

# **The Book of Household Management**

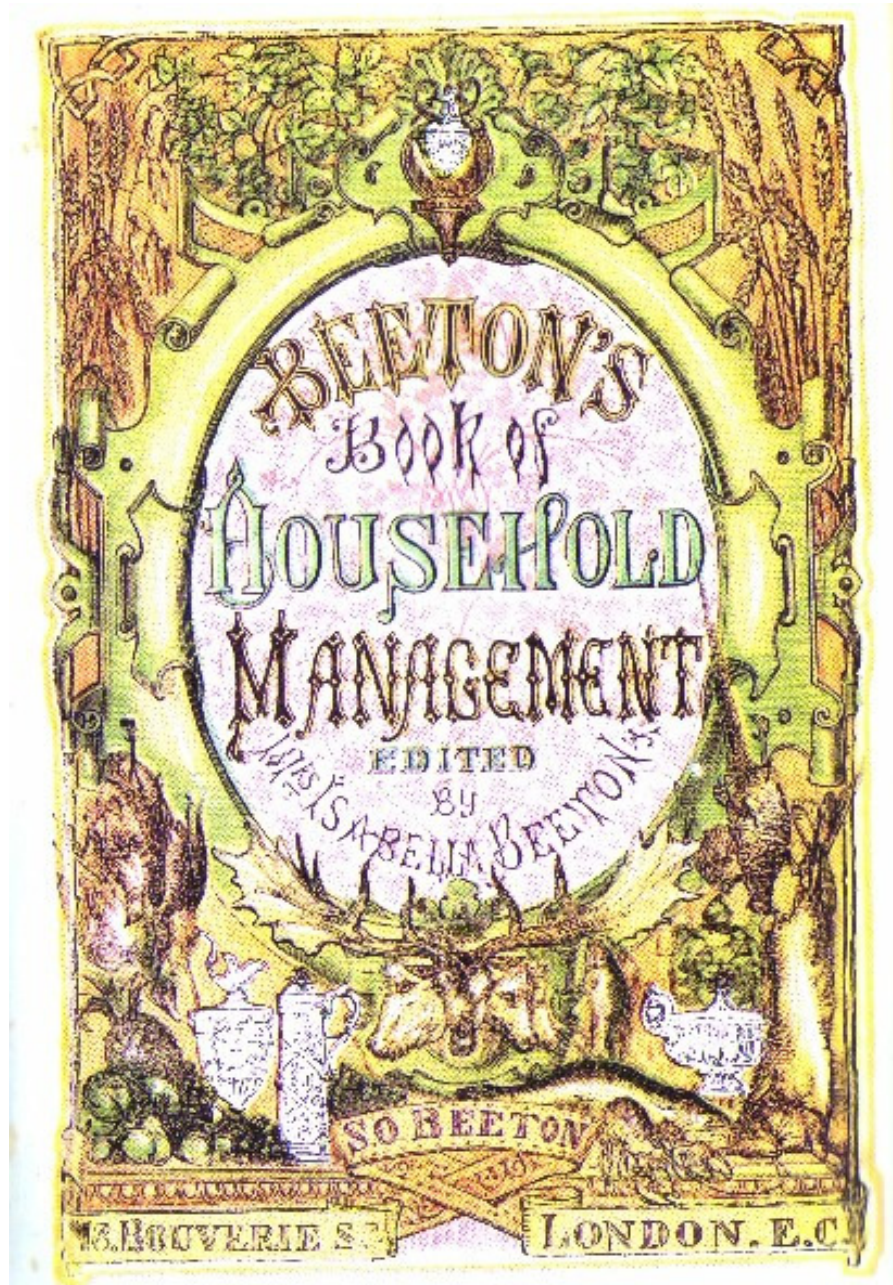
By

**Mrs. Isabella Beeton.**

**Volume 1.**

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THE BOOK OF HOUSEHOLD MANAGEMENT



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## Introduction to the Ex-Classics Edition

*The Book of Household Management*, by Mrs. Isabella Beeton, was published in 24 parts in 1859-1861, and then in book form in 1861. An immediate success, it has long been regarded as the quintessence of Victorian cookery. It has been published and republished in new editions which modified the original more and more; when the last edition appeared in the 1960's little if any trace of Mrs. Beeton's work was left.

Far more than just a cookery book, it contains all that was needed for a newly-married woman to face keeping house with confidence—what kitchen equipment to buy, how to clean everything, what servants to have, what to look for in hiring them, how to raise children and cure their diseases, and much more. Throughout the book there are paragraphs describing all the plants and animals used for food, with illustrations of them in their natural habitat.

But it is the 1800 or so recipes which are the glory of the book. These range from the delicious, such as *Raised Pie of Poultry or Game* [i.e. the traditional English game pie], or *Truffles with Champagne*, to the frankly unappetizing, such as *Very Plain Bread Pudding*, or *Useful Soup for Benevolent Purposes* (Cost, 1 1/2 d. per quart.) From the elaborate like *Nesselrode Pudding* to the very simple such as *Box of Chocolates* (Seasonable at any time). Some of her ingredients are now unfortunately unobtainable, such as larks and barberries, but there are many recipes which would still be easily prepared and to the taste of modern palates. Try them and see!

## Gems from Mrs. Beeton

Of all those acquirements, which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties.

*In private parties*, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged.

FROM THE GROSSNESS OF HIS FEEDING, the large amount of aliment he consumes, his gluttonous way of eating it, from his slothful habits, laziness, and indulgence in sleep, the pig is particularly liable to disease, and especially indigestion, heartburn, and affections of the skin.

Cheese, in its commonest shape, is only fit for sedentary people as an after-dinner stimulant, and in very small quantity. Bread and cheese, as a meal, is only fit for soldiers on march or labourers in the open air, who like it because it "holds the stomach a long time."

MRS. ISABELLA BEETON

The shepherds of Egypt had a singular manner of cooking eggs without the aid of fire. They placed them in a sling, which they turned so rapidly that the friction of the air heated them to the exact point required for use.

Independently of its invigorating influence on the constitution, *porter exerts a marked and specific effect on the secretion of milk; more powerful in exciting an abundant supply of that fluid than any other article within the range of the physician's art*; and, in cases of deficient quantity, is the most certain, speedy, and the healthiest means that can be employed to insure a quick and abundant flow. . . . The quantity to be taken . . . should vary from *one* to *two* pints a day, never taking less than half a pint at a time, which should be repeated three or four times a day.

*Essence of Lemon* will remove grease, but will make a spot itself in a few days.

**Bibliographic Note.**

*The Book of Household Management* by Mrs. Isabella Beeton was