put it in a pot of well-salted boiling water and boil for twenty minutes.
- While it is boiling, mix smoothly the butter and flour, let it simmer for a moment and add to the boiling water, stirring until it thickens, not forgetting to put in the white pepper and salt to the taste.
- Lay the cauliflower in a baking dish, pour over the sauce, then sprinkle with the Parmesan cheese and cracker powder.
- Brown slightly and serve hot at once.

## CAULIFLOWER WITH WHITE SAUCE

*Two nice heads of cauliflower, One pint of sweet milk of cream, One tablespoon of butter, One teaspoon of flour, Salt and white pepper to the taste*

- Take off the outside leaves of the cauliflower and cut off the ends of the stalks.
- Put them, with the heads downward, in salt and water for an hour.
- Then put them into a pot, with plenty of fast boiling water and cook thirty-five minutes if large and twenty-five if small.
- In the meantime, put on the cream to boil, add a teaspoon of flour and let it simmer until it thickens.
- Season to the taste and pour over the cauliflower.

*If milk is used, rub the flour into a tablespoon of butter and simmer until the milk thickens*

## CAULIFLOWER WITH FRIED CHICKEN

*One quart of sweet cream, One dessertspoonful of butter, One dessertspoonful of flour, Salt to the taste*

- Put the cream into a saucepan with hot water underneath; cream the butter and flour and when the cream boils, stir in until it thickens, then add the salt.
- Put in a teaspoon of chopped parsley just before taking it off the fire.
- Place the heads of cauliflower in the center of the dish and pour some of the dressing over them.
- Arrange the pieces of fried chicken around them, pour the rest of the dressing over and serve very hot.

## NOTES

## GREEN PEAS

- Gather them just before being cooked; shell and put them on in boiling water, just enough to keep them well covered and when fresh, they will only take twenty minutes boiling.
  - If old, they will require longer cooking than twenty minutes.
  - If young and tender, wash some of the pods and put them with the peas, always keeping the water a little above them.
  - If the water is allowed to boil down, they will be tough.
  - Do not let them boil too hard, or they will be mushy.
- Put in the water, when putting the peas to cook, about a teaspoon of salt.
- Some persons like a little sugar. In that case a dessertspoonful of granulated sugar can be put into a quart of peas.

## TO COOK MARROWFAT PEAS

*Three pints of hulled peas, Hot water enough to cover them,  
A teaspoon of salt*

- Put the peas into a saucepan, with the salt and hot water and keep them covered while they are cooking.
- If very young, let them boil for twenty minutes.
- Throw off that water and cover them with fresh hot water, giving them ten minutes more boiling.
- Now mix a teaspoon of flour with a dessertspoonful of butter and stir in until the water thickens, then serve.
- Don't allow them to boil too hard, or they will be mushy.

*These peas are later, somewhat richer in flavor, but not quite so delicate as the earlier ones.*

## TO BOIL GREEN CORN

- Trim off the husks and silk; put the corn into a pot of boiling water, with a dessertspoonful of salt and cook twenty minutes.
- Another way: Leave on the silk and husks; put into a pot of boiling water and a dessertspoonful of salt and boil twenty-five minutes; and take off the husks and silk as quickly as possible and serve.

## TO STEW GREEN CORN

*One dozen ears of corn, One quart of cold water, One tablespoon of butter, One teaspoon of flour, One pint cup full of boiled milk, Salt and black pepper to the taste*

- Cut the corn from the cob, put it on with the quart of water and let it stew for half an hour.
- Drain off the water; mix the butter and flour with the milk and add to the corn. Let it simmer about five minutes, season and serve.

## CORN PUDDING

*Twelve ears of corn, Half a pint of sweet milk,  
Half a pound of butter, A teaspoon of flour,  
Salt and black pepper to the taste, Two eggs*

- Grate the corn; then scrape the cob so as to get out the milk.
- Add the sweet milk to it, salt, pepper, melted butter and flour, lastly, stir in slowly the well-beaten eggs.
- Bake in a slow oven one hour.

## CORN PUDDING II

*Two dozen ears of corn, A quarter of a pound of butter,  
A pint of milk, Four eggs, Salt and black pepper to the taste,  
A tablespoon of flour*

- Grate the corn, stir in the milk and eggs, beaten together.
- Add the butter (melted) with a tablespoon of flour mixed with it.
- Add the salt and black pepper.
- Bake one hour in a well-heated oven.

*Should this quantity be too much for the number of persons to be served, one-half the quantity can be made.*

## CORN PUDDING III

*Eight ears of corn, One tablespoon of butter, One teacup full of milk,  
One teaspoon of flour, Salt and black pepper to the taste, Three eggs*

- First grate the corn, then, with a knife, scrape the cob to get out all of the milk.
- Beat the eggs light and stir in; cream the butter and flour.
- Mix with the milk, then add the corn; season to the taste and bake three-quarters of an hour.

## CORN FRITTERS

*Six ears of corn, A dessertspoonful of flour, Two tablespoons of cream,  
Salt and black pepper to the taste, One egg*

- Grate the corn, beat the egg very light and mix with the corn.
- Add the cream, flour, salt and pepper.
- Fry quickly in hot lard, as fritters.

## GUMBO

*One large chicken, Three large tomatoes, One large onion,  
A quart of young okra, Two thin slices of pickled pork,  
Salt and cayenne pepper to the taste*

- Skin and divide the chicken.
- Peel and cut up the tomatoes and onion and with the salt and cayenne pepper and pickled pork fry until the chicken is two-thirds done.
- Boil the okra in water enough to keep it covered for one hour.
- Mix with the chicken, etc. and fry until thick, stirring quite often to keep it from sticking.

## NOTES

### TO FRY EGGPLANT

- Cut the eggplant into slices a half an inch thick, leaving the skin on.
- Put them in salt and water and keep them well covered, so as to keep each slice under the water and let them remain one hour.
- Make a batter, dip each slice in the batter separately, then into the breadcrumbs.
- Have ready in a skillet some boiling lard. Fry each slice a nice brown; drain and serve in a heated dish.
- Or cut each slice a little less than a half an inch thick; drop into boiling lard and fry a good brown. Season them as you remove them.

### TO BOIL RICE

*One teacup full of rice, Four teacup fulls of water,  
One teaspoon of salt*

- Pick and wash the rice, rubbing it hard with the hands and changing the water until it ceases to be milky.
- Put it in the saucepan with the salt and pour over it the four teacup fulls of clear water. Let it boil steadily for fifteen minutes.
- Strain through a colander, return to the saucepan and, with the top off, let it stand on the back of the range for half an hour to dry.

### RICE CROQUETTES

*One teacup full of rice, One tablespoon of butter,  
One tablespoon of sugar, One teacup full of milk,  
One pint of water, Grated rind of one lemon*

- Wash the rice thoroughly, put it in a saucepan and pour over the milk and water hot.
- Let it boil until the rice is soft, say half an hour; add the butter, sugar and grated lemon rind.
- Mix well and spread on a large dish until it dries.
- Shape as pears.
- Roll each in egg, then in breadcrumbs and let them stand for twenty minutes.
- Fry in boiling lard a cinnamon brown and serve hot.
- If necessary, drain the milk and water from the rice before putting in the other ingredients.

### RICE CROQUETTES II

*One large coffee cup full of cold boiled rice, Half a cup full of sweet milk,  
Two dessertspoonfuls of sugar, One teaspoon of salt,  
Grated nutmeg to the taste, One egg*

- Boil the milk, add the salt, sugar and nutmeg.
- Stir in the egg smoothly, boil a minute and take off to cool.
- Add the rice, boil two minutes longer and set on the ice to get stiff.
- Shape as pears, dip into the yellow of the eggs, then in grated breadcrumbs and fry a cinnamon brown in boiling lard.
- When preferred without sugar, a teaspoon of finely chopped parsley or celery can be added.

### LIMA OR BUTTER BEANS

- Shell them and lay them in cold water for an hour (or a little longer, but not less) before cooking, as this makes them more delicate.
- When ready for cooking, put them into a saucepan with boiling water enough to cover them and a little salt.
- Let them boil steadily for an hour and if young, they will be done and tender; if old, they will take half an hour longer.
- When done, pour off nearly all the water, rub a teaspoon of butter with a teaspoon of flour; let it simmer for ten minutes, add salt and black pepper to the taste and serve.

### EGGPLANT PUDDING

*Two eggplants, Yolks of six hard-boiled eggs, A quarter of a pound of butter, A teaspoon of chopped onion, A teaspoon of sweet marjoram, Three teaspoons of chopped parsley, Salt and cayenne pepper to the taste, One raw egg.*

- Split the eggplants and soak them in cold salt and water for two hours.
- Parboil them, peel and press out all the water.
- Chop very fine, mash the yolks of the hard boiled eggs very smooth and mix with the above.
- Add the onion, parsley and sweet marjoram, rubbed and sifted.
- Beat the raw egg and mix well, adding lastly, the butter melted, salt and cayenne pepper.
- Put into a baking dish
- Dredge some grated cracker on top and bake slowly for half an hour.

### TO FRY OKRA AND CORN

*One pint of sliced okra, One pint of cut up corn,  
Half a teacup full of milk, One teaspoon of flour,  
One slice of pickled pork, Salt and black pepper to the taste*

- First fry the pork, then take it out, leaving only the grease in the pan.
- Put in the okra and let it fry ten minutes.
- Add the corn and fry until thoroughly cooked.
- Mix the flour with the milk, pour it in the okra and corn.
- Fry for five minutes longer, season and serve.
- A teacup full of chopped tomatoes fried with the above instead of the milk, is an improvement, though it is very good without

### TO COOK SNAP BEANS

*Two quarts of snap beans, One coffee cup full of rich milk,  
Two tablespoons of butter, One teaspoon of flour,  
Salt and black pepper to the taste*

- Snap the beans and take every particle of string from them.
- Put into boiling water, with a teaspoon of salt and boil steadily for two hours, if young; if old, boil three hours.
- Boil the milk, rub the flour and butter together and stir in the milk until it thickens.
- Pour the milk into the beans.
- Season and simmer for five minutes longer, then serve.

### TO STEW CELERY

*Four heads of celery, Four tablespoons of cream, One dessertspoonful of butter, Salt and black pepper to the taste, One teaspoon of flour*

- Wash the celery and take off the discolored parts; if there should be much cut off, have five heads.
- Cut them in pieces about two inches long, cover with water and boil steadily for ½ hour.
- Now add the cream and stew half an hour longer; cream the flour and butter, put into the celery and stir until it thickens, then season.
- If cream is not to be had, substitute milk and in that case, add another dessertspoonful of butter.

### TO FRY CELERY

*Four heads of celery, Two well-beaten eggs, Four teaspoons of wine, One dessertspoonful of flour, Four tablespoons of lard, Two tablespoons of butter, Salt to the taste*

- Cut the green tops of the four heads of celery, remove the outside stalks and clean the lower parts well.
- Then cut each head in half, make a batter of the eggs, wine and salt.
- Have ready the lard and butter in a hot skillet; dip each head in the batter and fry nicely in the lard and butter.
- Put them in a hot dish and pour melted butter over them.

### TO STEW SALSIFY

*Several bunches of salsify, Half a pint of sweet milk, One tablespoon of butter, One teaspoon of flour, Salt and black pepper to the taste*

- Scrape the salsify and cut in pieces one inch long.
- Let them stand in cold water for twenty minutes, then put into a pot with a teaspoon of salt and boiling water enough to cover well.
- Cook until tender, which will take about two hours.
- Drain off the water, except a teacup full, which put into a saucepan with the milk ; and when it comes to a boil, rub the flour and butter together and stir in until it thickens.
- Season to the taste, pour over the salsify and let it boil up once. Enough for about a quart of cut up salsify.

### SALSIFY FRITTERS

*One quart of well boiled salsify, One dessertspoonful of butter, Two teaspoons of flour*

- Mash the salsify as smooth as you can mash it.
- Add the flour and butter and a little salt and black pepper, make into small cakes, dip into egg and fine breadcrumbs.
- Drop in boiling lard, frying a nice brown as you would fritters, or simply dredge the cakes with flour and fry as you would a flannel cake, only using more lard.

### NOTES

### TO BAKE SALSIFY

*One quart of well-boiled salsify, Two tablespoons of butter, A half a teacup full of cream, Two tablespoons of breadcrumbs, Salt and black pepper to the taste*

- The salsify must be boiled so as it will mash perfectly smooth, then measure.
- Mix the breadcrumbs with it, add the butter and cream, then the salt and pepper.
- Bake twenty minutes.
- The breadcrumbs must be grated and sifted. Put some on the top, with a few small pieces of butter.

### TO BOIL TURNIPS

*Eight large white turnips, One cookingspoonful of butter, Two tablespoons of cream, Salt and black pepper to the taste*

- Wash, peel and slice the turnips; put them into a saucepan with boiling water and let them boil steadily until they are tender enough to be pressed through a sieve, which will take over an hour.
- Return to the saucepan, put in the butter, cream, salt and black pepper; stir well over a bright fire for twelve minutes and serve very hot with boiled mutton.

### TURNIPS WITH WHITE SAUCE

*Four large turnips, One pint of sweet milk, One tablespoon of butter, One teaspoon of flour, Salt and black pepper to the taste.*

- Peel the turnips, cut first in strips, then in dice.
- Cover with hot water and let them cook until tender, which will take about an hour.
- Have ready the boiled milk.
- Drain the turnips and pour the boiled milk over them and return to the fire.
- Rub the butter and flour together and stir in the turnips, until the milk thickens; add the salt and pepper and serve.

### TURNIPS WITH BROWN SAUCE

*Four good sized turnips, One coffee cup full of clear soup, One cooking-spoonful of butter, Salt and black pepper to the taste, One teaspoon of flour*

- Peel the turnips, then cut into strips and afterwards in dice.
- Put them into a saucepan, cover with boiling water and simmer until half done, which will take about half an hour.
- Drain and put them into a skillet with the cookingspoonful of butter and fry a nice brown.
- Heat the clear soup, pour over the turnips and simmer five minutes.
- While simmering, rub the teaspoon of flour with the dessertspoonful of butter, stir in and when the soup is the consistency of custard, pour into a heated dish with a cover to it and serve.

### NOTES

### MACARONI

*Six ounces of macaroni, One quart of tomatoes, One pint of clear soup, One dessertspoonful of sugar, Two tablespoons of flour, Two tablespoons of butter, Six tablespoons of grated Parmesan cheese*

- Don't break the macaroni up, but put it in broken pieces of suitable size into hot water and add two teaspoons of salt.
- Let it boil twenty minutes, then take it off; have ready the sauce, made in the following manner:
- Cook the tomatoes one hour, then strain; add the clear soup, sugar, pepper and salt; let it boil and while boiling, cream the butter and flour; stir in and let it boil until it thickens. Mix all together.

### MACARONI II

*A quarter of a pound of macaroni, A quarter of a pound of grated Parmesan cheese, A teaspoon of mixed mustard, Two tablespoons of butter, Half a pint of rich cream, One pint of sweet milk, Salt and cayenne pepper to the taste*

- Boil the macaroni until it is tender, but not broken; drain the water off and cover the saucepan to let it dry.
- Boil the milk and cream together; mix the butter with a teaspoon of flour and put into the boiling milk, stirring in one direction until it thickens.
- Add the mustard; put in a dish a layer of macaroni, then of cheese and of sauce and so on until the dish is filled.
- Put in the salt and pepper just before taking the sauce off the fire. Bake half an hour.

### MACARONI III

*Six ounces of macaroni, A quarter of a pound of butter, A coffee cup full of cream, Five tablespoons of grated Parmesan cheese, Two teaspoons of mixed mustard, Salt and cayenne pepper to the taste, Two eggs*

- Boil the macaroni until perfectly tender; boil the cream and butter together and stir in the eggs until the mixture thickens.
- Add the mustard, salt and cayenne pepper; put the dish that this is to be served in over hot water and arrange in the following manner:
- A layer of the macaroni, then of the sauce and one of cheese and so on until the dish is filled; serve very hot. This can be put in a baking dish and browned in the oven for twenty minutes.
- If baked, sprinkle cheese generously over the top and put small pieces of butter with it.

### NOTES

### MACARONI WITH WHITE SAUCE

*Four ounces of macaroni, One pint of rich cream, One tablespoon of butter, One dessertspoonful of flour, Four tablespoons of grated Parmesan cheese, Salt and pepper to the taste*

- Boil the macaroni or use spaghetti, which is more delicate.
- Have the sauce made in the following manner:
- Boil the cream, put in the salt, pepper and extract of celery to the taste.
- Let this continue to boil and while boiling, rub the butter and flour and stir in the cream until it thickens.
- Arrange the macaroni and cheese in layers in the dish and pour the sauce over immediately.
- This quantity will make enough for twice, so only serve half of it at the time.

### MACARONI SAUCE II

*One pound of veal, Half a pound of chopped ham, One dessertspoonful of whole allspice, One teaspoon whole cloves, One small carrot, one small onion, Six bay leaves, one can of tomatoes, One fourth of a pint of sherry wine, Two tablespoons of butter*

- Have cold boiled ham, scrape the carrot, peel the onion and put into a saucepan, with allspice, cloves, bay leaves, tomatoes, salt and black pepper to the taste and a little mace.
- Let all boil until done, stirring carefully all the time.
- Strain, thicken the sauce by rubbing a dessertspoonful of flour with the butter; stir in and let it simmer until the consistency of custard.
- Heat the wine and pour into the sauce.
- Boil the macaroni twenty minutes, arrange in the dish a layer of macaroni, one of grated parmesan cheese, then pour over some of the sauce.
- Now another layer of macaroni, etc., having the last a layer of cheese.

*Serve while hot.*

### TO BOIL PARSNIPS

*Eight large parsnips, One tablespoon of salt, One gallon of water*

- If the parsnips are young and not very large, scrape them and put them into a saucepan with the water boiling and salt in it.
- Boil until tender, which will take about an hour.
- If they are old and large, peel thinly with a sharp knife and boil for an hour and a half.
- Drain, put into a hot vegetable dish and serve with butter, black pepper and salt put on them.
- If to be fried, boil as above, slice lengthwise, fry in boiling lard and butter; brown each side; drain, put in a hot dish and put butter and black pepper on them.

*They are very nice served with roast beef or mutton.*

### NOTES

### PARSNIP FRITTERS

*Five large parsnips, One large tablespoon of flour,  
One teaspoon of brown sugar, One tablespoon of butter,  
Black pepper, salt to the taste, Two eggs*

- Scrape and cut the carrots, put them into a saucepan with a teaspoon of salt and two quarts of boiling water.
- Boil until perfectly tender, then mash smooth; add the other ingredients, lastly the eggs.
- Make into round cakes and fry a nice brown on both sides.

### PARSNIP FRITTERS II

*Six good sized parsnips, One teaspoon of flour,  
One tablespoon of butter, One egg*

- Boil the parsnips for an hour and a half.
- Skin and mash very fine, add the flour, the well beaten egg and salt to the taste.
- Shape into small round cakes, sprinkling a pinch of sugar over each cake.
- Put some lard and butter into a hot skillet, put in the cakes and when nicely fried on each side, serve.

### TO STEW ONIONS WITH CREAM

*Six Spanish onions, Three teaspoons of butter, One dessertspoonful of flour, Half a pint of cream, Salt and black pepper to the taste*

- Boil the onions steadily, but not too rapidly, for two hours and a half, changing the water three times.
- Drain, put them into a saucepan with the cream and let them simmer very gently.
- Rub the flour and butter, stir in the onions, until the cream is quite thick; add salt and black pepper. Serve immediately.
- Pour the sauce over onions in a dish.

### BOILED ONIONS

*Time for young onions, sixty minutes,  
For old onions, an hour and a quarter*

- Take off the outer layers until you get to the crisp skin.
- Put them on in a plenty of boiling water and a little salt.
- Let them cook steadily, but not too rapidly, according to the above directions.
- Pour off the water, add a teacup full of milk to a medium-sized dish of onions, a tablespoon of butter and a teaspoon of flour.
- Simmer for five minutes and serve.

### TO COOK BURR ARTICHOKE

- Get them young or they will not be tender.
- Wash them in salted water; then put them on in boiling water.
- Boil until you can pull off each leaf easily.
- Sprinkle a little salt over them; serve with drawn butter flavored with a little vinegar; or with a tartare sauce.

*Eat by dipping each leaf in the sauce.*

### TO STEW PUMPKIN

- Peel the pumpkin, take out the seeds and cut into small pieces
- Put into a pot, with water enough to keep it from sticking.
- Simmer for three hours and when nearly done, take off the cover to allow some of the water to evaporate.
- This is delicious either as a vegetable, for puddings, or for corn bread. When perfectly done drain through a sieve.

### TO BAKE PUMPKINS

*Three pints of stewed pumpkin, One teacup full of cream, One tablespoon of cornstarch, Salt to the taste*

- Drain the pumpkin through a sieve and add to it the cream, cornstarch and salt.
- Put into a baking dish and bake slowly for three-quarters of an hour.
- In place of the cream and cornstarch a coffee cup full of mashed sweet potatoes, mixed well with the pumpkin and baked half an hour, is very nice.

### HOMINY PUFFS

*One quart of cold boiled hominy, Four heaping tablespoons of flour,  
Three teaspoons of baking powder, One coffee cup full of sweet milk,  
One teaspoon of salt, Four eggs*

- The hominy must be thoroughly cooked and when cold stir in the well-beaten yolks of the eggs.
- Then blend in the flour, milk and salt in alternation with the baking powder
- Lastly the whites of the eggs beaten to a froth and stirred slowly in.
- Have the lard boiling and drop in with a spoon and fry a nice brown.
- Cold boiled corn grits can be used in the place of hominy.

### HOMINY FRITTERS

*Two teacup fulls of boiled hominy, One teacup full of sweet milk, Four  
tablespoon of flour, Half a teaspoon of baking powder,  
Salt to the taste, One egg*

The hominy must be well boiled and cold.

- Mash well with a spoon; stir in the flour and milk alternately, with the well beaten yolk of the egg, then put in salt to the taste.
- Sprinkle the baking powder lightly through, lastly the white of the egg beaten to a froth. Fry in boiling lard, as you would fritters.

### NOTES



### TO BOIL HOMINY

*One quart of hominy, Two quarts of water, One teaspoon of salt*

- Wash well in two or three waters, rubbing the grains well with the hands, so as to whiten them.
- Soak overnight and boil in the same water, from four to six hours, according to the size of the grains.
- Put the salt in the water in the morning and add boiling water continually, so as to keep it an inch above the hominy while boiling.
- After boiling the time required, press a grain with the fingers and if it is soft, it is done.
- Drain through a colander and keep where it will not get musty.
- This quantity will do for two or three times.
- When heating it over, put it in a saucepan with a little milk and after it has simmered for about twenty minutes, rub a little butter and flour together, which must be according to the quantity of milk and stir in until it thickens.

## PUDDINGS AND PIES

### TO PREPARE APPLES FOR PIES

*One quart of stewed apples, Yolks of four eggs, Two tablespoons of butter, Four tablespoons of sugar, Juice and grated rind of one lemon*

- Measure the apples after being stewed and rubbed through a sieve.
- Add the eggs, butter melted and sugar; lastly, the juice and rind of the lemon.
- Put into a saucepan over boiling water and stir until quite thick.
- When cold put into the pies.

### TO PREPARE APPLES FOR PIES II

*Three pints of stewed apples, A quarter of a pound of butter, Sugar and nutmeg to the taste, Yolks of two eggs*

- Mash the apples and add the well-beaten eggs, then the sugar and nutmeg.
- Cook in a saucepan, placed over hot water.
- Stir until it thickens.
- When cold, put in the pie plates, lined with well-made pastry.
- Lemon juice can be used to flavor, instead of nutmeg.

### NOTES

### TO PREPARE APPLES FOR PIES III

*One quart of stewed apples, Yolks of four eggs, Two lemons, A large cooking-spoonful of butter, Sugar to the taste*

- Beat the eggs and stir into the apples.
- Add the melted butter and sugar to the taste.
- Add the juice of one of the lemons and grated rind of two.
- Put into a saucepan, with hot water underneath and stir until it thickens
- Let it get cool, then put into plates lined with nice pastry and bake quickly.
- The whites can be beaten and put over the tops of the pies and browned in the oven.

*The above quantity will make three large pies.*

### A CHARLOTTE OF APPLES (Pudding)

*Three pounds of apples, Three-quarters of a pound of sugar, Six ounces of butter, Essence of lemon or vanilla to the taste. The apples should be pared, cored and quartered, before weighed.*

- Put them in a saucepan with the above ingredients, except the essence and let them simmer until perfectly smooth, stirring well all the time to keep from burning.
- When cool, add the essence and pour into the crust.

### APPLE CHARLOTTE II

*One dozen and a half pippin apples, Two large cooking-spoonfuls of butter, One dessert-spoonful of ground cinnamon, The grated rind and juice of one lemon, Half a teaspoon of grated nutmeg, Pulverized sugar to the taste*

- Peel, core and chop the apples, put them with the above ingredients into a saucepan, with hot water underneath and stew until smooth.
- Butter some slices of bread and line a mold with them, as you would for Charlotte russe.
- Fill it with the apples and cover the top with more slices of buttered bread.
- Bake in a moderate oven until a rich brown and eat with or without sauce.
- It will be better to butter both sides of the slices of bread for the top of the Charlotte.

### NOTES

### A DELICIOUS WAY TO BAKE APPLES

*A quarter of a box of gelatin. A few small pieces of stick cinnamon  
Some apples, Sugar to the taste*

- Peel and core the apples, put them into a baking dish and fill each apple with granulated sugar.
- Cover them with hot water and let them stew gently; and, while stewing, lay a few small pieces of stick cinnamon on top.
- When the apples are half done, sprinkle over them the quarter of a box of gelatin and let them stew until done.
- Put them in a dish and pour the juice over them.
- Let them get cold.
- They can be eaten with or without cream. A few pieces of lemon peel put in with the cinnamon is a great improvement.
- Take them out, also the pieces of cinnamon, before pouring the juice over the apples.

### TO FRY APPLES

*Two pints of apples, One teacup full of brown sugar,  
Half a teacup full of butter*

- Peel and seed the apples and slice as you would for preserves.
- Have the skillet hot, put in a dessertspoonful of lard and when melted add one-half of the butter.
- Now put in one-half of the apples, in a few minutes turn and when nearly done, put in one-half of the sugar.
- When they look clear and like a peach preserve, take off and put in a dish over hot water.
- Do the rest the same way. Turn them carefully, but do not stir them.

### BAKED APPLE PUDDING

*Six large apples, Four tablespoons of butter, One lemon, One egg*

- Cream the butter and sugar together; mix with them the well-beaten yolks.
- Then add peeled and grated apples, juice and half the grated rind of the lemon; nutmeg to the taste and lastly, the whites of the eggs beaten to a stiff froth.
- Bake half a hour and serve either with a hot sauce or cream.

### APPLE PUDDING II

*Half a pound of butter, One lemon, Six eggs*

- Grate as many apples as will fill an ordinary sized pudding dish
- Stir in the well-beaten yolks of the eggs, melted butter, juice, grated rind of the lemon and sugar to the taste.
- Put this into a saucepan with no water underneath and stir for five minutes, after it begins to simmer; let this cool.
- Put into a dish lined with nice pastry and cover the top also with pastry.
- Bake until a light brown.

### TAPIOCA AND APPLES

- Take a pint of tapioca, pour some hot water over it and continue to add more hot water to it until it swells.
- Peel and core some juicy apples, fill each hole with granulated sugar and sprinkle sugar freely over the apples.
- When the tapioca is perfectly soft, put in extract of lemon and sugar to the taste, with a little salt. Pour it over the apples and bake slowly for two hours.
- Tapioca should be put to soak before breakfast.

*Serve with cream.*

### MERINGUED APPLES

*Eight large pippin apples, Some granulated sugar,  
Three large lemons*

- Peel and core the apples and put them into a deep baking dish.
- Fill each core with sugar; strain the lemon juice on, put half a pint of water in the dish and the thinly shaved rind of one lemon, cut into small pieces and scattered through.
- Put the dish into a moderate oven and cook the apples until they are perfectly tender.
- Take them out and let them get perfectly cold.
- Prepare some icing, adding to it lemon juice to the taste; spread some thickly on each apple and brown in a moderate oven.

*This makes a very nice simple dessert.*

### PASTRY

*One pound of the best flour, Three-quarters of a pound of butter,  
A wine glass of ice water, The whites of two eggs*

- Take three-quarters of a pound of the flour and put in a bowl; put the other quarter of a pound in a plate.
- Beat the whites of the eggs very light and mix in the flour, with the wine glass of ice water, so as to make a stiff dough.
- Beat well with a rolling pin for ten minutes, roll, adding the butter in four rollings and the quarter of a pound of flour.
- Put the pastry on the ice for two hours.

*This quantity will make three large pies.*

### NOTES

### PUFF PASTE

*One pound of butter, One pound and a half of flour,  
Half a pint of ice water*

- Wash the butter in cold water, then carefully squeeze out all the water.
- Divide in about six parts; separate the flour, leaving half a pound to sprinkle with.
- Take the pound of flour and one piece of the butter and mix with the ice water, using a knife for mixing and handle as little as possible.
- Roll the paste from you and spread with the butter and half a pound of flour in, three rollings.
- Put in a cool place for an hour or two. In the summer put it in the ice chest.
- When making out into pies, cut off only enough to make one pie at the time, so as not to roll more than once after taking off of the ice.

### WASHINGTON PIE

*One cup of granulated sugar, Half a cup of butter, Half a cup of milk,  
One egg, Two cups of flour, One teaspoon of cream of tartar,  
Half a teaspoon of soda*

- Cream the sugar and butter, add the flour, milk and well beaten egg, cream of tartar and soda; flavor delicately with vanilla.
- Put in two round tins, about an inch deep and bake in a moderately quick oven.

### CREAM FOR WASHINGTON PIE

*One tablespoon of flour or cornstarch,  
One-third of a cup of granulated sugar,  
One cup of milk, One egg*

Put the milk on to boil, add the sugar, egg and corn starch; stir until it thickens and flavor with vanilla.

Cut the cake in two and when the cream is cold, not stiff, spread it on one-half of the cake.

Put back the other half, making two layers for each cake.

A little grated coconut can be sprinkled over the cream before putting the cake on it.

*This must be served cold.*

### LEMON PIES

*Two teacup fulls of granulated sugar, One tablespoon of butter,  
One teacup full of cream, One tablespoon of cornstarch,  
Juice and grated rind of three lemons, Six eggs*

- Beat the eggs separately, then together; add the sugar, butter, cream, juice and grated rind of the lemons; lastly, the cornstarch.
- Stir over the fire until it thickens and when perfectly cold, pour into pie plates lined with pastry.

### NOTES

### ORANGE PIE

*Three-quarters of a cup full of sugar, Two tablespoons and  
a half of butter, Juice and grated rind of one orange,  
One dessertspoonful of corn starch, Three eggs*

- Beat the sugar and butter, then the well-beaten yolks of the eggs, the juice and grated rind of the orange, nutmeg and cornstarch.
- Lastly, the whites of the eggs beaten to a stiff froth. Put into a saucepan with hot water underneath and stir until thick and perfectly smooth. Line the plates with pastry and when cool pour into the plates and bake quickly.

### BREAD FRITTERS

*One quart of sweet milk, Two teacup fulls of breadcrumbs, One teaspoon  
of soda, Two teaspoons of cream of tartar, Nutmeg and salt to the taste,  
Two tablespoons of granulated sugar, Two eggs*

- Boil the milk and soak the bread crumbs in it for ten minutes, in a covered bowl.
- Beat until smooth; add the well-beaten yolks of the eggs, then the salt, nutmeg, soda and cream of tartar dissolved in a little hot water.
- Lastly the whites of the eggs, beaten to a stiff froth.

Serve with butter and sugar, or maple molasses.

### BELL FRITTERS

*One pint of water, Two tablespoons of butter,  
One pint of flour, Six eggs, one pint of lard*

- Put the butter into a pint of water; let it boil a few minutes, thicken it very smoothly with a pint of flour ; let it remain a short time on the fire, stirring it all the time, that it may not stick to the pan.
- Pour it into a wooden bowl; add six eggs, breaking one and beating it in, then another and so on, until they are all in and the dough is quite light.
- Put a pint of lard into a pan, let it boil; drop the fritters in, have them round like bells and fry a light brown.
- Salt to the taste.

### SPANISH FRITTERS

*One loaf of bakers' bread, A tablespoon of pulverized sugar, One teacup  
full of cream, Nutmeg and cinnamon to the taste. One egg*

- Take off the crust and cut the inside of the loaf in pieces three inches square and one inch thick.
- Put the sugar, nutmeg, cinnamon and well-beaten egg in the cream.
- Soak the bread well in it and fry in butter a nice brown.

*Serve with a hot sauce.*

### NOTES

### FRENCH FRITTERS

*One quart of boiled milk, Flour enough for a stiff batter,  
One tablespoon of butter, Salt to the taste. Four eggs*

- Beat the milk and flour together until a stiff batter is made.
- Add the salt, melted butter and well-beaten yolks of the eggs.
- Beat the whites very light and stir in gradually.
- Have the lard boiling and drop in a cooking-spoonful at the time, which is enough for one fritter.

*Serve with golden syrup.*

### BLANC MANGE

*Three pints of new milk, One ounce of gelatin,  
Sugar and vanilla to taste*

- Put one quart of milk in the saucepan with the gelatin and boil until it is thoroughly dissolved.
- Add the other pint with the sugar and let it boil once more, strain and set it aside to cool.
- When it begins to congeal, flavor with vanilla to the taste and then mold.

*Any other extract that may be preferred can be used.*

### BLANC MANGE II

*One ounce of Cox's gelatin, One pint of rich cream,  
Extract of vanilla and sugar to taste*

- Pour enough hot water over the gelatin to cover it and when it is thoroughly dissolved, let it boil slowly for half an hour.
- Sweeten and flavor the cream, strain the gelatin into it and let it boil up once gently, then strain again into a mold, which has been previously dipped in cold water.

### SNOW PUDDING

*One ounce of gelatin, One pint of cold water, Whites of three eggs,  
Sugar to the taste, Three lemons*

- Soak the gelatin in the water for fifteen minutes, put it into a saucepan with hot water underneath and when thoroughly dissolved take it off of the fire.
- Let it cool, then beat to a stiff froth with an eggbeater.
- Sweeten to the taste and add the juice of the three lemons.
- Pour into a mold and put it into a cool place to get stiff.

*Serve with a custard to be made for it*

### NOTES

### TO MAKE THE CUSTARD FOR SNOW PUDDING

*One quart of sweet milk, Three tablespoons of sugar, A dessertspoonful of cornstarch, The grated rind of one lemon, The yolks of three eggs.*

- Boil the milk, add the yolks slowly, stirring all the time to keep from curdling. This custard should be boiled in a saucepan with hot water underneath.
- Then put in the sugar, grated rind of the lemon and lastly the cornstarch.
- Stir until it thickens and when perfectly cold serve with the pudding.

### ANOTHER RECIPE FOR SNOW PUDDING

*Half a box of Cox's gelatin, One pint of boiling water, One teacup full of pulverized sugar, Whites of five eggs, Juice of one lemon*

- Dissolve the gelatin in the boiling water, add the lemon juice after straining it, then the sugar.
- When cool, stir in the well-beaten whites of the eggs and beat until it gets very thick, then mold and serve with a custard made of the yolks of the eggs and flavored with lemon.

### IRISH POTATO DUMPLING

*One pint of mashed potatoes, One teaspoon of baking powder,  
One tablespoon of lard and butter, One saltspoonful of salt,  
Flour enough for a stiff dough*

- Rub the potatoes through the sieve, so as to have it entirely free from lumps.
- Add the butter and lard, half and half, then the salt, sift the baking powder into half a pint of flour and with some milk mix with the potato, then add more flour, so as to make the dough quite stiff.
- Roll with any kind of fruit, have a floured cloth ready and tie the dumpling in it.
- Put it in a pot of boiling water and boil two hours.
- Keep the pot well filled with boiling water and serve with either a hot or cold sauce.

### IRISH POTATO PUDDING

*One pint of mashed potato, One tablespoon of butter,  
One pint of cream, Granulated sugar to the taste,  
Juice and rind of one lemon, Four eggs*

- Rub the potato through a sieve before measuring; stir in the cream and well beaten yellows of the eggs, with the melted butter, sugar, rind and juice of the lemon.
- Mix thoroughly and add the well beaten whites.
- Bake half an hour in a pudding dish.
- Serve with a hot or cold sauce.

*This can also be baked in pastry.*

### SWEET POTATO PIE

*Two pounds of boiled, mashed sweet potatoes, One pound of sugar, One pound of butter, Two tablespoons of wine, two of brandy, One tablespoon of rose water, One pint of rich, sweet cream*

- Cream the butter and sugar together.
- Boil and mash the sweet potatoes; beat them by degrees into the sugar and butter; add five well beaten eggs; then the wine, brandy and rose water mixed; lastly the cream.
- Line your pie plates with some nice well-made pastry.
- Fill them with the potato and bake until a nice brown.

### SWEET POTATO PUDDING

*Half a pound of mashed sweet potato, Half a pound of butter, Half a pint of cream, One wineglassful of wine, Half a wineglassful of brandy or whiskey, Essence of lemon to the taste, Granulated sugar to the taste, Three eggs*

- Stir the cream, in the potato and butter melted.
- Beat the yellows of the eggs and add, with the wine, brandy, lemon and sugar.
- Stir well and mix in gradually the well beaten whites of the eggs.
- Bake half an hour and serve with hot or cold sauce.

*This will be nicer put in a pudding dish lined with pastry and a layer of it on the top.*

### SWEET POTATO PUDDING II

*One pound of mashed sweet potatoes, Half a coffee cup full of butter, One teacup full of sugar, Half a grated nutmeg, Juice and grated rind of one lemon, One glass of brandy or sherry wine, Four eggs beaten separately*

- Cream the butter and sugar, add the yolks of the eggs, spice, lemon and wine or brandy.
- Then beat in the potato slowly; stir in the well beaten whites of the eggs and bake in a buttered dish half an hour.

*Eat with a hot sauce.*

*This can be baked with an under crust of pastry, if preferred.*

### NOTES

### BROWN BETTY

*Two cup fulls of chopped apples, One cup full of breadcrumbs, Half a cup full of brown sugar, One teaspoon of ground cinnamon, Two tablespoons of butter*

- Have a deep dish; first put in a layer of chopped apples, tart ones; then some of the brown sugar, cinnamon and breadcrumbs and small pieces of butter; then another layer of apples and so on until the dish is full, having the last layer, of breadcrumbs and small pieces of butter.
- Steam three-quarters of an hour, by putting the dish in a pan of hot water and a cover over it; then uncover and bake until well browned.
- Eat either with sugar and cream, or a hot sauce.

*Use a coffee cup for measuring.*

### PANCAKES

*One quart of sweet milk, One small nutmeg, Half a pound of flour, One pound of melted butter, One pound of sugar, Two tablespoons of wine, Sixteen eggs*

- Beat the yolks very light, add to them the quart of milk, grated nutmeg, flour and melted butter; beat well for a while, so as to have the flour free from lumps.
- Add the sugar and wine, lastly the well beaten whites.
- Butter the pan, run the pancakes as thin as possible and when colored, they are done.
- Do not turn them, but lay each one carefully in the dish, sprinkling powdered sugar, spreading a little butter between each layer.

*Have about six pancakes in each plate.*

*Serve hot. Half of this quantity will do for a family of six.*

### SILVER CAKE PUDDING

*Two cups and a half of flour, Half a cup of butter, Two cups of granulated sugar, Half a cup of sweet milk, Half a teaspoon of soda, One teaspoon of cream of tartar, Whites of six eggs*

- Cream the sugar and butter together, add milk and flour alternately.
- Beat the whites of the eggs to a froth and stir in slowly.
- Flavor with vanilla and just before baking, put in the soda and cream of tartar, with milk enough to mix.
- Have the oven well heated and bake nearly an hour.

### SAUCE

*Half a pound of butter, Half a pound of granulated sugar, Yolks of two eggs, Grated rind and juice of a lemon, One wineglass of wine*

- Cream the butter, add the sugar, egg, juice and rind of the lemon, lastly the wine.
- When thoroughly mixed, stir over the fire till it comes to a good boil.

### GINGER CAKE PUDDING

*One coffee cup full of molasses, One coffee cup full of brown sugar, One pint and a half of flour, One tablespoon of ground ginger and cinnamon, One teacup full of sweet milk, One teaspoon of vinegar, One teaspoon of soda, One teacup full of butter, Four eggs*

- Beat the butter and sugar together, then add the well-beaten yolks of the eggs.
- Sift in the flour and spices, mix the soda and vinegar in the milk and stir in the mixture.
- Add by degrees the well-beaten whites of the eggs.
- Bake one hour and a half.

### BAKED INDIAN PUDDING

*Two coffee cupsful of Indian meal, One coffee cup full of molasses, A large cooking-spoonful of butter, Milk enough for a batter*

- Scald one cup of the meal with a little hot water.
- Add the other cup not scalded, the molasses and butter.
- Thin with the milk and bake three hours in a slow oven.

### BOILED INDIAN PUDDING\*

*Three coffee cupsful of buttermilk, Half a teaspoon of soda, two eggs, sugar and nutmeg to the taste*

- Beat the soda in the buttermilk and stir in Indian Meal\*\* enough to make a thick batter.
- Add sugar and nutmeg to the taste; and lastly, the well beaten eggs.
- Boil in a bag one hour and a half and eat with a hot sauce.

*\*Also called "Hasty Pudding" \*\*Corn meal or maize meal*

### RICE PUDDING

*One quarter of a pound of rice, One quart of rich milk, One quarter of a pound of sugar, One teaspoon of powdered cinnamon*

- Wash the rice through three waters and pick it carefully.
- Stir in the milk, sugar and cinnamon.
- Put into a pudding dish and bake slowly for two hours.

### RICE PUDDING II

*Two quarts of milk, One teacup full of raw rice, One teacup full of granulated sugar, Cinnamon and nutmeg to the taste, A dessertspoonful of butter*

- Mix thoroughly and bake in a slow oven for two hours and a half.

*To be eaten hot.*

### NOTES

### RICE PUDDING III

*One coffee cup full of raw rice, Eight tablespoons of granulated sugar, Two tablespoons of butter, Two quarts of sweet milk, One saltspoonful of salt*

- Wash the rice through several waters, rubbing it well with the hands while washing it, which makes it much whiter.
- Let it soak in a pint of the milk for one hour, then pour over the remainder of the milk and let it boil for an hour.
- Add the sugar and salt and some grated nutmeg to the taste, or ground cinnamon.
- Pour into a pudding dish and bake one hour in a slow oven.

### RICE AND CREAM PUDDING

*Four tablespoons of rice, One pint of sweet milk, One pint of rich cream, Two tablespoons of Cox's gelatin, Sugar and vanilla to the taste*

- Dissolve the gelatin in a little hot water.
- Boil the rice in the pint of milk until it is perfectly soft, then stir in the gelatin.
- Sweeten to the taste. Add the vanilla.
- Beat the whites of the eggs to a stiff froth and stir slowly in.

*Serve with cream.*

### COTTAGE PUDDING

*One pint of the best flour, One teacup full of pulverized sugar, Two tablespoons and a half of butter, Two teaspoons of cream of tartar, One teaspoon of soda, One teacup full of sweet milk, Nutmeg to the taste, One well-beaten egg*

- Warm the butter and stir in the sugar and egg.
- Put the cream of tartar in the flour and after dissolving the soda in the milk, add to the flour.
- Flavor with the nutmeg, or lemon, to the taste. Bake three-quarters of an hour in a slow oven.

*Serve with a hot sauce.*

### SUET PUDDING

*One teacup full of chopped suet, One teacup full of molasses, One teacup full of sweet milk, Three teacup fulls and a half of flour, One teaspoon of soda, Two teaspoons of cream of tartar, Half a teaspoon of ground cloves, One teacup full of raisins and currants mixed*

- Chop the suet as fine as possible and mix well with the milk and molasses.
- Sift in the flour and cloves.
- Dredge the currants and raisins with flour and add.
- Lastly, the cream of tartar and soda, mixed with a little milk.
- Steam three hours and serve with a hot sauce.

*Butter can be used instead of suet; in that case, put in two-thirds of a teacup full.*

### YANKEE CAKE PUDDING

*One pint of flour, One coffee cup full of sweet milk,  
Two teacupful of granulated sugar,  
One teaspoon of cream of tartar, Half a teaspoon of soda,  
One large cooking-spoonful of butter One egg*

- Beat the butter and sugar together until very light; then add the flour and milk in alternation, with the extract of lemon or vanilla to the taste.
- Lastly, mix the cream of tartar and soda in a tablespoon of milk and stir in the mixture.
- Bake in a slow oven.

*Serve with a hot or cold sauce.*

### ROLY POLY PUDDING

*One quart of milk, Yolks of three eggs, One coffee cup full of sugar, A dessertspoonful of butter, A quarter of a pound of seeded raisins, A quarter of a pound of blanched almonds, A quarter of a pound of figs, A piece of citron three inches square, Vanilla to the taste*

- Boil the milk, beat the eggs and sugar together and pour the milk over them.
- Put in the butter and vanilla and stir over the fire until it thickens.
- Cut the fruit and almonds in small pieces and put into the custard.
- Have ready a sponge cake, that has been baked in a large stove pan; spread the mixture over the cake while both are hot.
- Roll and serve with a hot sauce.

### FEATHER CAKE PUDDING

*One coffee cup full of white sugar, Half a coffee cup full of milk, One tablespoon of butter, One coffee cup full and a half of flour, One teaspoon of baking powder, Flavor with vanilla or lemon to taste, One egg*

- Cream the sugar and butter, add the well-beaten yolk of the egg, then the flour and milk alternately.
- Stir in the melted butter, then the flavoring and white of the egg beaten very light.
- Lastly, sift in the baking powder.
- Bake in a quick oven and serve with a hot sauce.

### MERINGUE PUDDING

*One pint of stale breadcrumbs, One quart of sweet milk, One cup full of granulated sugar, The juice and grated rind of one lemon, The yolks of four eggs*

- Mix the breadcrumbs and milk, then the well-beaten yolks, sugar, juice and grated rind of the lemon.
- Bake half an hour.
- When cold, spread the top with any kind of fruit jelly.
- Beat the whites of five eggs to a froth, adding by degrees two tablespoons of pulverized sugar and the juice of one lemon.
- Spread this over the pudding, put it in the oven and brown nicely.

*Top with cream.*

### FIG PUDDING

*One pound of fresh figs, Half a pound of brown sugar, One pound of breadcrumbs, One pound of beef suet, Four eggs*

- Soak the figs for about ten minutes in hot water. Drain and chop very fine and mix well with the sugar and suet.
- Then the well-beaten yolks and the bread crumbs
- Lastly the whites of the eggs beaten stiff.
- Put into a mold and steam, or boil, three hours.

*Eat with a hot sauce.*

### COCONUT PUDDING

*One teacup full of desiccated cocoanut, One quart of sweet milk, Two tablespoons of cornstarch, One tablespoon of butter, Sugar and nutmeg to the taste, Three eggs*

- Boil one pint of the milk and soak the coconut in it for half an hour.
- Put it into a saucepan and as soon as it boils, add the remainder of the milk, yolks of the eggs, sugar, nutmeg; lastly, the cornstarch.
- Stir until it thickens, then put into a pudding dish and bake quickly for fifteen minutes.
- Beat the whites of the eggs until stiff, add a tablespoon of granulated sugar, cover the top of the pudding with it and brown nicely.

### ORANGE PUDDING

*One quart of sweet milk, Yolks of three eggs, One coffee cup full of sugar, Four tablespoons of cornstarch, Five large oranges, Juice and grated rind of two lemons*

- Boil the milk and, while boiling, stir in the well beaten yolks of the eggs and the cornstarch, previously mixed with a little water.
- Boil fifteen minutes, stirring all the time to keep from curdling.
- When cool, add the lemon juice and grated rind.
- Peel, seed and slice the oranges; put them in layers in a dish and pour the custard over them.
- Beat the whites of the eggs to a stiff froth, add two tablespoons of pulverized sugar to them, spread over the pudding and serve with cream, or without it.

### NOTES

### LEMON PUDDING

*Two coffee cupsful of grated breadcrumbs, Three coffee cupsful of sweet milk, The juice and grated rind of two lemons, One large cooking-spoonful of butter, One coffee cup full and a half of sugar, Five eggs*

- Scald the milk and stir in the breadcrumbs and butter; let it boil, take off the fire and put it away to cool for half an hour.
- Beat the yolks very light and stir in the mixture, alternately with the sugar.
- Boil for five minutes and when cool pour into the plates lined with pastry.
- Beat the whites of the eggs very stiff, add slowly two tablespoons of granulated sugar and spread over the puddings after they are baked. Then put in the oven and brown.

### TRANSPARENT PUDDING

*Half a pound of butter, Half a pound of granulated sugar, One dessert-spoonful of cornstarch, Grated nutmeg to the taste, Six eggs*

- Cream the butter and sugar and add the well-beaten yolks.
- Beat the whites to a froth and stir in gently, then the nutmeg.
- Lastly, sift in the cornstarch.
- Put into a buttered pudding dish and bake in a quick oven half an hour.

*Serve with a hot sauce.*

### A SIMPLE PUDDING

*Half a cup full of butter, One cup of molasses, One cup of sweet milk, Three and a half cups of flour, Two teacupsful of cream of tartar, One teaspoon of soda, A cup full of seeded raisins*

- Mix the milk and flour, then the molasses, melted butter and raisins.
- Lastly the cream of tartar and soda, dissolved in a little milk.
- Steam for three hours and serve with a hot sauce.
- Be sure to flour the raisins before putting them in the pudding.

*Use a coffee cup for measuring.*

### A BOILED BREAD PUDDING

*Half a pint of breadcrumbs, Half a pint of scalded milk, Three tablespoons of sugar, Half a pound of dried currants, One ounce of blanched almonds, Two ounces of citron, Two tablespoons of butter, One teaspoon of flour, Orange flower water to the taste, Five eggs*

- Pour the scalded milk on the breadcrumbs and cover for an hour.
- Beat the eggs light and add to the bread, the flour, butter, sugar, currants and almonds that have been pounded as well as blanched.
- Lastly, the orange flower water to the taste.
- Butter a covered mold, add mixture and boil steadily one hour.

*Eat with either hot or cold sauce.*

### BOILED BREAD PUDDING II

*Half a pint of breadcrumbs, Half a pint of scalded milk, One teaspoon of flour, One ounce of butter, Two ounces of sugar, Half a pound of currants, Flavor with extract of lemon to the taste, Four eggs*

- Pour the milk over the breadcrumbs and cover for an hour.
- Beat up the eggs until light, stir in the flour, then add to the breadcrumbs.
- Wash, pick and dry the currants, flour them and with the sugar, stir into the mixture.
- Lastly, add the extract.
- Flour a cloth, put in the pudding, tie it tight and boil for one hour.

*Serve with a hot sauce*

### BAKED BREAD PUDDING

*One quart of sweet milk, Two coffee cupsful of stale bread, Two tablespoons of butter, One teaspoon of baking powder, Three tablespoons of sugar, Four eggs*

- Soften the breadcrumbs with the milk, stir in the well-beaten yolks of the eggs, then melted butter, sugar and nutmeg to the taste.
- Beat the whites of the eggs very light and mix through.
- Lastly, sift in the baking powder.
- Have a moderately heated oven and bake one hour.
- If preferred, this pudding can be put in a mold or bag and boiled two hours.

*Serve with a hot sauce.*

### BAKED BREAD PUDDING II

*One pint of stale breadcrumbs, Three sticks of cinnamon, One quart of milk, Grated rind of a half of a lemon, One tablespoon of butter, Sugar to the taste, Eight eggs*

- Break the cinnamon into the milk and boil ten minutes.
- Strain and when cold, stir in the yellows of the eggs, alternately with the sugar and breadcrumbs.
- Add the lemon and if desired, a little rose water and lastly, the well-beaten whites of the eggs.
- Bake in a buttered dish for three-quarters of an hour.
- Grate a little nutmeg over the top when done and serve either, with a hot or cold sauce.

### NOTES



### A SIMPLE BAKED PUDDING

*Half a pound of flour, One pint of sweet milk, Half a teaspoon of baking powder, One teaspoon of salt, Extract of lemon to the taste, A cooking spoonful of butter, The yolks of four eggs, The whites of two eggs, Granulated sugar to the taste*

- Beat the yolks very light and stir in the flour, then the milk, melted butter, salt, sugar and extract.
- Beat the whites to a froth and stir in slowly.
- Lastly, the baking powder.
- Peel, core and cut up six apples; put them in a buttered dish, pour the batter over and bake an hour in a moderate oven.

*Any kind of fruit can be used in the same way.*

### NONPAREIL PUDDING

*One pint of breadcrumbs, One quart of sweet milk, One coffee cup full of sugar, Grated rind of one lemon, A cooking spoonful of butter, The yolks of four eggs*

- Beat the yolks of the eggs light and put in the milk.
- Mix gradually with this the breadcrumbs and melted.
- Add the lemon rind.
- Bake in a good, but not too quick, oven.
- Beat the whites of the eggs very stiff and add the pulverized sugar to them, beating until a froth.
- Before putting in the sugar stir the juice of the lemon in it.
- Spread over the pudding a layer of jelly, or any other sweetmeat and pour on it the whites of the eggs.
- Return to the oven to brown.

*Serve cold with cream.*

### TAPIOCA PUDDING WITH COCONUT

*Three tablespoons of tapioca, Three tablespoons of grated coconut, One teacup full of granulated sugar, One quart of milk, Four eggs*

- Soak the tapioca overnight. In the morning pour off the water.
- Let the milk come to a boil, put in the tapioca and cook ten minutes;
- Beat the yolks of the eggs and sugar together until light; add to this the grated coconut and stir into the tapioca.
- Boil ten minutes and pour into a pudding dish
- Beat the whites of the eggs, add to them three tablespoons of granulated sugar and spread on top of the pudding.
- On top of all, spread a thick layer of coconut and brown in the oven five minutes.

### NOTES

### PUMPKIN PUDDING

*Half a pound of stewed pumpkin, A quarter of a pound of butter, A quarter of a pound of sugar, Half a pint of sweet milk, One wineglassful of wine, Nutmeg or cinnamon to the taste, Three eggs.*

- Mix the milk and pumpkin, add the sugar, well-beaten eggs and melted butter.
- Put into a saucepan with hot water underneath and stir until it thickens.
- When cool add the wine and put into plates lined with pastry.
- Bake in a quick oven.

### CAKE PUDDING

*Two cups of sugar, One cup of butter, One cup of sweet milk, One teaspoon of baking powder, Flour enough to make it as stiff as a pound cake, Two eggs*

- Beat the yellows of the eggs, mix with them the sugar, sweet milk and butter melted; then add the flour and lastly the well beaten whites of the eggs and any flavoring that may be preferred.
- Bake in a moderate oven and serve with either a hot or cold sauce.

### CORNSTARCH PUDDING

*Four tablespoons of cornstarch, One quart of rich milk, Two tablespoons of sugar, Vanilla or lemon to the taste, Two eggs*

- Mix the cornstarch with a little milk until perfectly smooth, put it in the quart of milk and beat.
- Add the two well beaten eggs and when it boils stir in the sugar by degrees.
- Lastly, flavor with vanilla or lemon.
- Pour into a mold to get cold.

*Serve with a custard sauce.*

*A dessertspoonful of butter stirred in after the eggs have been added, would be an improvement.*

### CHOCOLATE PUDDING

*Twelve tablespoons of grated breadcrumbs, Six tablespoons of grated vanilla chocolate, One cooking spoonful of butter, One quart of sweet milk, Yolks of six eggs*

- Boil the milk and sweeten to the taste with granulated sugar, then add the butter to it while boiling.
- Cool and add the well beaten yolks of the eggs and grated chocolate.
- Bake for half an hour.
- Beat the whites of the eggs to a stiff froth, adding, while beating, two tablespoons of pulverized sugar.
- Spread evenly over the pudding and brown nicely.

*Eat with cream.*

### NOTES

### A CHRISTMAS PUDDING

*One pound of flour, One pound of granulated sugar, One pound of currants, One pound of raisins, One pound of beef suet, Juice of two oranges, Juice of one lemon, Six eggs*

- Seed the raisins, wash and pick the currants, dry them and flour both well.
- Put in the flour, sugar and suet and add the juice of the oranges and lemon and grated rind of one orange.
- Lastly, beat the eggs very light and stir in by degrees
- Flour the pudding bag, pour in the pudding and tie loosely, to allow the pudding to swell.
- Boil five hours.

*Serve with hot or cold sauce.*

*Butter can be used instead of suet and in that case use a half of a pound.*

### ICE PUDDING

*One pint and a half of new milk, One dessertspoonful of Cox's gelatin, Sugar and extract to the taste, Five eggs*

- Boil the milk with the isinglass.
- Beat the eggs and milk as you would for custard and when the milk comes to another boil, take it off.
- Have a tin mold with a cover to it, buttered and lined with candied fruits.
- Then pour the custard in gradually, so that the fruit will remain at the bottom.
- Put the cover on and bury the mold in ice for the whole day, only turning out the pudding at the moment it is wanted.

*The custard can be sweetened a little, but be careful not to put in too much sugar, on account of the fruit being sweet.*

### CABINET PUDDING

*Half a pound of butter, Half a pound of flour, Half a pound of granulated sugar, Half a pound of seeded raisins, Half a coffee cup full of cream, The juice and grated rind of one lemon, Five eggs*

- Cream the sugar and butter together, add the well-beaten yolks, milk and flour, alternately with the whites, which have been previously beaten to a froth.
- Lastly, the raisins well dredged with flour.
- Turn into a well-buttered mold and boil two hours and a half.

(See Sauce, Next Column)

### SAUCE FOR CABINET PUDDING

*Yolks of four eggs, One wineglass of wine, One tablespoon of butter, Half a teaspoon of powdered cinnamon, Juice and grated rind of half a lemon.*

Cream the butter and sugar together

Add the well-beaten yolks, lemon and spice, lastly the wine.

Beat ten minutes and put into a saucepan with hot water underneath, Stir until it is the consistency of a thick custard.

*Serve hot, with the pudding from previous column*

### DUTCH PUFFS

*Two cups of granulated sugar, One cup of butter, Four cup of flour. One teaspoon of baking powder, Juice and grated rind of one lemon, Yolks of eight eggs*

- Beat the sugar and butter together, then add the flour and well beaten yolks of the eggs, beating all the time, so as to have the puffs very light.
- Put in the juice and grated rind of the lemon, then the baking powder.
- Lastly, beat the whites of the eggs to a stiff froth and stir slowly in.
- Bake in round molds and serve with a hot sauce.

*Measure with a large teacup.*

### A SIMPLE PLUM PUDDING

*One loaf of stale bread, One teacup full of stoned raisins, One teacup full of currants, One teacup full of light molasses, One teaspoon of cinnamon and cloves, mixed, One grated nutmeg*

- Slice the bread very thin and pour over it a little boiling water; cover closely until thoroughly softened; mash smooth and add the raisins that have been seeded and divided.
- Add the currants that have been washed, picked and floured. Also the spices.
- Mix well with the hands; flour a pudding cloth, or mold; pour in the pudding and boil one hour.

*Serve with a hot sauce.*

### POOR MAN'S PLUM PUDDING

*One five-cent loaf of baker's stale bread, One coffee cup full of stoned raisins, One coffee cup full of currants, washed and picked, One large teacup full of molasses, One tablespoon of butter, Half a teaspoon of powdered cloves, One grated nutmeg*

- Slice the bread very thin, pour on it a little boiling water and cover it closely.
- Let it stand until it softens.
- Mash very smooth; add the molasses, fruit and butter.
- Mix well and boil in a pudding cloth for an hour.

*Serve with an old-fashioned hot brown sugar sauce.*

## ENGLISH PLUM PUDDING

*One pound of raisins stoned and cut in half, One pound of currants picked, washed and dried, One pound of butter; eight eggs, One pound of breadcrumbs, or a half a pound of flour, One cup of sweet milk; half a tumbler of wine, One pound of sugar; Half a tumbler of brandy, One tablespoon of cinnamon and mace, mixed, One saltspoonful of salt*

- Prepare all the ingredients the day before, except the eggs.
- Beat the eggs very light and add half the milk, flour (or breadcrumbs if used) and the butter.
- Sprinkle the fruit with flour and mix in by degrees.
- Add the spices and liquor, beating very hard and stir in the remainder of the milk.
- If not thick enough, add more breadcrumbs.
- Dip the pudding cloth into boiling water, shake it and sprinkle the inside of it with flour.
- Lay it in a deep pan, pour the mixture in the cloth; tie so as to allow the pudding to swell and boil six hours.
- Turn out carefully.
- Before sending to the table, have ready some blanched sweet almonds and some citron cut in slices.
- Stick tastefully all over the pudding and serve with a hot or cold sauce.

*This pudding will be much improved by adding some rose water, some grated orange and some lemon rinds.*

## MINCE MEAT

*Two pounds of cooked beef, One pound of well-boiled beef tongue, One peck of pippin apples, Three pounds of seeded raisins, Two pounds of citron, Three peeled and seeded oranges, Two peeled and seeded lemons, One quart of brandy, One dozen nutmegs, Two tablespoons of rose water, Two ounces of powdered cloves, One pint of good cider, One pound of brown sugar.*

- Chop the meat and fruit, as fine as possible.
- Add the brandy, sugar, spices and rose water.
- Mix thoroughly, then stir in the cider.
- Put into a stone jar and tie paper tightly over it.

## NOTES

## SAUCES FOR PUDDINGS

### WINE SAUCE FOR PUDDING

*Half a pound of brown sugar Six ounces of butter, One teaspoon of flour, Four tablespoons of wine, The yolks of two eggs*

- Cream the butter and sugar together and add the well- beaten yolks of the eggs.
- Thicken with the flour and put the mixture on the fire.
- Let it boil until the consistency of thick custard, taking care to stir well all the time it is boiling.
- Just before taking it off the fire, heat the wine and stir in.

### PUDDING SAUCE

*One cup full of boiling water, Half a cup full of butter, Half a cup full of granulated sugar, Two wineglasses of Madeira wine, One teaspoon of cornstarch, Nutmeg to the taste*

- Cream the butter and sugar; stir in the hot water.
- Add the nutmeg and then the corn starch.
- Put into a saucepan with hot water underneath and stir until it thickens.
- Just before taking off the fire, add the wine.
- This will make sauce enough for a medium-size pudding, say for a family of six.
- Should the pudding be a large one, then the proportions must be doubled.
- Use a coffee cup for measuring.

### PUDDING SAUCE II

*Two cup fulls of granulated sugar, One cup full of butter, Nutmeg and wine to the taste, The yolks of three eggs.*

- Cream the butter until very light; add the sugar, well- beaten eggs and nutmeg.
- Put into a saucepan with hot water underneath and stir until it thickens; then put in the wine.

*Serve very hot.*

*Use a coffee cup for measuring.*

*This will be sufficient for a large pudding.*

### PUDDING SAUCE III

*Half a pound of granulated sugar, Half a pound of butter, Wine or brandy to the taste, Four eggs*

- Cream the butter, add the sugar, wine or brandy to the taste and lastly the well beaten eggs.
- Put into a saucepan with boiling water underneath and stir until it thickens.

*Serve very hot.*

#### PUDDING SAUCE IV

*One cup full of brown sugar, One pint of boiling water, Two tablespoons of flour, Two cookingspoonsful of butter, Two wineglassfuls of wine, Nutmeg to the taste*

- Put the water and sugar into a saucepan and boil for fifteen minutes, then add the butter.
- Mix the flour with a little cold water until smooth and stir slowly in the boiling sugar-water until it thickens.
- Add grated nutmeg to the taste.
- Heat the wine and pour in.

*Use a coffee cup for measuring the sugar.*

#### HARD SAUCE FOR PUDDING

*Two cupsful of powdered sugar, Half a cup full of butter, Juice and grated rind of one lemon, A teaspoon of grated nutmeg*

- Cream the butter and beat in the sugar, lemon juice, grated rind and nutmeg, for about ten minutes.
- A wine glass of sherry wine might be added.
- Pile lightly on a pretty dish and set it away to cool.

#### HARD SAUCE FOR PUDDING II

*Six ounces of butter, Six ounces of granulated sugar, One wineglassful of wine, A little grated nutmeg, The white of one egg*

- Beat the butter and sugar very light.
- Add the well-beaten white of the egg, then the wine.
- Continue to beat until it is frothy, then put in the nutmeg to the taste.

Put it in the dish lightly, don't press it down.

#### NOTES

## CREAMS and ICES

#### OMLETTE SOUFFLE

*Four tablespoons of granulated sugar, Six tablespoons of flour, One quart of sweet milk, Twelve eggs*

- Boil the milk; beat the yolks of the eggs well and mix in alternately the flour and sugar.
- Stir in the boiling milk and let it stand without boiling, after the ingredients have been added to the milk.
- One hour before it is to be eaten, beat the whites to a stiff froth and stir them into the mixture.
- Flavor with any extract to suit the taste.
- Bake in a quick oven for fifteen minutes.

#### CHARLOTTE RUSSE

*Half a pint of sweet milk, A quarter of a pound of granulated sugar, Two pints and a half of rich cream, One teacup full of boiling water, Half a box of Cox's gelatin, Half of a vanilla bean, Yolks of two eggs*

- Put the milk on to boil, beat the eggs and stir in.
- Add the sugar and vanilla bean, split and cut in small pieces and boil five minutes.
- Pour the boiling water over the gelatin and let it boil up once.
- Sweeten the cream to the taste, beat the cream to a stiff froth.
- When the custard is cool, not cold, mix all together.
- Line the molds with sponge cake and pour the mixture in

*Keep in a cool place.*

*Before molding take out the pieces of vanilla bean.*

#### CHARLOTTE RUSSE II

*One pint of cream, Half a box of Cox's gelatin, Four ounces of granulated sugar, Four tablespoons of sherry, Extract of vanilla to the taste, Whites of four eggs*

- Dissolve the gelatin in a teacup of milk, then scald, cool and strain.
- Beat the whites of the eggs to a stiff froth and add the gelatin.
- Then stir in the sugar, wine and vanilla, whip the cream and add slowly.
- When it gets cold, put into molds that have been previously lined with sponge cake

#### NOTES

### CHARLOTTE RUSSE III

*One quarter of an ounce of gelatin, One pint of rich cream, Three heaping tablespoons of sugar, Extract of vanilla to the taste, The whites of three eggs*

- Pour on the gelatin enough boiling water to dissolve it thoroughly, then cool.
- Beat the cream and eggs to a froth and stir into the gelatin, alternately.
- Add the sugar slowly and when well mixed, flavor with vanilla.
- Pour into a mold well lined on each side with sponge cake.

### CREAM FOR PUFFS

*One ounce of butter, One pint of water, Four ounces of flour, Two ounces of cornstarch, Two ounces of granulated sugar, One pint of sweet milk, Yolks of two eggs*

- Put the water in a saucepan over the fire, with the butter to melt.
- When the water boils, beat in the flour and cook for five minutes, stirring all the time to keep from burning.
- Mix together cold the cornstarch, sugar and eggs; add the milk, put it on the fire and stir until it boils five minutes.
- When cool, flavor with a teaspoon of vanilla and put into the puffs.

### EGG KISSES

*Twelve ounces of pulverized sugar, The whites of six eggs, Vanilla to the taste. Beat the whites to a stiff froth, then beat the sugar in lightly and add the vanilla to the taste*

- Drop with a tablespoon on a paper half an inch apart.
- Bake on a board one inch thick, in a cool oven until the tops are a light brown. Slip a knife under and put two of each together.

### CREAM MERINGUES

*One pound of pulverized sugar, Whites of eight eggs, Two teaspoons of vanilla, One quart of rich cream, A small pinch of alum*

- Beat the eggs to a stiff froth and add while beating, half a pound of the sugar, one teaspoon of the vanilla and the alum.
- Allow a tablespoon of this for each meringue and brown in a quick oven.
- Shape smoothly and handle lightly.
- Whip the cream and add the other half pound of the sugar and the other teaspoon of vanilla.
- When very stiff, fill the meringues.

*This quantity should make seven full meringues.*

### APPLE CREAM

*Two coffee cupsful of the pulp of baked apples, One coffee cup full of pulverized sugar, The whites of two eggs, Juice and grated rind of a lemon*

- Beat the apples and sugar together.
- Add the juice and rind of the lemon.
- Stir in slowly the well-beaten whites of the eggs.
- Serve with boiled custard or whipped cream.

### ITALIAN CREAM

*Two tablespoons of Cox's gelatin, One pint of sweet, rich cream, Extract of vanilla and sugar to the taste*

- Pour over the gelatin enough warm water to dissolve it thoroughly.
- Sweeten and flavor the cream to the taste.
- Whip to a very stiff froth.
- Stir in the gelatin when it is lukewarm, then mold and put in a cool place for a while.

*Eat with or without cream.*

### SPANISH CREAM

*Half a box of gelatin, One quart of sweet milk, Six tablespoons of granulated sugar Vanilla to the taste, Three eggs*

- Mix all ingredients, except the egg whites, in a saucepan and allow them to boil up once.
- Add the well-beaten whites of the eggs.
- Mold and eat cold.

### BAVAROISE

*Half a pound of granulated sugar, One quart of thick cream, Half a pint of water, One-third of a vanilla bean*

- Put the water, sugar and bean, in a saucepan and boil until dissolved.
- Sweeten the cream to the taste, beat to a stiff froth and mix with the gelatin and water.
- When lukewarm, take out the vanilla bean and mold.

*Serve with cream or a rich boiled custard.*

### FLORENCE CREAM

*One pint of milk, Yolks of three eggs, One third of a vanilla bean, Three tablespoons of granulated sugar, One pint of rich cream, One teaspoon of cornstarch, Half a teacup full of Madeira wine, Four square sponge cakes.*

- Boil the milk, stir in the eggs and sugar; split the vanilla bean, cut in small pieces and put in the custard while boiling.
- Stir in the cornstarch and when it thickens, take it off to get cool.
- Beat the cream as for charlotte russe, add the wine.
- Split the sponge cakes and line the bottom of the dish.
- Pour in the custard, then put the cream on top.

### NOTES

### ICE CREAM

*Half a box of Cox's gelatin, A quarter of a pound of granulated sugar,  
Four pints of rich cream, One pint of boiling water,  
Half of a vanilla bean*

- Split the vanilla bean, cut into small pieces and put into a saucepan with the gelatin, sugar and boiling water.
- Let this boil until the gelatin is dissolved.
- Strain and let it get cool, but not cold.
- Take out the pieces of bean, scrape the inside into the gelatin.
- Stir in the cream.
- If not sweet enough, add sugar to the taste.
- Put into a freezer and stir constantly until well frozen.

### VANILLA ICE CREAM

*Half a gallon of thick cream, Half a pound of granulated sugar,  
Half a vanilla bean*

- Boil the vanilla bean in a half a teacup full of water.
- Split it and scrape well, then put it in the cream, with the sugar and freeze, hard.

*Pack well as in recipe for macaroon ice cream.*

### MACAROON ICE CREAM

*One gallon of rich cream One dozen macaroons, Three large oranges,  
One teaspoon of extract of vanilla*

- Sweeten the cream to the taste.
- Put it into the freezer and when partially frozen, roll the macaroons very fine and stir in.
- Grate the rind of one of the oranges and add, with the juice of the three; then the vanilla.
- Freeze hard.
- Pack the freezer well with ice broken in small pieces and a quantity of salt, which will keep the cream until wanted to serve.

### PINEAPPLE CREAM

*Two quarts of rich cream, Two teacupsful of granulated sugar  
Two cans of pineapple, The juice of two lemons*

- Beat the cream very stiff and add two teacupsful of the sugar, mixing thoroughly.
- Grate the pineapple very fine and put in it the other two teacupsful of sugar and lemon juice.
- Stir in the cream.
- Pour two-thirds of it into the freezer and when partly frozen add the other third.
- Freeze well and pack with ice and salt to keep from melting.

### NOTES

### PINEAPPLE ICE

*Two cans of pineapple, Six lemons, One quart of water,  
Sugar to the taste*

- Grate the pineapple, squeeze the lemons and strain the juice.
- Stir in the water and sweeten to the taste.
- Put into a freezer well packed with ice and salt.
- Beat well while freezing and cover with salt and ice to keep until served.

### NESSELRODE PUDDING

*Two ounces of candied cherries, Two ounces of seeded raisins, Two ounces of candied apricots or peaches, Two ounces of candied citron, Four wineglassfuls of Maraschino cordial, One dozen waxy meringues, Half a pound of granulated sugar, One quart of rich cream, One quart of sweet milk, Four dozen Spanish chestnuts, Half of a vanilla bean, The yolks of twelve eggs*

- Blanch the chestnuts, take off the skins, boil until tender and when cold, pound with the vanilla bean.
- Mix with the sugar and rub through a sieve.
- Make a custard of the eggs and milk and mix with the chestnuts and vanilla bean.
- The night before this is to be made, the fruit must be soaked in the cordial.
- Pound the meringues, half freeze the custard, stir in the fruit and meringues.
- Whip the cream to a froth, mix well with the custard and fruit.
- Freeze hard and mold

### FROZEN SHERBET

*Three pints of clear water, One pound and a half of sugar,  
The whites of two eggs, The juice of four lemons*

- Take six lumps of sugar and rub them on the rinds of the lemons until the sugar is perfectly yellow. This is done to get the flavor of the rind.
- Put them in the water with the rest of the sugar.
- While it is dissolving squeeze, strain the juice and stir it in the water.
- Put all into a freezer and when half frozen, add the well-beaten whites of the eggs and finish freezing.
- Pack well with salt and ice to keep from melting.

### ORANGE WATER ICE

*Eight large oranges, A pound and a half of granulated sugar*

- Rub and squeeze the oranges, as you do lemons.
- Pour the juice over the sugar and mix thoroughly.
- Add water until it measures two quarts.
- Freeze well.

### NOTES

## ROMAN PUNCH

*Three pints of water, Six lemons, A teacup full of Jamaica rum*

- Squeeze the lemons and strain the juice.
- Sweeten to the taste, put into the freezer, surrounded by cracked ice, well packed with salt.
- When well frozen stir in the rum, just before you send it to the table.

*This quantity will be sufficient for six persons.*

*Of course it can be increased according to the number to be served.*

## FROZEN CUSTARD WITH FRUIT

*Two quarts of new milk. The yolks of eight eggs.*

*One quart of whipped cream. One pound of granulated sugar.*

*One pint of strawberry preserves. One pint of seeded raisins.*

*Half a pint of finely chopped citron. One pint of candied cherries*

- Let the milk come to a boil, add the sugar and when thoroughly mixed, stir in the well beaten yolks of the eggs.
- Dissolve a half an ounce of gelatin in a half a teacup full of cold milk.
- Put it in the custard, boil once and let it get cold.
- Put this in the freezer and when it begins to freeze, add the fruit.
- Stir in slowly the well whipped cream.
- Freeze well.

## JELLY

*Two boxes of Cox's gelatin, Three pints of clear water, One pint and a half of granulated sugar, One teacup full of brandy or whiskey, One quart of sherry wine, Juice of six lemons and rinds of three, Two tablespoons of stick cinnamon, Six whole cloves, Eighteen raisins, Whites of three eggs*

- Put the water on to boil.
- Add the gelatin, sugar, juice of lemons, thinly cut rinds, cloves, cinnamon, raisins and well beaten whites of the eggs.
- Boil until the whites gather to one side.
- Pour in the wine and brandy.
- Strain through a bag and mold.

*Be careful not to stir the jelly when taking it up to pour through the bag.*

## JELLY II

*One box of Cox's gelatin, One pint of Madeira wine. Three-quarters of a pound of granulated sugar, Three pints of clear water, Two tablespoons of stick cinnamon, Whites of three eggs, Four lemons*

- Cut the rind of the lemon very thin,
- Strain the juice put it in with the rind, water, sugar and cinnamon, broken in pieces.
- Beat the whites of the eggs very stiff and stir in the mixture, adding the crushed shells.
- Let this boil until the eggs gather to one side.
- Let it settle for about five minutes.
- Strain through a bag and mold.

*Never leave the seeds of the lemon in.*

## ORANGE JELLY

*Twelve large oranges, One pound of granulated sugar, Two ounces of isinglass, A teacup full of hot water, The whites of two eggs.*

- Cut the oranges in pieces and squeeze out all the juice. If this should not make a pint, squeeze more until you get a pint cup full.
- Put in the sugar and when it is dissolved put it on the fire.
- Dissolve the isinglass in the hot water and stir into the juice.
- Add the well beaten whites of the eggs.
- Boil steadily for twenty minutes.
- Strain slowly through a bag and mold.

*To be eaten with cream.*

## CREME DIPLOMATE

*One pint of whipped cream, Half an ounce of gelatin, One teacup full of candied cherries, Vanilla and sugar to the taste*

- Dissolve the gelatin in a little water and stir in the whipped cream.
- Sweeten and flavor to the taste and beat well.
- Then add sherry wine to the taste and the candied cherries.
- Put into a mold and leave it in a cool place until it gets stiff.

## ANGEL'S FOOD

*Half a box of gelatin, One quart of sweet milk, Four tablespoons of sugar, Vanilla to the taste, Three eggs*

- Put the milk and gelatin on the fire.
- Boil until the gelatin is entirely dissolved.
- Add the well beaten yolks of the eggs, with the sugar.
- Let it boil about five minutes; remove from the fire and stir in lightly the whites, beaten to a froth.
- Flavor with vanilla and mold.

## BIVAVONE

*Three pints of thick cream, Three ounces of isinglass, One pint and a half of boiling water, Half a pound of granulated sugar, Half of a vanilla bean*

- Beat the cream until stiff and set aside in a cool place.
- Put in the water the isinglass, sugar and vanilla bean.
- Split open and cut in pieces one inch long.
- Boil until the isinglass is thoroughly dissolved, then strain and let it cool, but don't let it get stiff.
- Stir in the whipped cream and mold.
- If made in warm weather the cream must be surrounded by ice, or it will not rise.

*This can be eaten for a dessert, either with or without cream.*

### VANILLA CUSTARD

*One pint of sweet milk, One pound of granulated sugar,  
One ounce of isinglass, One quart of cream, Half a pint of water, One  
tablespoon of rose water, Vanilla to the taste,  
The yolks of three eggs*

- Heat milk to a boil.
- Stir in the yolks; add til the sugar and isinglass, previously dissolved in the half pint of cold water.
- When almost cold, whip the quart of cream to a stiff froth and mix it.
- Add the rosewater and a little vanilla.
- Put this on the ice and half an hour before serving, pour it into a mold lined with ladyfingers, also covering the top with the same.
- Put it back into the ice-chest and when wanted, it will turn out nicely.

### CHOCOLATE CUSTARD

*A quarter of a pound of vanilla chocolate, Half a pound of granulated sugar,  
Two quarts of sweet milk. Yolks of twelve eggs, Whites of five eggs*

- Grate the chocolate and put it into the milk.
- When near a boil stir in the well-beaten yolks of the twelve eggs, the well-beaten whites of five and sugar.
- Boil for about five minutes, stirring well to keep from curdling.

*Serve cold.*

### CHOCOLATE CUSTARD II

*One quart of sweet milk, Four tablespoons of vanilla chocolate,  
Sugar to the taste, Four eggs*

- Boil the milk and stir in the grated chocolate, taking care to have it perfectly smooth.
- Beat the eggs lightly, sweeten them and put them into the boiling chocolate, stirring well to keep from curdling.
- Pour through a sieve and put it on the fire for a few minutes to thicken.
- It will not curdle if you will first pour in enough of the boiling milk to the eggs to warm them, before putting them in the chocolate; but should it curdle, let it get cold.
- Pour it through the sieve again and add gradually half a teacup full of fresh milk while pouring through the sieve.

### CHOCOLATE CUSTARD III

*Half a pound of vanilla chocolate, One tablespoon cornstarch,  
One coffee cup full of white sugar, One quart of sweet milk,  
Yolks of three eggs*

- Grate the chocolate; boil the milk and mix well.
- Add the sugar and eggs, lastly the cornstarch.
- Let it boil three minutes and when cold, cover the top with a little sweetened whipped cream.

### NOTES

### BAKED CUSTARD

*Half a gallon of milk, Sugar and nutmeg to the taste, Six eggs*

- Let the milk come to a boil, then take it off and let it cool a little.
- Beat the eggs, pour the milk over them and stir until smooth. Sweeten and add a little nutmeg.
- Combine and set the dish in hot water to bake until stiff like jelly.

### LEMON CUSTARD FOR PIES

*One teacupful of granulated sugar, Two tablespoons of butter, One  
teaspoon of cornstarch, Two lemons, Four eggs*

- Beat the yolks well, stir in the sugar, melted butter, juice and grated rind of the lemons.
- Add the well-beaten whites of the egg and the cornstarch.
- Put into a saucepan with hot water underneath.
- Stir until it thickens and when cool, not cold, put into the pies and bake quickly.

### SPONGE CUSTARD

*One quart of new milk, Yolks of three eggs, One teacup full of  
granulated sugar, One tablespoon of cornstarch, Vanilla to the taste*

- Put the milk on to boil.
- Beat the yolks of the eggs, sugar and cornstarch together and pour the boiling milk over, stirring while pouring.
- Put back on the fire and stir until thick and when cool, flavor to the taste.
- Dip some slices of stale sponge cake in wine and line a pudding dish with them.
- Pour in the custard, over the top put a meringue, made in the following manner : Beat the whites of the eggs to a stiff froth and add to them three tablespoons of granulated sugar and half a teaspoon of vanilla.
- After spreading this nicely over the custard, brown in the oven and serve cold.

### SPANISH CUSTARD

*One quart of cream or rich milk, Three-quarters of an ounce of gelatin,  
Eight tablespoons of granulated sugar,  
The yolks of eight eggs, Vanilla to the taste*

- When the milk comes to a boil, add the well-beaten yolks of the eggs and the sugar.
- Stir until it cools to keep from curdling.
- Dissolve the gelatin in half a pint of boiling water and when cool, mix it with the custard.
- Flavor, strain and stir until cold to keep the gelatin from separating from the custard.
- Mold and eat with cream.

### NOTES



## DIRECTIONS FOR INEXPERIENCED CAKE BAKERS

*The flour should always be well-sifted, the sugar well-rolled and the soda and cream of tartar thoroughly pulverized before measuring; and the measurement should be exact, in order that an excess of any ingredient should not be used.*

*Care must also be taken in baking. An oven too hot or too cool, or an irregular heat, will cause clammy streaks through the cake. If the heat is not uniform in all parts of the oven, as is not always the case, the cake should be turned around frequently.*

## COOKIES

*One teacup full of butter, Three teacups of granulated sugar, One teaspoon of soda, One grated nutmeg, Four eggs*

- Beat the eggs very light, then beat with the sugar; add the nutmeg and soda, mixed with a teaspoon of sour cream.
- Then work in flour until stiff enough to roll.
- Roll very thin; cut and bake in a quick oven.

*This will make a large number if rolled thin, as directed and are delicious.*

## TEA CAKES

*One pound of flour, One pound of sugar, One pound of butter, Half a teaspoon of cinnamon, Half a teaspoon of grated nutmeg, Three eggs*

- Wash the butter well in cold water, cream it with the sugar. Add the well-beaten yolks. Throw in the flour lightly with the spices.
- Beat the whites very light and mix in.
- Roll, cut and sprinkle each cake with granulated sugar and bake quickly in buttered pans.

## TEA CAKES II

*Two pounds and a half of flour, Two pounds of brown sugar, One pound of butter, One wineglass of brandy, One wineglass of wine, One teaspoon of powdered cinnamon, One teaspoon of baking powder, Four eggs*

- Sift the flour and mix in the baking powder. Rub the butter in and add the cinnamon.
- Stir in a little milk.
- Add the well-beaten eggs, wine and brandy.
- Make the dough stiff enough to roll and cut.
- Bake quickly.

## NOTES

## TEA CAKES III

*Three coffee cups of sugar, One coffee cup full of butter, Three teaspoons of carbonate of ammonia, Flour enough for a stiff dough, Nutmeg to the taste, Six eggs*

- Beat the sugar and butter together, break in the eggs, three at the time and beat all well for five minutes.
- Put in the carbonate and nutmeg and mix with flour enough for a very stiff dough.
- Roll, cut and bake quickly.

## TEA CAKES IV

*Two pounds of flour, One pound of granulated sugar, Half a pound of butter, Half a teacup full of sweet cream, One teaspoon of baking powder, Nutmeg to the taste, Two eggs*

- Mix the baking powder with the flour.
- Cream with the butter.
- Add the sugar, well-beaten eggs and nutmeg.
- Roll, cut and bake quickly.

## ANOTHER RECIPE FOR TEA CAKES

*Two pounds of brown sugar, Two pounds of flour, Half a pound of butter, One teaspoon of powdered cinnamon, Three eggs*

- Beat the eggs together very light, mix the butter and sugar and stir in the eggs alternately with the flour.
- Add the cinnamon.
- Roll thin and cut with a cake cutter.
- Bake quickly.

*An extra pint of flour will be required for the rolling.*

## DOUGHNUTS

*Two pounds of flour, One pound of sugar, One pint of milk, One tablespoon of rosewater, One teaspoon of soda, One nutmeg, Four eggs*

- Cut the butter into the flour and mix well with the hands.
- Add the sugar, rosewater, milk and soda.
- Add the well-beaten eggs.
- Fry a nice brown in boiling lard.
- Sugar each doughnut well while hot.

## CRULLERS

*Two pounds of flour, Half a pound of butter, Three quarters of a pound of sugar, A teaspoon of powdered cinnamon, Nutmeg to the taste, Six eggs*

- Cream the butter and flour, add the sugar and well-beaten yolks with the cinnamon and nutmeg. Beat the whites very light and stir in slowly.
- Roll out, cut into strips, twist and fry in boiling lard a light brown.

## NOTES

### ANOTHER RECIPE FOR CRULLERS

*One coffee cup full of sugar, Half a coffee cup full of butter,  
One coffee cup full of sweet milk, One tablespoon of baking powder,  
Nutmeg and cinnamon to the taste, Flour enough for a stiff dough,  
Three eggs*

- Beat the yolks and sugar very light; add the butter and milk and flour enough for a stiff dough.
- Then the nutmeg, cinnamon and well-beaten whites.
- Lastly the baking powder.
- Roll, shape and bake as in the previous recipe for crullers.

### HORSE MANDERS

*One pound of flour, One pound of granulated sugar,  
Half a pound of butter, Cinnamon and mace to the taste, Five eggs*

- Wash the butter well in a little cold water or rosewater.
- Beat it to a cream, add the sugar, then the eggs, leaving out the whites of two.
- Throw all into the flour and mix lightly.
- Take out small pieces, roll in sugar as for jumbles and bake in a moderate oven.

### CINNAMON JUMBLES

*One pound and a half of flour, One pound of butter,  
One pound of sugar, Two tablespoons of ground cinnamon,  
Three eggs*

- Rub the flour and butter together, add the sugar and eggs beaten well together, lastly the cinnamon.
- Roll, cut and bake in a quick oven.

*Should the above quantity of flour not be sufficient to make the dough stiff enough to roll well, add more.*

### JUMBLES

*One pound of granulated sugar, One pound and a quarter of flour, One pound of butter, One gill of rosewater, Five eggs*

- Beat the butter and sugar to a cream, add the eggs, well beaten, separately; then the rosewater.
- Lastly, the flour mixed lightly through the other ingredients.
- Roll into round strips the thickness of your little finger and form into rings the size of half a dollar.
- Bake them in tins about an inch apart, in a moderate oven.
- When partly cold, they can be iced if preferred.

### NOTES

### JUMBLES II

*One pound of butter, One pound of granulated sugar,  
One pound of flour, Half a wineglassful of rosewater,  
Nutmeg to the taste, Six eggs*

- Cream the butter and flour.
- Add the well beaten yolks and sugar in alternation and beat very light.
- Put in the rosewater and nutmeg; lastly, the whites of the eggs beaten to a froth.
- Roll, shape and bake in a good, but not too quick an oven.

### JUMBLES III

*Three-quarters of a pound of flour, Half a pound of butter,  
Half a pound of granulated sugar, Nutmeg to the taste, Two eggs*

- Cream the butter and flour. Add the sugar, well-beaten eggs and nutmeg.
- Break off small pieces of the dough the size of a walnut.
- Shape into rings, sugar well and lay on well-buttered tins, an inch apart. Bake quickly.

### ANOTHER RECIPE FOR JUMBLES

*One pound of flour, One pound of butter, One pound of granulated sugar, One tablespoon of ground nutmeg, cinnamon and mace,  
One wineglass of wine and brandy, mixed,  
Juice and grated rind of one lemon, Six eggs*

- Cut the butter up in the flour.
- Add the spices, sugar, wine and rind and juice of the lemon.
- Beat in the eggs and stir hard until the whole becomes a soft dough.
- Shape as rings, sugar well and put into well-greased pans.
- Bake quickly.

### COCONUT CAKES

*One pound of grated coconut, One pound of pulverized sugar,  
Rose water to the taste, The whites of three eggs*

- Stir the coconut and sugar together over the fire until it begins to dry.
- Add the eggs without beating and while hot, flavor delicately with the rosewater.
- Drop on greased paper and put into the oven to brown.

### COCONUT CAKES II

*One pound of white sugar, Half a pound of flour, Whites of ten eggs,  
Two coconuts, Rose water to the taste*

- Grate the coconuts and add to the well-beaten whites of the eggs.
- Stir in the sugar and the flour, then lastly, the rosewater.
- Have buttered white paper, drop the cakes with a spoon on it and bake a light brown.

### NOTES

### COCONUT CAKE III

*Two eggs, Two tablespoons of butter, One cup of sugar,  
Half a cup of milk, Two cups of desiccated coconut,  
Half a teaspoon of soda, One teaspoon of cream of tartar,  
A little rosewater*

- Cream the butter and sugar, add the yolks well beaten, then the flour.
- After the coconut has soaked half an hour in the milk, mix it with the above.
- Add the whites, well beaten, rosewater, and lastly the soda and cream of tartar, mixed with a little water.
- Bake in a good oven nearly an hour.
- Run a straw through the center of the cake and if it is perfectly dry, it can be taken out of the oven.

### MOLASSES GINGERBREAD

*Four teacups of flour, Three teacups of molasses, One teacup of butter,  
One tablespoon of powdered ginger, Two eggs*

- Mix the flour and molasses.
- Stir in the well-beaten eggs.
- Add the melted butter and then the ginger.
- Should the above quantity of flour not be enough to make it as thick as pound cake, add more.
- Bake slowly in a moderate oven.

### MRS. DUFFRIES' GINGER NUTS

*Two pounds of flour, One pint of molasses,  
Half a pound of brown sugar, Three-quarters of a pound of butter,  
Two ounces of ground ginger, Extract of lemon to the taste*

- Rub the butter and sugar together, then the molasses and with the hands mix in the flour. Add the ground ginger and extract.
- Roll out thin, cut and bake in a good oven.

### SOFT GINGERBREAD

*Six cups of flour, Two cups of molasses,  
Two cups of lard and butter, mixed,  
Two cups of brown sugar, One cup of sweet milk,  
Two tablespoons of ground ginger,  
One tablespoon of baking powder. Four eggs*

- Melt the butter, lard and molasses together.
- Stir in the flour and sugar alternately, then the milk, ginger and well-beaten yolks.
- Beat the whites very light and mix through slowly.
- Lastly, sift in the baking powder.
- Divide in two or three pans and bake in a slow oven.
- This is good either warm or cold.

*Use a coffee cup for measuring.*

### NOTES

### SOFT GINGERBREAD II

*Six cups of flour, One cup of butter, One cup of lard,  
Two cups of brown sugar, Two cups of molasses,  
Two tablespoons of ground ginger, One cup of sweet milk, Four eggs*

- Put the butter and lard on the fire and when melted, add the molasses.
- Then stir in the flour and milk by degrees and the ginger.
- Beat in the mixture the yolks of the eggs, one by one and add slowly the well-beaten whites and lastly sprinkle in two tablespoons of baking powder. Divide in two or three square pans and bake in a moderate oven.
- Bake this in one large cake mold and serve with a hot sauce.

*It would make a delicious pudding.*

*Measure with a coffee cup.*

### GINGER CAKE

*Three cup and a half of flour, Two cup of brown sugar,  
One cup of molasses, One cup of butter,  
Three teaspoons of ground ginger, One pint of milk,  
The yellows of three eggs, One teaspoon of baking powder*

- Beat the sugar and eggs together, add the other ingredients and the milk.
- Add the baking powder.
- Bake quickly.

### HARD GINGER CAKES

*Half a pound of flour, Half a pound of butter,  
Half a pound of brown sugar, Two tablespoons of ground ginger, One  
teaspoon of ground cinnamon, Half a teaspoon of ground cloves, One  
pint of molasses*

- Mix with the hand, the flour, butter and sugar.
- Add the molasses, adding more flour to make the dough quite stiff.
- Roll and cut and bake in a quick oven.

### CINNAMON CAKES

*Flour enough to make a sponge, One heaping tablespoon of butter, One  
tablespoon of lard, One small teaspoon of salt, One coffee cup full of  
granulated sugar, Some powdered cinnamon, Three eggs*

- Put the milk on the fire and put in it the lard, butter and salt.
- Let it come to a boil, then let it get lukewarm.
- Add the sugar, three well-beaten eggs and flour enough to make a sponge.
- Let it rise until it gets quite light, then roll and cut as you do biscuit.
- Mix up a little butter, sugar and powdered cinnamon, as you would for sauce.
- Just before baking, make a hole in the center of each cake, pour in the mixture and bake until a nice brown.

### SCOTCH CAKE

*One pound of butter, One pound of powdered sugar, Two pounds of flour, One tablespoon of nutmeg and cinnamon, mixed, One wineglass of brandy, Yolks of two eggs*

- Mix the eggs and sugar, then the flour, butter and spices, lastly the brandy.
- Pound for five minutes.
- Roll, cut and bake quickly.

### NEWTON CAKE

*Four teacups and a half of flour, Two teacups of pulverized sugar, Two teacups of molasses, One teacup of butter, One teacup of sour cream, One teaspoon of soda, One tablespoon of ground cinnamon, Four eggs*

- Cream the butter and flour together, then add the molasses, melted butter and the well-beaten yolks of the eggs.
- Beat the soda in the cream and stir in the mixture, then the cinnamon.
- Lastly, the whites, beaten to a froth.
- Bake in a moderate oven.

### WHITE CAKE

*Two cups of flour, One and a half cups of sugar, Half a cup full of sweet milk, Half a cup full of butter, Half a teaspoon of soda, Half a teaspoon of cream of tartar, Flavor with vanilla or lemon to the taste, The whites of five eggs*

- Cream the butter and sugar, add the well-beaten eggs.
- Dissolve the soda and cream of tartar in a little milk and stir in.
- While adding the flour, add the milk and lastly the flavoring.
- Bake immediately, in a moderately warm oven.

*Use a coffee cup in measuring.*

### WHITE CAKE II

*One pound of flour, One pound of butter, One pound of granulated sugar, Vanilla or rose water to the taste, Whites of sixteen eggs*

- Cream the butter, add the flour, then the sugar.
- Beat well for about five minutes.
- Stir in gradually the well-beaten whites of the eggs.
- Flavor to the taste and bake slowly for two hours.

### CUP CAKE

*Three teacups of flour, One teacup of sweet milk, One teacup of butter, One teaspoon of baking powder, Two teacups of sugar, Vanilla to the taste, Four eggs.*

- Mix the baking powder thoroughly with the flour, then with the butter.
- Beat the yolks of the eggs with the sugar and add the flour, then the milk and whites of the eggs, which have been previously beaten to a stiff froth.
- Lastly, the vanilla to the taste.
- Bake in a good oven.

### CUP CAKE II

*One coffee of butter, Three coffee cups of flour, Two coffee cups of granulated sugar, Half a coffee cup of milk, One teaspoon of baking powder, Four eggs*

- Cream the butter and flour.
- Add the well-beaten yolks of the eggs and sugar, in alternation with the milk.
- Beat the whites to a stiff froth and stir in slowly.
- Then sift in the baking powder and bake in a quick oven.
- Should this be used for jelly cake, put in five eggs and a cup of milk.
- Flavor with any extract to the taste

### CHOCOLATE CAKE

*Two cups of flour, Two cups of granulated sugar, One and a half cups of grated chocolate, Half a cup of sweet milk, Two teaspoons of vanilla, One teaspoon of baking powder, One cup of butter, Four eggs*

- Cream the butter and sugar together and add in alternation the well-beaten yolks and the flour.
- Boil the milk, melt the chocolate in it, then mix it with the butter, eggs and flour and the well-beaten whites.
- Lastly, sift in the baking powder.
- Bake in a good oven.

*Measure with a coffee cup.*

### BANNOCK

*One quart of sweet milk, Half a coffee cup full of pulverized sugar, Half a teaspoon of soda, One teaspoon of cream of tartar, A cooking-spoonful of butter, Cornmeal enough for a thin batter, Three eggs*

- Stir into the milk enough meal to make a thin batter.
- Add the well-beaten yolks of the eggs, sugar, melted butter, soda and cream of tartar.
- Lastly, the whites beaten very light.
- Bake in a long tin pan, in a good oven.
- Cut in squares and serve hot.

### ANGEL'S FOOD CAKE

*One tumblerful of flour, One tumblerful and a half of granulated sugar, One teaspoon of cream of tartar, One teaspoon of vanilla, The whites of eleven eggs*

- Sift the flour four times.
- Add the cream of tartar and sift again.
- Sift the sugar four times.
- Beat the eggs to a stiff froth; then on the same platter, add the sugar lightly to them.
- Add the flour slowly and vanilla.
- Do not stop beating until the cake is put in the pan to bake
- Bake forty minutes in a moderate oven.
- Turn the pan upside down to cool and don't grease it before putting in the cake.

*The tumbler for measuring should hold about four gills [2 cups] and a quarter.*

### BISQUIT SOUFFLE

*Two ounces of granulated sugar, One dessertspoonful of flour,  
One pint of milk, Vanilla to the taste, Six eggs*

- Put the milk into the saucepan with a teaspoon of sugar and vanilla to the taste.
- Let it boil.
- Add the flour and stir until it thickens and detaches itself from the pan, which will take about half an hour.
- Remove it from the fire; stir in the eggs, one at a time and sift in the two ounces of sugar.
- Have ready in a skillet some hot lard, in which drop a tablespoon at the time, as the boiling will increase the size.
- When a nice brown, drain and sprinkle sugar on each.

### CORNSTARCH CAKE

*Three teacups of flour, One teacup of cornstarch, Two teacup and a half of white sugar, One teacup of sweet milk, Two teaspoons of cream tartar, One teaspoon of soda, One teacup of butter, Four eggs*

- Cream the butter and sugar together.
- Add the yolks of the eggs, milk and flour alternately, then the cornstarch.
- Beat the whites very light and stir in gently.
- Lastly, put in the soda and cream of tartar, mixed with a little milk.
- Flavor with lemon and bake in a well-heated oven.

*Eat cold or serve as a pudding with sauce.*

### SPICE CAKE

*One pound of flour, One pound of brown sugar, One tablespoon of ground cinnamon, One tablespoon of ground cloves, One tablespoon of ground allspice, One wineglass of brandy or sherry, One teacup of sour cream, One teaspoon of soda, Half a pound of butter, One grated nutmeg, Six eggs*

- Cream the butter and flour, add the yolks of the eggs, well-beaten, sugar, spices and brandy.
- Mix the soda with the cream and stir in.
- Lastly beat the whites of the eggs to a froth and mix in very slowly.
- Bake slowly for an hour and a quarter.

*This is delicious served hot as a pudding with a hot sauce.*

### SPICE CAKE II

*Three coffee cups of flour, One coffee cup of butter,  
One coffee cup of milk, Two coffee cups of sugar,  
Half a coffee cup of raisins and currants, mixed,  
One teaspoon of ground cinnamon, Half a teaspoon of ground cloves,  
Two teaspoons of baking powder. One grated nutmeg,  
Flavor to the taste, Two eggs*

- Stone the raisins, wash, pick and dry the currants.
- Flour well.
- Beat the eggs and stir in the milk, then the sugar and butter melted.
- Beat well.
- Add the spices and flavoring and lastly the baking powder.
- Bake slowly.

### A ONE-EGG CAKE

*One and a half cups of flour, One cup of granulated sugar, Three tablespoons of melted butter, A heaping spoonful of baking powder, Flavoring to the taste, One egg*

- Mix the flour and butter together.
- Add the sugar, well-beaten yolk of the egg and flavoring.
- Beat the white of the egg to a stiff froth and stir in; lastly, add the baking powder.
- You can substitute a half a teaspoon of soda and a teaspoon of cream of tartar for the baking powder.
- Bake in a well-heated oven for three-quarters of an hour, or one hour; as so much depends upon the regular heat of the oven.

*Measure with a coffee cup.*

### VANILLA CAKE

*A quarter of a pound of butter, Half a pound of flour, Half a pound of sugar, The whites of four eggs, Extract of vanilla to the taste*

- Cream the butter and sugar, add alternately the flour and well-beaten eggs.
- Lastly, the extract to the taste.
- Bake in jelly cake pans.

### FILLING FOR VANILLA CAKE

*Half a pint of milk, Two tablespoons of cornstarch,  
The yolks of two eggs, One vanilla bean.*

- Boil in the milk, the vanilla bean.
- Add slowly the well-beaten eggs and be careful not to let the mixture curdle.
- Stir in the cornstarch until it thickens.
- Take out the bean and when cool spread over the cake and arrange in layers as for jelly cake.

### SILVER CAKE

*The whites of eight eggs, Two and a half cups of flour,  
Two cups of granulated sugar, One cup full of sweet milk,  
Half a cup full of butter, One teaspoon of baking powder,  
Flavor with any extract to the taste*

- Cream the butter and sugar, add the milk and extract.
- Beat the whites to a stiff froth and stir in lightly.
- Sift in the baking powder and bake quickly.

*Use a coffee cup in measuring.*

### GOLDEN CAKE

*Yolks of eight eggs, Two coffee cups of flour, Half a coffee cup of butter,  
One coffee cup of sweet milk, One and a half coffee cups of brown sugar,  
A heaping teaspoon of baking powder,  
Extract of vanilla to the taste*

- Cream the butter and flour, add the well-beaten eggs, sugar and milk in alternation.
- Flavor with vanilla.
- Sift in the baking powder and bake in a quick oven.

### A CHEAP SPONGE CAKE

*Two cups of flour, One cup full of pulverized sugar, A tablespoon of butter, One cup full of sweet milk, One teaspoon of cream of tartar, Half a teaspoon of soda, Flavoring to the taste, One egg*

- Cream the batter and flour.
- Add the sugar and milk alternately.
- Add the well-beaten yolk of the egg.
- Sift in the soda and the cream of tartar and flavor to the taste.
- Lastly, beat the white of the egg very light and stir in gradually.
- Bake in square tins twenty minutes.

*Measure with a coffee cup.*

### WHITE SPONGE CAKE

*Whites of twelve eggs, Yolks of four eggs, One pound of granulated sugar, Half a pound of flour, One tablespoon of vinegar*

- Beat the yolks separately until very light, then together.
- Add the sugar.
- Sift the flour three times and stir in slowly.
- Put in the vinegar.
- Bake slowly.

### SPONGE CAKE

*The whites of twelve eggs, The yolks of four eggs, One pound of granulated sugar, Half a pound of flour, The juice and grated rind of one lemon*

- Beat the eggs separately until very light, mix the together.
- Add the sugar, juice and rind of the lemon lastly the flour, through a sieve, a little at the time.
- Bake slowly in a good oven, but not too quick a one.

### SPONGE CAKE II

*Two coffee cups of flour, Two coffee cups of granulated sugar, Two teaspoons of baking powder, Vanilla or lemon to the taste, Eight eggs*

- Beat the yellows of the eggs and sugar well, sift the flour in lightly, then the baking powder.
- Beat the whites of the eggs to a froth and stir in slowly.
- Then stir in the extract to the taste.
- Bake slowly in a good oven, but not too quick a one.

### COCONUT SPONGE CAKE

*One grated coconut, Half a pound of granulated sugar, A quarter of a pound of flour, One teaspoon of essence of lemon, Half of a grated nutmeg, A saltspoonful of salt, Six eggs*

- Beat the yolks of the eggs with the sugar, then add the flour, salt, essence of lemon and grated nutmeg.
- Beat the whites to a stiff froth and stir in.
- Lastly, put in the grated coconut.
- Line square tin pans with well-greased paper.
- Put the mixture in an inch deep and bake in a quick oven a half an hour.
- Cut into squares and serve either with or without icing.

### WHITE CAKE

*Whites of thirteen eggs, One pound of granulated sugar, Half a pound of butter, One pound of flour, Two teaspoons of cream of tartar, Vanilla to the taste*

- Beat the eggs until very stiff and add the sugar slowly to them.
- Put the cream of tartar in the flour and cream it with the butter; then add the eggs.
- Bake slowly.

### WAFER CAKES

*One quart of flour, One pint of brown sugar, Two tablespoons of butter, Cinnamon and nutmeg to the taste, Four eggs*

- Beat the yellows of the eggs very light.
- Add the sugar and flour, then the butter, melted.
- Beat the whites to a froth and stir in lightly.
- Lastly, the cinnamon and nutmeg to the taste
- Roll very thin and bake in wafer irons.

### CUSTARD CAKE

*Whites of six eggs, Half a pound of butter, One pound of sugar, One pound of flour, One teaspoon of cream of tartar, Half a teaspoon soda, One cup of milk. Flavor with lemon or vanilla*

- Cream the butter and sugar.
- Add the flour and milk alternately, beating well all the time.
- Beat the whites of the eggs to a froth and stir in.
- Lastly, put in the soda and cream of tartar, mixed with a little milk.
- Bake the cake in jelly pans in a well-heated oven.

### THE CUSTARD

*One pint of milk, Four ounces of sugar, Yolks of three eggs, One teaspoon of cornstarch, Vanilla or lemon to the taste*

- Boil the milk, add the eggs well beaten. Add the sugar and extract.
- Lastly, the cornstarch. Stir until very thick.
- When cool, spread over the cake and put one on top of the other, as you would jelly cake.

### BLACK CAKE

*One and a half pounds of flour, One pound and a half of sugar, Four pounds of seeded raisins, Two pounds of currants that have been washed and dried, One pound of citron cut in thin slices, Two pounds of blanched almonds, One pint of cherry preserves, One pint of molasses, One tumbler of whisky or brandy, Two tablespoons of rosewater, Half an ounce of ground mace, Two ounces of ground cinnamon, Three grated nutmegs, One dozen eggs*

- Cream the butter and sugar well together.
- After beating the eggs very light, mix then into the sugar alternately with the flour.
- Let the spices stand overnight in the liquor and add to the above in the morning.
- Dredge the fruit well with the flour and put in last.
- In putting the mixture in the mold to bake, distribute the almonds in layers.

## CHOCOLATE FRUIT CAKE

*A quarter of a pound of Maillard's chocolate, One pound of flour, One pound of sugar, Half a pound of butter, One teacup of sour milk, One teaspoon of soda, Half a pound of seeded raisins, Half a pound of dried currants, Two teaspoons of cream of tartar, Half a teaspoon of vanilla, Six eggs*

- Beat the eggs separately, then together and then with the sugar.
- Sift the flour and cream of tartar, twice and cream with the butter.
- Mix well with the eggs.
- Beat the soda in the milk.
- Pour enough boiling water on the chocolate to dissolve it and add to the above.
- Seed the raisins, wash, pick and dry the currants, dredge well with flour and stir lightly into the cake.
- Grease a cake mold well, pour in and bake slowly until thoroughly done.

## ICING FOR CAKE

- Beat to a stiff froth the whites of two eggs, or more,
- according to the quantity desired.
- Add the extract of vanilla or lemon to the taste.
- Stir in gradually pulverized sugar, until it will spread nicely with a knife and always dip the knife in cold water before spreading the icing.
- As eggs vary in size, no rule can be given as to the quantity of sugar required, but enough must be added to prevent its running, or it will not be hard or firm.
- Spread while the cake is warm.

## ICING FOR CAKE II

*One pound of pulverized sugar, Whites of four eggs, Juice of one lemon*

- Pour over the sugar cold water enough to dissolve it.
- Beat the eggs until very stiff and add by degrees the sugar.
- Pat the bowl in a pan of ice water and stir well until it thickens, then add the lemon juice.
- Put this on the cake with a knife and when smoothing it over the cake dip the knife in ice water to keep it from sticking.

## NOTES

## PRESERVES, SYRUPS, CORDIALS AND CANDIES

### STRAWBERRY PRESERVES

*Ten pounds of full ripe strawberries, Ten pounds of granulated sugar. Do not weigh the strawberries until they have been picked*

- Put the sugar into a preserving kettle, with one pint of water; let it boil until perfectly clear.
- Put in the strawberries and in five minutes they will begin to boil; let them boil twenty minutes; skim with a perforated skimmer, all the scum that rises from them while boiling.
- When it ceases to rise, take out the strawberries with the skimmer, a few at a time.
- Let the syrup boil five minutes longer and pour over the fruit.
- Seal tightly in glass jars.

### CHERRY PRESERVES

*Twelve pounds of stoned cherries, Twelve pounds of granulated sugar. Stone the cherries and save the juice that escapes while stoning them*

- Pour the cherry juice on the sugar and when dissolved, put it on the fire.
- After it has boiled about fifteen minutes, put in the fruit and boil steadily one hour.
- Seal in glass jars.

### PEACH PRESERVES

*Eight pounds of peaches, Six pounds of granulated sugar. Get full ripe cling-stone peaches, either white or yellow*

- Take a pen-knife and cut closely around the stone until you get it out, then weigh the peaches.
- Put the sugar on them and let them stand one hour.
- Drain the juice into a preserving kettle, boil and skim for twenty minutes.
- Put in the peaches and let them boil steadily, skimming frequently, until they are perfectly done.
- Take them up with a perforated spoon, put into glass jars.
- Let the syrup boil fifteen minutes longer, then pour over the peaches.
- Put brandy paper over each jar and seal tight.

### CITRON OR WATERMELON PRESERVE

*One pound of pared watermelon rind, One pound of granulated sugar, The thinly cut rind of one lemon, Half a teaspoon of ground ginger. The rind of the melon must be carefully pared and cut in pieces before weighing. Cut in any shape you choose.*

- Soak the pieces a day and night in a little weak alum and salt water.
- Rinse and boil in clear water until you can pierce them with a fork.
- Make a syrup of the sugar, adding enough vinegar to keep from turning to sugar and boil the lemon rind in it (cut thin) and ginger until clear.
- Pour over the fruit while hot.

*These proportions can be increased as require*

### CURRENT JELLY

*To every pint of currant juice One pound of granulated sugar.  
Pick as many currants as you intend preserving.*

- Put them in stone jars and place them in kettles of cold water over the fire.
- Let the water boil and keep it boiling as high as the fruit.
- In order to do that, it will be necessary to replenish with hot water from time to time.
- When the currants are soft, press out the juice, strain and measure; and to as many pints of juice, allow so many pounds of granulated sugar.
- Put the juice in the kettle to boil. At the same time spreading the sugar in large bread pans and putting it in the oven to heat. When the juice has boiled eight minutes, pour in the sugar and boil five minutes longer.

*Before you fill the tumblers, put in a teaspoon and by allowing the jelly to fall on the spoon first, it will prevent the glass from cracking.*

### BLACKBERRY JAM

*Twelve pounds of blackberries, Three pounds of white sugar,  
One teaspoon of soda*

- Pick the fruit and mash through a colander with a potato masher, throwing away the white seed, or inside of the berries.
- After it has been mashed, weigh it according to the above proportions and put it on the fire.
- When it begins to boil, stir in the teaspoon of soda and boil it about three quarters of an hour, skimming carefully all the time.
- Then add the sugar and let it boil until it gets thick and looks as though it will be stiff when it gets cold.
- Seal it tightly in glass jars.

### RED RASPBERRY JAM

*Eight pints of red raspberries, Two pints of currant juice.*

- Mash the raspberries well and mix with the currant juice.
- Weigh and add an equal quantity of granulated sugar.
- Boil slowly until quite thick, then seal in glass jars.

*Old currant jelly can be used.*

*The juice cannot be bad. In that case only put in sugar in proportion to the berries.*

### NOTES

### TO BRANDY GREENGAGES

- Take the quantity of greengages you wish to brandy; wipe them dry and throw them into boiling water and boil only until they are tender, but don't let them burst open.
- Spread them on dishes to cool and when cold put them into jars and fill the jars with equal portions of syrup and white brandy.
- The syrup should be made rich and strong, as the gages are very acid.
- The proportions for a rich syrup are, to every pint of granulated sugar, put in half a pint of water.
- Boil slowly and skim carefully until it is thick and clear.

*The gages must be sealed tightly.*

### TOMATO FIGS

*One peck of tomatoes, Six pounds of brown sugar*

- Scald the tomatoes, remove the skin in the usual way and weigh them.
- Put them in a kettle with the sugar and boil them until the sugar penetrates and they are clarified.
- Take them out, spread them on dishes, flatten and dry them in the sun.
- Sprinkle small quantities of syrup occasionally over them until dried.
- Then pack them in boxes in layers, sprinkling each layer with powdered white sugar.

*They will keep well from year to year and retain surprisingly their flavor, which is nearly as good as the best quality of figs.*

*The pear shaped or single tomato answers the purpose best.*

### FRESH FIG PRESERVES

*Five pounds of southern figs, Five pounds of granulated sugar, Five pints of clear water, Extract of lemon to the taste*

- Dip the figs in hot lye, as for brandy peaches and wipe each one with a coarse, dry cloth, so as to have the skin perfectly smooth.
- Put into a kettle the water, sugar and extract, boil and skim until clear.
- Put in the figs and let them simmer until transparent.
- Put into preserve jars and seal.

### NOTES



## PEACH MARMALADE

*Ten pounds of soft yellow peaches, Six pounds of brown sugar*

- Get the full ripe, open stone, yellow peach. Peel. Bake out the stone and weigh.
- Then chop very fine and mix the sugar thoroughly with them.
- Put into a preserving kettle, let them simmer steadily but not too rapidly, for two hours, stirring constantly, to keep them from burning.
- Put into glass jars and when cooled, cover with paper saturated with brandy and seal with flour paste.

## ORANGE MARMALADE

*As many oranges as are to be preserved,  
Granulated sugar according to the quantity of fruit*

- Remove the rind and seeds from the oranges.
- Cut the rind of one half in very fine strips and parboil in water until enough of the bitter has been removed and sufficient taste remains to flavor the pulp nicely.
- Cut up the pulp as fine as possible and mix with the rind.
- Add to every pound of the fruit, one pound of granulated sugar.
- Put into a preserving kettle and stir slowly all the time it is boiling.
- When it is a clear golden color it is done.

*This is delicious with ice cream, plain cream,  
or on pastry puffs.*

## QUINCE PRESERVES

*Ten pounds of ripe quinces, Ten pounds of granulated sugar*

- Boil the quinces for a quarter of an hour, then peel them, cut the size you wish and weigh.
- Keep the cores and peelings for jelly.
- Wet the sugar with some of the water the fruit was boiled in, say a half a teacup to the pound.
- Skim and boil for fifteen minutes, then put in the fruit and cook until the pieces are tender enough to be pierced with a straw.
- Put in glass jars and seal tightly.
- To make the jelly, take the water the fruit was boiled in and put in the peelings, seeds and sugar to the taste. Boil slowly until it will jelly by trying it on ice.
- Strain and put in tumblers.

## QUINCE JELLY

- Pour over the cores and peelings, water enough to cover them.
- Boil until tender, then strain.
- To a pint of the water put a pound of pulverized sugar and boil until it will jelly, which you can see by trying a little of it in a saucer and placing the saucer over cold water.

## QUINCE MARMALADE

*Six pounds of ripe yellow quinces, Four pounds of granulated sugar*

- Peel the quinces, core and quarter them.
- Put the peelings and cores into a preserving kettle, with water enough to cover them.
- Boil until very soft and strain.
- Put the quinces and sugar into the kettle and pour over them the strained liquor from the peelings and cores.
- Boil the whole until a smooth mass, skimming well all the time and stirring from the bottom to keep it from sticking.
- Put into glass jars and seal tightly.

## PINEAPPLE MARMALADE

*Six pounds of grated pineapple, Six pounds of granulated sugar*

- Peel and grate the pineapple.
- Mix with the sugar and let it stand one hour.
- Put into a preserving kettle, boil until smooth
- Put into glass jars and seal tightly.
- Skim and stir as peach marmalade.

## APPLE MARMALADE

*Six pounds of chopped pippins, Six pounds of white sugar,  
Five lemons*

- Peel and chop the apples and put them into a preserving kettle with two teacups of clear water and the thin rind of the lemons.
- Boil until very soft and mash smooth with a spoon.
- Take out the rind; add the sugar and lemon juice.
- Boil until quite thick, stirring from the bottom and skimming frequently.
- Put into glass jars and cover tightly.

## TO DRY CHERRIES

*Take as many cherries as you wish to put up, stone them  
and save the juice. Weigh the cherries and allow  
one pound of good brown sugar to three of fruit*

- Boil the sugar with the juice for ten minutes, put in the cherries and stew them twenty minutes.
- Take them out to drain and lay them on dishes in the sun to dry.
- Keep the syrup and pour a little at the time over the cherries to dry.
- They must be frequently turned over and when all the syrup is used, put the cherries in layers in jars, sprinkling powdered sugar between each layer.

*These will be nice for pies, puddings or rolled dumplings.  
Damsons and plums can be dried in the same way.*

## TO DRY APPLES

- Take the quantity of apples you wish to dry;
- Peel and slice them
- String them on a very coarse thread and hang them up in a warm place until thoroughly dried.

*Peaches can be dried in the same way.*

### APPLE BUTTER

- Take as much new sweet cider as you wish to use, fresh from the press.
- Boil it down to one half the original quantity.
- Have ready some fine juicy apples, pared, cored and quartered.
- Put as many in the kettle as can be kept moist by the cider.
- Stew until the consistency of soft marmalade and a dark brown color, stirring frequently.
- It is quite an improvement to have one fourth as many quinces as apples.

*If well boiled, it will keep a year.*

### EGG NOGG

*Yolks of two dozen eggs, Three quarts of rich cream,  
One tumblerful of brandy and whisky, mixed,  
One tumblerful of sherry wine, Sugar and nutmeg to the taste*

- Beat the eggs and sugar together and stir in the brandy and whiskey to cook the eggs.
- Then add the sherry wine and nutmeg.
- Beat the cream very light and stir gradually in the eggs.

### TO PREPARE HONEY FOR WINTER USE

- Pour all the honey to be prepared in a clean colander; support the ears of the colander by two rods resting on the brim of the bowl.
- Cut the comb transversely and repeatedly, then leave it to drain.
- This will take a day or two, the honey running through a clear liquid, leaving the wax behind clear and dry.
- Bottle the strained honey, cork tight and it will be ready for use at any time.

*To make assurance doubly sure, some housekeepers let their honey boil before bottling and say thus prepared it may be kept for an indefinite length of time. A warm, dry storeroom is best to keep it in.*

### TO MAKE LEMON SYRUP

*Ten fresh lemons, Three pounds of granulated sugar, Two pints of clear water, The thinly cut rind of four lemons*

- First cut the rind of four lemons, as thinly as it can be cut.
- Squeeze the lemons and strain the juice.
- Put on the water with rind and sugar and skim until perfectly clear.
- Then add the juice of the lemons, boil about eight minutes longer, bottle and seal.

*This will keep well in a cool place for months.  
This quantity can, of course, be increased  
as may be desired.*

### LEMON SYRUP II

*Two large fresh lemons, Two pounds of lump sugar,  
Two ounces of citric acid, One pint of boiling water*

- Slice the lemons very thin, taking out the seeds.
- Pour the boiling water on the lemons, sugar and citric acid.
- Stir constantly and when cold, strain through a fine strainer and bottle.

### PEACH CORDIAL

*Three dozen yellow peaches, One gallon of peach brandy,  
One pound and three quarters of loaf  
(Antique packaging for granular sugar) sugar*

- Peel and cut the peaches in half, crack the stones and take out enough of the kernels to make a half a tumblerful and put all into a stone jar.
- Pour about a teacup full of water over the sugar and let it boil until a rich syrup, skimming carefully while it is boiling. Mix it with the brandy and pour over the fruit.
- Let this stand for six weeks, then strain and bottle.

### BLACKBERRY CORDIAL

*Two quarts of blackberry juice, One pound of granulated sugar, Half an ounce of grated nutmeg, Half an ounce of ground cinnamon, A quarter of an ounce of ground allspice,  
One pint of the best brandy*

- Prepare the blackberries as you would currants, by putting them into a stone jar and keeping it in boiling water until the quantity of juice required is extracted from them.
- Put in the sugar, tie the spices in a muslin bag and boil all for one hour.
- Strain through a flannel bag; add the brandy and cork tightly.

### RASPBERRY CORDIAL

*Six quarts of ripe red raspberries, Six quarts of the best brandy*

- Pour the brandy over the berries; cover and let them stand for one week.
- Strain through a bag, pressing out all the liquid.
- When you have got out all you want, reduce the strength to your taste with water.
- Allow a pound of granulated sugar to the gallon and let it stand until clear, then bottle.

*Don't boil, or you will destroy the flavor of the fruit.*

*Make strawberry cordial in the same way.*

### NOTES

## RASPBERRY VINEGAR

*Four quarts of raspberries. Two quarts of vinegar*

- First, get the red raspberries and have them fully ripe.
- Pour over the four quarts of berries two quarts of vinegar.
- Let this stand for twenty-four hours.
- Strain and pour the juice over four quarts of fresh berries.
- Let this stand another twenty-four hours; strain again, then allow a pound of granulated sugar to every pint of juice.
- When the sugar is dissolved, pour into a preserving kettle and boil and skim for one hour. Seal tight.

## PUNCH A LA REGENT

*One quart bottle of dry champagne, One pint of good brandy, One quart of well-drawn green tea, One tumblerful of maraschino cordial, One wineglassful of good rum, Eight thin slices of pineapple, Four tablespoons of granulated sugar, The rind and juice of one lemon, The rind and juice of one orange*

- Mix the champagne, brandy and rum together.
- Peel and cut in thin, small pieces the pineapple, also the rinds of the lemon and orange; and, with the strained juice, stir into the champagne, etc.
- Lastly, add the maraschino cordial and green tea.
- This can be put into wide-mouthed bottles and kept for weeks on the ice.

*When drinking it, use ice freely.*

*Water can also be added, should it prove too strong for some tastes.*

## ORANGE CORDIAL

*A quart of the best alcohol, Orange peelings, Granulated sugar*

- Put into a large jar the quart of alcohol.
- Throw into it the peelings of as many oranges as it will conveniently hold.
- When the alcohol is highly colored it will be ready for use.
- Make the syrup in the following manner:
- Take two pounds of sugar and a pint of clear water. Let it boil until it thickens, skimming carefully all the time.
- When perfectly clear it is done. When cool, not cold, stir in well the alcohol.

*This is delicious as a cordial, or for sauces for puddings.*

## NOTES

## PUNCH FOR BOTTLING

*One pint of the best green tea, One quart of boiling water, Two quarts of Jamaica rum, Two lemons, One cup full of currant jelly, One pound and a half of loaf sugar, One bottle of Curacao cordial, Three pints of brandy*

- Pour the boiling water on the tea; let it draw, then strain.
- Slice the lemons, take out the seeds and put them (the lemons) in the hot tea.
- Stir in the jelly and sugar and after the sugar has dissolved, add the rum and brandy.
- Let this stand twenty-four hours in a close stone jar.
- Strain, add the curacao and bottle.

*To be used in punch glasses and water if necessary.*

*Ice also can be used in it.*

## WHISKEY PUNCH FOR BOTTLING

*One gallon of whiskey. One quart of Jamaica rum, Three pints of clear water, Ten lemons*

- Squeeze the lemons, strain and stir the juice in the water.
- Add the rum and whiskey and sweeten to the taste.
- Let it simmer slowly for twenty minutes, cover until cold, then bottle.
- Drink either cold or hot and add water if too strong.
- Use Bourbon whiskey.

## CURRENT WINE

*One gallon of currant juice, Two pounds of granulated sugar, One quart of clear water, One pint of Jamaica rum*

- Put the juice, sugar and water, into a preserving kettle.
- Let it boil for five minutes, taking care to skim it well while boiling.
- Take it off and pour into a stone jar to stand for a week.
- If necessary, skim again, then add the rum.

## BLACKBERRY WINE

*Fifteen gallons of blackberries, Five gallons of water*

- Mash the berries, but do not bruise the seed.
- Allow them to stand twenty-four hours, strain and add three pounds of the best white sugar to each gallon of juice.
- When the sugar is thoroughly dissolved, put all into a cask with the water.
- Put a piece of muslin over the hole and allow it to stand until fermentation ceases, after which cork tightly or bottle.

## CANDY

*Three pounds of white or brown sugar, One and three-fourths of a pint of cold water, Two tablespoons of butter. One-fourth of a teaspoon of salt and soda mixed, Three tablespoons of vinegar*

- Mix the sugar and water. When it boils add the butter.
- When thoroughly melted, stir in the vinegar, soda and salt.
- Cook until done, which can be ascertained by putting a little in cold water.
- If it hardens in the water, take it off. While pulling, drop a little vanilla on it.

## TAFFY

*Two cups of brown sugar, One-half a pound of butter, One teaspoon of extract of vanilla*

- Put the above ingredients into a saucepan, melt together and stir over a bright fire for twelve minutes.
- Add the vanilla and cook three minutes longer.
- Grease a marble slab, pour on it the mixture and when cool enough, cut in small squares.
- Before it is perfectly cold, grease a knife and loosen it from the marble to keep it from sticking.

## CARAMELS

*One fourth of a cup full of chocolate, One cup full and a half of brown sugar, A quarter of a pound of butter, One cup full of sweet milk*

- Mix the sugar and butter well together, then add the sweet milk and chocolate.
- Stir until thoroughly dissolved, then boil half an hour and just before it is ready to be taken off the fire.
- Flavor to the taste with the extract of vanilla.
- Pour into pans and when nearly cool take a sharp knife and cut it in squares.

*Measure with a coffee cup.*

## CHOCOLATE CARAMELS

*One quarter of a pound of chocolate, One pound and a half of brown sugar, One teacup full of cream, Extract of vanilla to the taste*

- Grate the chocolate, scald the cream and pour it over the chocolate, stirring until smooth.
- Then add the vanilla, put into a saucepan and cook until it thickens.
- Grease a pan, pour in the mixture and when cool cut in squares with a greased knife.

*Use Baker's chocolate.*

## PHILADELPHIA WALNUT CANDY

*One quart of New Orleans molasses, One pint of walnut meats, One tablespoon of butter, One tablespoon of soda*

- Boil the molasses until a nice candy is made from it.
- When done, stir in the soda, butter and walnut meats.
- Beat hard until it gets light; then pour into buttered pans.

## PICKLES AND PICKLING

### TO PREPARE VINEGAR

#### FOR CUCUMBER PICKLES

*Two gallons of the best cider vinegar, Half a pint of black mustard seed, Half a pint of white mustard seed, One teacup of horseradish, Eight medium sized onions, Two pounds of brown sugar, Two ounces of celery seed, Three ounces of black pepper grains, Three ounces of whole allspice, Two ounces of stick cinnamon*

- Pound the allspice, cinnamon and pepper grains together until well broken up.
- Scrape and cut the horseradish into thin pieces.
- Peel and quarter the onions and with the spices, put into the vinegar to boil until it tastes well of the spices.
- Put the pickles into stone jars, with the spices sprinkled through and a teaspoon of alum in each jar.
- Pour the vinegar on while hot and cover closely.

*This will be sufficient for four hundred small cucumbers.*

### PICKLES AND CATSUPS TO GREEN PICKLES

*One gallon of cider vinegar, One gallon of water, Two tablespoons of alum*

- Put the water, vinegar and alum into a brass preserving kettle and boil for about ten minutes.
- Put the pickles in a jar and pour the vinegar over them boiling hot.
- Do this every morning for nine mornings
- The pickles should be put previously into a brine strong enough to bear an egg and allowed to remain in it for one week.

*When packing the jars, it is always better to have the cucumbers as near the same size as possible.*

### TO GREEN PICKLES IN THE FALL

*Two quarts of vinegar, Two quarts of water, Two tablespoons of alum*

- First, put into a brass kettle a layer of pickles, then a layer of fresh grape leaves.
- After dissolving the alum in the vinegar and water.
- Pour it over the pickles and let them steam until well greened.

## NOTES

## TO STUFF CUCUMBERS

*Forty large cucumbers, Three ounces of ground mace,  
Half a pound of ground ginger, Half a pound of grated horseradish, One  
pound of white mustard seed, Half a pound of chopped onions,  
Two ounces of turmeric, One ounce of ground cloves,  
One ounce of ground allspice, Half a pint of mixed English mustard,  
Half a pint of salad oil, Half a pound of brown sugar*

- Green the cucumbers, take out the seed, sprinkle them inside and out with salt and let them stand for twenty-four hours.
- Drain and make a stuffing of the above ingredients.
- Fill each cucumber and sew up well with strong thread.
- Put them in jars and cover with cold cider vinegar.
- Put sticks to keep the cucumbers under the vinegar.
- Keep in a cool dry place.
- Don't forget to put a lump of alum the size of a hickory nut in each jar.

## ANOTHER WAY TO STUFF CUCUMBERS

*A half pound of white mustard seed, A half pound of black mustard seed, Three tablespoons of turmeric, One tablespoon of ground cloves, Six tablespoons of sweet oil, Four finely chopped onions, Four finely chopped green bell peppers, One pint of chopped cucumbers that have been in brine, Two tablespoons of celery seed or chopped celery, Two ounces of ground ginger*

- Let the cucumbers remain for three days in weak salt and water.
- Then put a layer of cucumbers and a layer of grape leaves, until the kettle is nearly full.
- Put in equal quantities of water and vinegar and a teaspoon of alum.
- Let them steam until the cucumbers are green, then throw them in cold water and let them drain on a waiter so as to make them crisp.
- Open and scrape out the seeds and put them in fresh vinegar and water.
- Add a pound of brown sugar to the gallon of vinegar.
- Scald for three consecutive days and make the filling of the above ingredients.
- Fill the cucumbers, sew them up and put them into stone jars.
- Pour boiling hot vinegar over them, into which you have put one pound of brown sugar to the gallon of vinegar.
- Put in each jar three red pepper pods, two teaspoons of scraped horseradish and two or three bruised pieces of ginger root.
- This filling will also answer for melon mangoes.
- Cover tightly.

## NOTES

## OILED CUCUMBERS

*Fifty large cucumbers, Twelve large onions, Six tablespoons of celery seed, Six small red pepper pods, Five pints of good cider vinegar, A quart bottle of the best salad oil*

- Peel the cucumbers and onions and slice quite thin.
- Strew salt over them, then cover and let them stand until morning.
- Put them into a colander to drain thoroughly, cover with the vinegar and let them stand four hours.
- Put into the kettle the oil, celery seed, red peppers and add the vinegar drained from the cucumbers and onions.
- Let all simmer for ten minutes and pour back on the cucumbers and onions very hot.
- Put into close jars and in a week they will be ready for use.

*This is excellent with fish, steaks, or as a relish for supper.*

## TO MAKE YELLOW PICKLE

*One pound of sliced ginger, One pound of scraped horseradish, One pound of white mustard seed, A quarter of a pound of celery seed, One ounce of ground mace, One ounce of grated nutmeg, One ounce of white pepper grains, Three gallons of strong cider vinegar, Half a pound of turmeric*

- Put all of the articles intended for the yellow pickle into a stone jar.
- Pour on them boiling salt and water and let them stand forty-eight hours.
- Then press out the water and lay them on a table covered with a soft cloth in the full sunshine.
- When dried, put them into stone jars with cold vinegar and a little turmeric in it.
- Let them stand about twelve days, draw off the water.
- Put them into clean jars and cover with vinegar prepared in the following manner:

*Put the above spices, horseradish, turmeric, etc., with the three gallons of vinegar into a brass kettle, boil until the vinegar tastes strongly of the ingredients. Let it get cold, then pour over the pickles.*

## NOTES

### FRENCH PICKLE

*A half a bushel of green tomatoes, One dozen white onions,  
Three pounds of brown sugar, A gallon and a half of cider vinegar, A  
teaspoon and a half of French mustard,  
One ounce of ground cloves, One ounce of ground allspice,  
One ounce of ground cinnamon, One ounce of turmeric,  
One ounce of ground black pepper, One ounce celery seed.*

- Slice the tomatoes and onions, salt and let them stand overnight.
- In the morning drain through a colander, put them in a porcelain kettle and cover with equal portions of vinegar and water.
- Boil slowly one hour, then drain through a colander for a half an hour.
- Put on the fire the gallon and a half of vinegar and three pounds of brown sugar.
- Boil and skim for fifteen minutes.
- Mix the turmeric, spices and mustard to a paste with a little cold water, adding the ground black pepper.
- Stir this in the vinegar while boiling and simmer for five minutes.
- Use stone jars and put in a layer of the tomatoes and a cup full of the mixture until the jars are filled.

*It will be ready for immediate use.*

### ROUGH AND READY PICKLE

*Six dozen cucumbers, Half a peck of green tomatoes,  
One dozen green bull nose peppers, One dozen white onions,  
Half a teacup full of ground black pepper,  
Half a teacup full of ground cloves and allspice, mixed,  
Half a pound of white mustard seed, Two ounces of celery seed*

- Peel and slice the cucumbers, onions, tomatoes and peppers.
- Salt them separately and let them stand overnight.
- The next morning press them dry and chop very fine.
- Then add the spices, ground pepper, celery seed and to every gallon of mixture put a pound of brown sugar.
- Cover with good vinegar, stir well and boil five minutes.
- Put in jars and cover tightly.

### NOTES

### SWEET CANTALOUPE PICKLE

*One gallon of good cider vinegar, Five pounds of white sugar,  
Half an ounce of ground mace, Two ounces of ground cloves,  
Two ounces of ground cinnamon, Two ounces of ground allspice, The  
peelings of three oranges*

- Take cantaloupes that are just beginning to ripen, remove the rinds and throw away the seeds.
- Cut the rinds into narrow slices and put them into stone jars.
- Fill a kettle with two thirds vinegar and one third water and add a piece of alum the size of a partridge egg.
- Boil it five minutes and, while hot, pour it over the melon.
- Let this stand thirteen or fourteen hours, take out the melon and throw away the vinegar.
- While the melon is draining, put the spices and vinegar on to boil for ten minutes and, while hot, pour over the melon.
- Every morning boil this vinegar over for three mornings and the last time put the melon in the kettle and boil until tender.
- Put into jars and seal while hot.

*These proportions can be increased according to the  
quantity of melon to be pickled.*

### GREEN TOMATO PICKLE

*One peck of green tomatoes, Three tablespoons of dry mustard,  
One ounce of yellow mustard seed, An ounce and a half of whole black  
pepper, One ounce of whole cloves, One ounce of whole allspice, One  
dozen white onions, Half a pound of brown sugar*

- Slice the tomatoes thin, sprinkle them with salt and let them stand overnight.
- The next morning drain them through a colander, peel and slice the onions.
- Put into the kettle in the following order: First, a layer of tomatoes and onions, then seed and spices and so on until all are in the kettle.
- Mix the mustard with a quart of vinegar and the sugar and pour over the tomatoes.
- Add more vinegar until they are covered.
- Place the kettle over the fire and boil twenty minutes.
- Put in stone jars and cover tightly with paper.

### NOTES

## GREEN TOMATO PICKLE II

*One peck of green tomatoes, Six large white onions, One teacup full of salt, Four quarts of cider vinegar, Two pounds of brown sugar, Half a pound of ground mustard, Two tablespoons of ground cloves, Two tablespoons of ground ginger, Two tablespoons of ground cinnamon, One tablespoon of celery seed, Six green bull nose peppers*

- Slice the onions and tomatoes; sprinkle the salt over them and let them stand overnight.
- Drain well in the morning.
- Take two quarts of water and one of vinegar, boil the tomatoes and onions in it for five minutes and drain again through a colander.
- Then take the four quarts of vinegar and put in it the tomatoes, onions, spices and chopped pepper.
- Boil fifteen minutes and put in stone jars.

*This will keep well for a year.*

## TO PICKLE MUSHROOMS

*Nine quarts of mushrooms, One tablespoon of ground mace, One dessertspoonful of ground cloves, One dessertspoonful of ground allspice, One teaspoon of cayenne pepper, One tablespoon of black pepper, One teaspoon of salt*

- Wash and peel the mushrooms, then put them in the jars in which they are to be kept.
- As you put them in, sprinkle spices over each

*Cover them with boiling vinegar, tie them up tightly and in two weeks they will be ready for use.*

## CHOW-CHOW

*Two large heads of cauliflower, One quart of sliced cucumbers, Half a pint of mixed English mustard, One tablespoon of cayenne pepper, One tablespoon of black pepper, Three ounces of turmeric*

- Cut the cauliflower and cucumbers into small, nicely-shaped pieces and put them into brine for twenty-four hours.
- Drain through a colander for an hour or two.
- Put them in a kettle. Cover with vinegar, in which two teaspoons of celery seed has been previously boiled for twenty minutes and strained.
- Let the vegetables simmer with the spices in the vinegar until perfectly tender, stirring well all the time.
- Put into wide-mouthed jars and tie up closely.
- Put a piece of alum, the size of a hickory nut, into each jar to keep the pickle from getting soft.

## NOTES

## CUCUMBER CHOW-CHOW

*One gallon of peeled chopped cucumbers. Five chopped green peppers, Four chopped onions, One tablespoon of whole black pepper, One tablespoon of whole allspice, One tablespoon of whole cloves, Four teaspoons of ground mustard, Half a pound of grated horseradish, Half a pint of black mustard seed, Two teaspoons of celery seed*

- After peeling and chopping the onions, cucumbers and green peppers, sprinkle them with salt and let them stand overnight.
- In the morning press out the salt and put into stone jars.
- Take a gallon of vinegar, put in all the above ingredients, except the horseradish, which should be mixed with the cucumbers in the jars.
- Boil ten minutes and when cold pour over the cucumbers.

## CABBAGE PICKLE

*One dozen firm heads of cabbage, Half a teacup full of ground ginger, Two tablespoons of allspice, One dozen small green pepper pods, One teacup full of white mustard seed, Two ounces of turmeric*

- Quarter the cabbage heads, cover them with brine and let them stand for twenty-four hours.
- In the morning press dry and let them stand for a day.
- Put them in a kettle with the spices, cover with cider vinegar and boil until tender.
- Put them into wide mouth jars and tie up closely.
- They will be ready for use the next day.
- Be sure to cover them well with vinegar after putting them in the jars.

## SPICED PEACHES

*One peck of peeled peaches, Three pounds and a half of brown sugar, Three pints of cider vinegar, Half an ounce of nutmeg, One ounce of cloves, One ounce of cinnamon*

- After peeling the peaches, put them into a stone jar.
- Break up the spices and strew them through the peaches.
- Boil the sugar and vinegar together for ten minutes and pour over the peaches while very hot.
- Repeat this for three consecutive days, then boil all together for ten minutes.

*Plums can be done the same way, only don't put in quite so much vinegar.*

## PEACH MANGOES

*One peck of peaches, A quarter of a pound of white mustard seed, A quarter of a pound of black mustard seed, Two tablespoons of turmeric, One tablespoon of cloves, Four tablespoons of sweet oil, Two tablespoons of celery seed or chopped celery, Two chopped red peppers, Two chopped onions*

- Get the peaches two-thirds ripe and throw them into strong salt and water for twelve hours.
- Wipe them dry, cut them in half, take out the stones and put in the filling made of the above ingredients.
- Sew them up and pour cold vinegar over them.
- Put them in stone jars and cover tightly.

### CUCUMBER CATSUP

*One peck of full-grown cucumbers, Two large onions, Half a pint of salt, Six blades of mace, A gill of Madeira wine, A gill of sweet oil, A teaspoon of cayenne pepper A teaspoon of ground black pepper*

- Peel the cucumbers and cut them in thin slices.
- Cover them with the half pint of salt, to draw out the water and let them stand six hours.
- Cut the onions also in thin slices and put them in stone jars, in alternate layers with the cucumbers, pepper and blades of mace, broken very fine.
- Stir the oil and wine in the vinegar and pour over the cucumbers cold.

### TOMATO CATSUP

*Two bushels of ripe tomatoes, Half a peck of onions, One teacup full of salt, One teacup full of whole allspice, Half a teacup full of ground cloves, One teacup full of black pepper grains, One tablespoon of ground mace, Two tumblerfuls of Madeira wine, One dessertspoonful of celery seed, Cayenne pepper to the taste, Three grated nutmegs*

- Wash the tomatoes well and cut in slices a half an inch thick.
- Peel the onions and slice thin.
- Put them in a preserving kettle, with the salt, on the fire and let them boil slowly for three hours, taking care to stir frequently.
- Mash through a sieve with a wooden ladle and pour into a stone jar to stand overnight.
- The next morning, return to the preserving kettle, with the spices and wine and simmer until thick, then mash again through a sieve with the wooden ladle and bottle and seal well.

### TOMATO CATSUP II

*One bushel of full ripe tomatoes, Two quarts of good cider vinegar, One ounce of whole allspice, One ounce of whole cloves, Half a pound of dry mustard, Two pounds of brown sugar, Three teaspoons of celery seed, One ounce of cayenne pepper, One quart of salt*

- Slice the tomatoes a half an inch thick and salt in layers until all are salted down.
- Let them stand overnight and in the morning press them through a colander.
- Put them to boil with the spices, vinegar, sugar, mustard, salt and celery seed, for three hours and a half.
- Press through a colander, then through a sieve and seal very tight in bottles.
- Six onions, peeled and cut up, might be added.

### NOTES

### GREEN TOMATO CATSUP

*Three gallons of green tomatoes, One gallon of good cider vinegar, Three pounds of brown sugar, Four tablespoons of dry mustard, Four tablespoons of ground allspice. Four tablespoons of ground ginger, Four tablespoons of ground cinnamon, Four tablespoons of ground cloves, Four tablespoons of celery seed, Four green bull nose peppers, Black pepper to the taste*

- Peel and slice the tomatoes and peppers, pack them with layers of salt and put them in colanders to drain overnight.
- Press dry the next morning and put them in the kettle with the above ingredients.
- Boil all together until thick and add a quart of cold vinegar.
- Cover tightly and it will keep for years.

### STUFFING FOR FORTY MELONS

*Half a pound of ground race ginger, One pound of scraped horseradish, One pound of white mustard seed, One pound of chopped onion, One ounce of ground mace, One ounce of grated nutmeg, Half a coffee cup full of black pepper grains, One tablespoon of celery seed, A quarter of a pound of ground mustard, Two ounces of turmeric.*

- Select the melons a size larger than a goose egg.
- Pour boiling salt and water on them and let them stand one night.
- The next morning make a slit from the stem to the blossom end and take out all the seeds with great care.
- Return them to the brine and let them remain six days, then put them in the best cider vinegar and let them remain for ten days.
- Wipe out the insides and stuff in the following manner:
  - Mix the above ingredients to a paste, with a pint of the best salad oil.
  - Fill each melon well with it, putting in each a small clove of garlic.
  - Tie tightly, pack them in a stone jar and put a little of the stuffing over each layer; also a piece of alum the size of a hickory nut and keep well covered, with the best cider vinegar.

### NOTES



## CELERY VINEGAR

*Two tablespoons of celery seed, One quart of vinegar.*

- Pound the celery seed in a mortar and put it into a quart bottle with the vinegar poured over it.
- Shake it well every day for two weeks, then strain and keep it for use, as it will impart a pleasant flavor of celery to everything in which it is used.
- A delicious flavor of thyme or summer savory can be obtained by gathering it when it is in full perfection.
- Pick enough from the stalk to make a teacup full, put it in a bottle and pour on it a quart of strong vinegar.
- The next day take out the thyme or savory, put in another teacup full; do this three times.
- Strain, bottle and seal tightly.

*This will be much more pleasant than the dried herb and can be used when the fresh is out of season.*

*Mint can be prepared in the same way.*

*Great care must be taken not to allow the herbs to remain in the liquor longer than twenty hours, or the taste will be bitter and disagreeable.*

## CHILI SAUCE

*One dozen large ripe tomatoes, Six tablespoons of brown sugar, Four teacups of vinegar, Two teaspoons of ground cinnamon, Two teaspoons of ground ginger, One teaspoon of ground cloves, One tablespoon of mixed mustard, One red pepper pod, Four large white onions, Salt to the taste*

- Peel and slice the tomatoes, chop the onions very fine; put in the other ingredients and boil slowly for two hours.
- Rub through a sifter and seal in bottles or glass jars.
- Keep in a cool place in the summer, but not too cold a place in the winter.

*This is delicious on cold meats or fried oysters.*

## TO PREPARE HORSERADISH

- Wash the horseradish clean and let it lie in cold water for about an hour, then scrape into very fine shreds with a sharp knife.
- Put into a wide-mouth bottle, cover with vinegar and cork tightly.

## TOMATO SAUCE

*Two pecks of full ripe tomatoes, One quart of salt*

- Cut each tomato in two or three slices, but do not peel them.
- Put them in a kettle in layers, salting each layer well.
- Let them simmer slowly three hours; strain them through a colander, then return to the kettle to simmer slowly for an hour longer.
- When scalding hot, pour into bottles and seal hermetically.

*This is delicious for steaks, chops, sweetbreads or soups.*

## VENETIAN PICKLE

*Four quarts of cider vinegar, Four tablespoons of white mustard seed, Four tablespoons of turmeric, Four tablespoons of whole black pepper, Three tablespoons of whole allspice, Four tablespoons of crushed stick cinnamon, Four cloves of garlic*

- Take anything you wish to pickle, cabbage, onions and green peppers; cut them up and cover with salt, vinegar and two tablespoons of turmeric.
- Let them stand twenty-four hours, stirring them carefully three or four times.
- Take them off, dry them well in a cloth and put them into a bowl.
- Put the vinegar, etc., into a kettle, boil all well together and when cool, pour over the pickles.
- In two days they will be fit for use.

## FRENCH MUSTARD

*A quarter of a pound of Coleman's English mustard, Half a pint of water, Half a pint of vinegar, A tablespoon of flour, A teaspoon of pulverized sugar, A saltspoonful of salt*

- Put the mustard in a saucepan and pour over it the vinegar and water.
- Add the salt and a pinch of calamus root the size of a pea.
- Put it on the fire and when it is boiling add the flour.
- Let it boil twenty minutes, stirring all the time.
- Just before taking it off stir in the sugar.
- When cool, put it in small wide-mouth bottles and cork tightly.

## APPENDIX ONE

### HOUSEHOLD NOTES

#### A COMPOUND TO WASH WITH

Cut six pounds of soap into thin pieces; pour on a gallon of water and boil until the soap is thoroughly dissolved. Then add one ounce of powdered borax, a half a pint of ammonia and boil five minutes longer, stirring well all the time.

**HOW TO USE THE COMPOUND** To one ordinary size tubful of water, add a small teacup full of the compound. Soak the clothes in it overnight and in the morning wash them out. Put them in the boiler and while boiling, add another teacup full of the compound. Rinse well and dry. This will take out all the grease and dirt; also saves labor, as well as the hard rubbing of the clothes. Be sure not to wash the clothes in the compound; only soak and boil them in it.

#### SOAP

Boil one gallon and a half of rainwater; shave into it, as fine as possible, five pounds of Opodeldoc Soap; stir until thoroughly dissolved, then add a half a pound of sal soda, one tablespoon of alcohol and one tablespoon of ammonia. Boil five minutes, stirring hard all the time. Put into a stone jar.

#### TO MAKE SOFT SOAP

Put to soak overnight a box of chemical lye, into six quarts of water. The next morning put it on to boil and by degrees, add five pounds of grease. Boil two hours and a half, then stir in two quarts at the time, a gallon and a half of hot water, three tablespoons of ammonia and a wineglassful of salt. Boil twenty minutes longer and add three tablespoons of myrrhbane, which is intended to give to the soap a pleasant perfume. Pour into large wide mouth stone jars and if too stiff, add cold water until the consistency of thick honey.

#### BORAX SOAP FOR BLEACHING CLOTHES

Put one ounce of pulverized borax into eight quarts of water and let it boil. While boiling, cut up three pounds of soap into very small pieces and boil all together ten minutes. Put into a stone jar and keep for use.

#### TO MAKE A WHITEWASH

Slack one barrel and a half of lime in hot water and keep it covered tightly until you are ready to mix it. Then fill the barrel about half full of hot water; stir in one quart of dissolved glue, a pound and a half of melted tallow and a half a peck of salt; mix well. To color it, take lamp black and alcohol and stir in until you get it the right color. It will be necessary to try it frequently, giving it time to dry, so as not to have it too dark. After it is thoroughly mixed, it should be strained and raked off into a new barrel, then it will be ready for use. This will be found equal to paint.

#### TO CLEAN BRASS

Brass, when corroded and blackened, may be cleaned with rottenstone, moistened with oxalic acid and a little water. Polish with whiting or silicon powder.

#### TO CLEAN OLD MATTING

To clean and freshen old matting, rub it with a cloth dipped in salt and water, being careful not to allow any drops of water to dry in the matting, or they will leave spots difficult to remove.

#### TO REMOVE GREASE FROM TIN

A few drops of ammonia will be effectual in removing grease from the dishpan and it is a good plan, once in a while, to pursue the same course in cleansing the sink.

#### FOR CLEANSING SILK

Pare and slice three Irish potatoes; pour on them half a pint of boiling water and add the same quantity of pure alcohol. Sponge the silk on the right side and when half dry iron on the wrong side. This will clean light colored silks as well as black silks, also cloth and crape.

#### ANOTHER WAY TO CLEAN BLACK SILK

To one tumbler of beer, put two tumblerfuls of water. Sponge the silk well on each side; roll together and leave it so for an hour. Then iron on the wrong side, until perfectly dry.

#### TO CLEAN OIL CLOTH

A dingy old oil cloth, can be brightened up by putting into a gallon of clear water, a teaspoon of powdered borax. After it is dissolved, wipe it with a flannel cloth, which you have previously dipped in milk; wring it as dry as possible and wipe well again.

#### TO CLEAN CARPETS

Put into a bucket six pints of very hot water; make a good thick soapsuds of it and add two tablespoons of ammonia. First dampen the carpet by dipping a sponge in the suds, then soap it well. Scrub with a brush if very dirty; if not, wash thoroughly with the sponge and wipe dry. If any of the colors should be doubtful, put a tablespoon of ox gall in, at the same time you put in the ammonia. Use aqua ammonia.

#### TO STIFFEN COLLARS AND CUFFS

Put a small lump of borax in a wineglassful of hot water, mix in it some cold white starch; have the things dry before starching, then starch well only once. Place the collars and cuffs snugly in a towel, with a fold of it beneath each row. Roll up each shirt tightly; have a polishing iron ready and iron at once very quickly. It should be very hot and if kept moving rapidly will not scorch. Each article, as finished, must be placed close to the fire. It is best to lay the cuffs and collars on a tray and place the shirts close to the fire, so as to stiffen them. The borax gives the glaze.

### **REMOVE INK AND FRUIT STAINS**

Ten grains of oxalic acid, in a half a pint of water, will remove all ink and fruit stains. Wet the article in hot water and apply it to the top of the bottle, so the liquid will reach well, then rinse it.

### **ANOTHER WAY TO REMOVE FRUIT STAINS**

Fruit stains can be removed by putting the article stained into boiling water and leaving it there for ten minutes. Then wash it out in the usual way.

### **TO REMOVE DRY PAINT FROM ARTICLES**

Dry paint is removed by dipping a swab with a handle in a strong solution of oxalic acid. It softens at once. A common lye of wood-ashes, will soften hard putty in a few minutes. If a door does not shut well, put a drop of sweet oil on the catch, or on the hinge, if it creaks. Soap will also have the same effect, but the oil is better in case there should be any rust. If there is rust on a flat iron, or other roughness, put some fine salt on a board and rub the iron rapidly on it until it moves smoothly.

### **TO SET COLORS**

Put into an ordinary-size bucketful of water, a teaspoon of sugar of lead and let it dissolve thoroughly. Soak the article in it for a half an hour, then wash it out.

### **TO TEST EGGS**

Dissolve an ounce of salt in two ounces of water and put the eggs in it. The good eggs will sink and the bad ones will float.

### **TO REMOVE A STOPPER**

If a glass stopper will not move, hold the neck of the bottle to a flame, or warm it by taking two turns of a string and see-saw it; the heat engendered expands the neck of the bottle, before a corresponding expansion reaches the stopper.

### **FOR PLANTS**

A weak solution of ammonia scattered over the leaves of plants, from a fine limber brush, gives new life to plants. Even if a little is sprinkled over the earth at their roots, their growth is invigorated.

### **TO WASH FURNITURE**

First wash off the furniture with cold water; wipe dry, then have ready three pints of boiling soapsuds, to which add a wineglassful of sweet oil; apply this, as you would water, with a soft sponge and let it dry on the furniture. If you attempt to wipe it with a cloth, it will make it dull. Just dip the sponge and squeeze it out after applying it.

### **TOOTH POWDER**

A half an ounce of cuttlefish bone; half an ounce of the finest prepared chalk; two drachms of Peruvian bark; two drachms of Florentine orris root. Reduce the whole to a fine powder and mix.

### **TO MAKE COLD CREAM**

Shave one tablespoon of spermaceti and one of white wax, very fine and put into a saucepan with hot water underneath. Keep the water under the mixture steadily boiling and stir gently all the time, until the mixture is the consistency of rich cream; then add the oil and stir a few minutes longer. Just as you remove this from the fire, add two drops of genuine attar of roses and put away for use in a small pot covered with kid.

### **A WASH FOR THE HAIR**

Put a teaspoon of powdered borax, with half a teaspoon of powdered gum camphor in a quart of boiling water. Let it stand for a few minutes, then bottle. When using it, shake well before rubbing on the hair.

### **ANOTHER WAY TO CLEANSE THE HAIR**

A half teaspoon of powdered borax in a teacup full of water, makes a mild and efficient hair and scalp cleanser. Rub it into the hair and scalp with the balls of the fingers, with the head held over a basin and the eyes kept shut, until the entire scalp is in a foam, then rinse with warm water.

### **A HAIR TONIC**

Scald two ounces of black tea in one gallon of boiling water; add three ounces of glycerine, one quart of bay rum and half an ounce of the tincture of cantharides; scald for five minutes longer; strain and bottle. This will prevent the hair from falling out and at the same time will stimulate a new and healthy growth.

### **CAMPBOR ICE**

Heat two ounces of almond oil, then melt one ounce of white wax and two ounces of the best spermaceti and stir in; lastly, add one ounce of liquid camphor; stir well and put into a small jar with lid over it.

## APPENDIX TWO

### MENUS FOR BREAKFASTS, LUNCHESES & DINNERS

#### SPRING BREAKFAST No. 1

Fruit. Broiled Shad — Tartare Sauce, Saratoga Potatoes. Broiled Lamb Chops and Peas, Hot Rolls. Coffee and English Breakfast Tea. Sweetbreads and Champignons. Broiled Snipe on Toast.

#### SPRING BREAKFAST— No. 2

Fruit. Broiled Salmon — Melted Butter Sauce, Stewed Potatoes, Hot Pounded Biscuits. Broiled Chickens — Champignons, Hot Rolls. Coffee and English Breakfast Tea. Breaded Lamb Chops and Peas, Hot Muffins. Dressed Tomatoes

#### SUMMER BREAKFAST— No. 1

Fruit. Broiled Trout — Tartare Sauce, Saratoga Potatoes, Hot Rolls. Spring Chickens, Broiled Tomatoes. Coffee and English Breakfast Tea. Breaded Chops with Peas, Hot Pounded Biscuits.

#### SUMMER BREAKFAST— No. 2

Fruit. Broiled Salmon, Potatoes cut in dice and Fried. Small Broiled Fillets of Beef with Truffles, Hot Rolls. Coffee and English Breakfast Tea. Sweetbreads Stewed with Cream, Hot Pounded Biscuits.

#### SUMMER BREAKFAST— No. 3

Cantaloupes. Broiled Chicken, Hot Rolls, Corn Fritters. Lamb Chops — Hot Biscuits, Boiled Tomatoes. Coffee and English Breakfast Tea. Ham Omelette. Peaches and Cream.

#### FALL BREAKFAST— No. 1

Broiled White Fish, Plain Omelette. Broiled Doves on Toast, Hot Rolls. Coffee and English Breakfast Tea. Waffles, Golden Syrup.

#### FALL BREAKFAST— No. 2

Fruit. Small Fillets of Beef — Champignons, Broiled Tomatoes. — Rolls. Fried Oysters. — Pounded Biscuits. Coffee and English Breakfast Tea. Reed Birds on Toast, Fried Potatoes.

#### WINTER BREAKFAST— No. 1

Fruit. Lamb Chops and Peas, Hot Rolls. Small Broiled Fillets of Beef — Champignons, Hot Pounded Biscuits. Coffee and English Breakfast Tea. Buckwheat Cakes, Golden Syrup.

#### WINTER BREAKFAST— No. 2

Fruit. Beefsteak with Champignons, Hot Pounded Biscuits, Omelette with Herbs. Quail on Toast. Coffee and English Breakfast Tea. Terrapins, Hot Rolls.

#### WINTER BREAKFAST— No. 3

Fruit. Broiled Kennebec Salmon Steaks, Scalloped Potatoes, Hot Rolls. Fried Oysters — Rolled Bread. Coffee and English Breakfast Tea. Broiled Sweetbreads, Tomato Sauce, Biscuits. Omelet with Parmesan Cheese.

#### SPRING LUNCH— No. 1

Clear Soup. Fish, Sauce a la Hollandaise, Scalloped Potatoes. Baked Sweetbreads, Green Peas. Frozen Punch. Quenelles with Truffles. Tomato Salad — Mayonnaise Dressing. Ice Cream and Strawberries — Cakes. Coffee.

#### SPRING LUNCH— No. 2

Green Pea Soup with Small Pieces of Toast. Baked Fish — Tartare Sauce, Stewed Potatoes. Breaded Lamb Chops, Champignon Sauce. Frozen Punch. Snipe on Toast. Creme de Volaille. Lettuce Salad. Macaroon Ice Cream — Cakes. Fruit. Coffee.

#### SUMMER LUNCH— No. 1

Clear Soup — Parmesan Cheese. Broiled Salmon Steaks — Tartare Sauce. Chicken a la Curry. Frozen Punch. Sweetbreads in Shells. Tomato Salad. Raspberry Ice Cream — Cakes. Chocolate.

#### SUMMER LUNCH— No. 2

FOR SMALL LUNCH. White Soup. Broiled Chickens — Truffle Sauce. Roman Punch. Croquettes — Tomato Sauce. Lettuce Salad. Ice Cream — Cakes. Coffee.

#### FALL LUNCH— No. 1

Oysters on the Half Shell. White Soup. Boiled Fish — Egg Sauce, Potatoes. Fillet of Beef — Champignons. Roman Punch. Reed Birds. Chicken Salad. Vanilla Ice Cream — Cakes. Fruit. Coffee.

#### FALL LUNCH— No. 2

Lobster Soup. Broiled White Fish — Tartare Sauce. Broiled Chickens, Fresh Fall Mushrooms. Frozen Punch. Calf's Head a la Terrapin. Reed Birds. Tomato Salad. Neapolitan Brick — Cakes. Candied Fruits Chocolate.

#### **WINTER LUNCH— No. 1**

Oysters on the Half Shell. White Soup. Quails with Truffles. Stewed Potatoes. Frozen Punch. Croquettes and Green Peas. Salad. Neapolitan Brick — Cakes. Coffee

#### **WINTER LUNCH— No. 2**

Clear Soup. Fish — Tartare Sauce, Potatoes a la Lyonnaise. Broiled Venison Steaks — Jelly, Baked Salsify. Frozen Punch. Baked Grouse — Brown Sauce. Salad. Orange Ice — Cakes. Candied Fruits. Coffee.

#### **WINTER LUNCH— No. 3**

White Soup, Sliced Almonds in it. Fish, in Shells. Quails Stuffed with Chestnuts. Oyster Patti. Frozen Punch. Creme de Volaille. Salad. Ice Cream — Cakes. Fruit. Coffee.

#### **SPRING DINNER— No. 1**

Green Pea Soup, small pieces of Fried Toast in it. Pompano Fish, Sauce a la Hollandaise, Mashed Potato. Croquettes— Champignon Sauce, Stewed Tomatoes. Orange Punch, dashed with Maraschino Cordial. Snipe on Toast. Dressed Lettuce. Cocanut Pudding. Strawberry Ice Cream — Cakes. Jelly. Coffee.

#### **SPRING DINNER— No. 2**

White Soup. Boiled Lake Fish — Tartare Sauce, Potatoes Stewed in Cream. Chickens Dressed with Truffles, Asparagus. Roman punch. Fillet of Beef — Champignons, Spinach. Salad. Pudding. Pine Apple Sherbet — Cakes. Fruit. Coffee.

#### **SPRING DINNER— No. 3**

Okra Soup. Baked Shad — Tartare Sauce, Mashed Potatoes. Roast Lamb — Mint Sauce, Green Peas. Roman Punch. Fillet of Veal — Brown Sauce, Macaroni. Salad. Pudding— Cold Sauce. Lemon Sherbet. Fruit. Coffee.

#### **SPRING DINNER— No. 4**

Julienne Soup. Baked Fish — Tartare Sauce, Mashed Potatoes. Broiled Chicken — Champignon Sauce, Spinach. Roman Punch. Snipe on Toast. Salad. Cabinet Pudding. Neapolitan Brick — Cakes. Fruit. Coffee.

#### **SUMMER DINNER— No. 1**

Gumbo Soup. Baked Bass — Tartare Sauce, Potatoes Cut in Balls — Cream Sauce. Mutton — Caper Sauce, Cauliflower with Parmesan Cheese. Roman Punch. Sweetbreads in Shells. Salad. Lemon Pudding. Peach Ice Cream — Cakes. Charlotte Russe. Fruit. Coffee.

#### **SUMMER DINNER— No. 2**

Corn Soup. Boiled Salmon — Lobster Sauce, Cucumbers. Fillet of Beef — Champignons, Macaroni. Roman Punch. Chicken Croquettes with Truffles. Broiled Woodcock — Saratoga Potatoes. Shrimp Salad. Pudding. Lemon Ice Cream — Cakes. Fruit. Coffee.

#### **SUMMER DINNER— No. 3**

Lobster Soup. Boiled Sheep's Head — Egg Sauce. Roast Lamb — Mint Sauce, Green Peas. Roman Punch. Fried Chicken — Cream Sauce, Egg — Plant Pudding. Croquettes — Tomato Sauce. Salad. Pudding — Cold Sauce. Raspberry Ice Cream — Cakes. Fruit. Coffee.

#### **SUMMER DINNER— No. 4**

Okra Soup. Boiled Fish — Shrimp Sauce. Fried Chicken — Cream Sauce, Cauliflower. Roman Punch. Fillet of Beef with Truffles, Corn Pudding. Creme de Volaille. Tomato Salad. Pudding — Cold Sauce. Lemon Ice Cream — Cakes. Fruit. Coffee.

#### **SUMMER DINNER— No. 5**

Vermicelli Soup. Broiled Salmon Steaks — Tartare Sauce, Potatoes. Sweet Breads — Green Peas. Roman Punch. Prairie Chickens. Salad. Pudding — Cold Sauce. Nesselrode Pudding — Cakes. Fruit. Coffee.

#### **FALL DINNER— No. 1**

Clear Soup with Parmesan Cheese. Boiled Salmon — Hot and Cold Sauce, Mashed Potatoes. Bouilli Beef, Stewed Tomatoes. Roman Punch. Chicken Croquettes. Salad. Cabinet Pudding. Neapolitan Brick — Cakes. Fruit. Coffee.

#### **FALL DINNER— No. 2**

White Soup. Boiled Rock Bass — Shrimp Sauce. Roast Chicken — Fresh Fall Mushrooms. Roman Punch. Lamb Chops, Stewed Tomatoes. Baked Sweet Breads — Champignons. Orange Pudding. Ice Cream — Cakes. Jelly. Fruit. Coffee.

#### **FALL DINNER— No. 3**

White Soup. Baked Bass — Tartare Sauce, Mashed Potatoes. Boiled Mutton — Caper Sauce. Pine Apple Punch. Sweet Breads in Shells. Broiled Grouse. Scalloped Tomatoes. Salad. Pudding — Hot Sauce. Ice Cream — Cakes. Fruit. Coffee.

#### **FALL DINNER— No. 4**

Oyster Gumbo. Boiled Fish — Sauce a la Hollandaise, Baked Mashed Potatoes. Reed Birds, Macaroni. Roman Punch. Croquettes — Champignon Sauce. Celery Salad. Pudding. Vanilla Ice Cream — Cakes. Fruit. Coffee.

**WINTER DINNER— No. 1**

Oysters on the Half Shell. Clear Soup. Broiled Kennebec Salmon, garnished with Fried Oysti Tartare Sauce. Saddle of Mutton — Wine and Jelly Sauce. Pine Apple Punch of St. Croix Rum. Roasted Pheasants, Saratoga Potatoes. Mayonnaise. Plum Pudding. Individual Ices — Small Cakes. Candied Fruits. Coffee.

**WINTER DINNER— No. 2**

Oysters on the Half Shell. Calf's Head Soup. Fish. Red Snapper — Sauce a la Hollandaise, Macaroni. Roman Punch. Creme de Volaille with Champignons. Salad. Cabinet Pudding. Neapolitan Brick — Cakes. Jelly. Coffee.

**WINTER DINNER— No. 3**

Oysters on the Half Shell. White Soup. Boiled Fish — Tartare Sauce, Mashed Potatoes. . Roast Turkey Stuffed with Chestnuts, Stewed Celery. Roman Punch. Terrapins. Roast Quails with Champignons. Salad. Plum Pudding. Ice Cream — Cakes. Charlotte Russe. Fruit. Coffee.

**WINTER DINNER— No. 4**

Oysters on the Half -shell. Clear Soup. Boiled Fish — Shrimp Sauce, Baked Mashed Potatoes. Fillet of Beef with Champignons. Roman Punch. Boudins a la Richelieu Truffle Sauce. Pate de Fois Gras in Aspec Jelly. Salad. Pudding — Hot Sauce. Macaroon Ice Cream — Cakes. Jelly. Coffee.

**WINTER DINNER— No. 5**

Oyster Soup. Boiled Fish— Egg Sauce, Mashed Potatoes. Quails Stuffed with Chestnuts, Macaroni. Roman Punch. Quenelles with Sauce. Salad. Vanilla Ice Cream — Cakes. Fruit. Coffee.

**WINTER DINNER— No. 6**

Oysters on the Half -shell. Clear Soup — Cream Celery Soup. Kennebec Salmon — Sauce a la Hollandaise — Tartare Sauce, Potatoes cut in little balls — Cream Sauce. Fillet of Beef with Truffles. Roman Punch. Creme de Volaille— Champignons. Terrapins. Quails Stuffed with Chestnut. Macaroni. Salad. Plum Pudding. Charlotte Russe. Fruit. Coffee.

**WINTER SUPPER— No. 1**

A supper of twelve persons to be served at one table and in courses. Oysters in the Shell. Venison — Wine Sauce. Sweet Breads and Peas. Pheasant Breasts — Truffle Sauce, Salad. Ice Cream. Fruit. Coffee.

**WINTER SUPPER— No. 2**

Is to be served as No 1, at one table. Oysters in the Shell. Sweet bread Patties. Tarrapins. Salad Ice cream. Fruit. Coffee.

**No. 1. Winter suppers for twenty-five or thirty persons,** to be served in courses, at small tables.

**No. 1.** Oyster Patties. Sweet Breads and Champignons. Chicken Croquettes and Peas. Salad. Ice Cream. Coffee.

**No. 2.** Is to be served as No. 1, at small tables. Terrapins. Creme de Volaille. Oyster Croquettes. Salad. Ice Cream. Coffee.

## APPENDIX THREE

### FOOD IN SEASON

Food in season for the months not given, are the same as those given.

#### DECEMBER

**FISH** Salmon, codfish, shrimps, lobsters, black bass, rockfish, hard-shell crabs and oysters.

**MEATS** Beef, mutton, pork and veal.

**POULTRY AND GAME** Turkeys, geese, ducks, chickens, wild turkey, canvas-back ducks, teal, mallard, quails, pheasants, venison, grouse and terrapin.

**VEGETABLES** Potatoes, sweet potatoes, squashes, turnips, carrots, parsnips, celery, spinach, cabbage, onions and salsify.

**FRUITS** Apples, pears, grapes, cranberries, oranges and figs

#### FEBRUARY

**FISH** Rock fish, perch, smelts, red snapper, lobsters and oysters.

**MEATS** Beef, mutton, fresh pork, sausages and ham.

**POULTRY AND GAME** Turkeys, ducks, geese, chickens, canvas-back ducks, terrapin, teal.

**VEGETABLES** White and sweet potatoes, turnips, parsnips, salsify, celery, winter spinach, cabbages

**FRUITS** Apples, grapes, bananas, lemons, oranges and figs.

#### MARCH

**FISH** Shad, rock fish, black bass, salmon, smelts, white fish, codfish, lobsters, red snapper, hard shell crabs and oysters.

**MEATS** Beef, mutton and ham

**POULTRY AND GAME** Capons, ducks, chickens, canvas-back ducks, teal and terrapin.

**VEGETABLES** Potatoes, sweet potatoes, southern tomatoes, spinach, salsify, lettuce and radishes.

**FRUITS** Oranges, apples, figs and southern strawberries

#### APRIL

**FISH** Shad, black bass, fresh mackerel, white fish lobsters, red snapper, hard shell crabs and oysters.

**MEATS** Beef, mutton and spring lamb.

**POULTRY AND GAME** Spring chickens, capons, ducks, chickens and snipe.

**VEGETABLES** New potatoes, asparagus, southern peas, lettuce southern cucumbers, spinach, southern tomatoes, spring onions, leeks and radishes

**FRUIT** Oranges, southern strawberries, apples, cranberries and figs.

#### MAY

**FISH** White fish, shad, white perch, fresh mackerel, salmon, pike, lobsters, red snapper, brook trout and hard shell crabs.

**MEATS** Beef; spring lamb and veal.

**POULTRY AND GAME** Spring chickens, capons and snipe.

**VEGETABLES** New potatoes, asparagus, peas, lettuce, cucumbers, southern tomatoes, cauliflowers, spinach, onions, leeks, radishes and mint.

**FRUITS** Apples, oranges, figs, cherries and southern strawberries.

#### JUNE

**FISH** Spanish mackerel, trout, rock fish, salmon, sea bass, red snapper, white fish, blue fish, lobsters, hard and soft shell crabs.

**MEATS** Beef, spring lamb and veal.

**POULTRY AND GAME** Spring chickens and snipe.

**VEGETABLES** New potatoes, peas, lettuce, cucumbers, southern tomatoes, southern squashes, cauliflowers, cabbage, spinach, string beans, beets, water cresses, carrots, radishes, leeks and mint.

**FRUITS** Oranges, strawberries, raspberries and cherries.

## JULY

**FISH** Sheepshead, blue fish, Spanish, mackerel, trout, halibut, salmon, lobsters, hard and soft shell crabs.

**MEATS** Beef, spring lamb and veal.

**POULTRY AND GAME** Spring chickens and woodcock.

**VEGETABLES** Potatoes, peas, mushrooms, green corn, tomatoes, cucumbers, eggplant, squashes, cauliflowers, lima beans, string beans, beets, leeks, water cresses and mint.

**FOR PICKLING** Cucumbers, red cabbages, cauliflowers and nasturtiums.

**FRUITS** Peaches, raspberries, blackberries, cherries, gooseberries, mulberries, apricots, plums, nectarines, greengages, damsons and melons.

## AUGUST

**FISH** Sheepshead, Spanish mackerel, fresh mackerel, trout, perch, sea bass, hard and soft shell crabs.

**MEATS** Beef, mutton, lamb and veal.

**POULTRY AND GAME** Spring chicken, woodcock, plover and prairie chickens.

**VEGETABLES** Potatoes, mushrooms, green-corn, tomatoes, squashes, eggplant, beets, carrots, celery, spinach, cabbage, cauliflowers, Lima beans, onions, garlic, mint and watercresses.

**FOR PICKLING** Green tomatoes, cabbage, bull-nose peppers, onions and cauliflowers.

**FRUIT** Pears, grapes, peaches, blackberries, apricots, nectarines, greengages, damsons, quinces and melons.

## SEPTEMBER

**FISH** Spanish mackerel, bluefish, sheepshead, salmon, halibut, sea bass, clams, lobsters, hard and soft shell crabs and oysters.

**MEATS** Beef, mutton, lamb and veal.

**POULTRY AND GAME** Chickens, prairie chickens, reed birds, woodcock, teal; terrapin commences its season the latter part of September.

**VEGETABLES** Potatoes, green-corn, mushrooms, tomatoes, squashes, carrots, celery, Lima beans, cabbage, onions, garlic, mint, watercresses and leeks.

**FOR PICKLING** White cabbage, cucumbers, white onions, green tomatoes and string beans.

**FRUITS** Apples, pears, grapes, peaches, plums, nectarines, damsons, oranges, melons and quinces.



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Strawberry Mansion, Philadelphia

*The Kentucky Housewife*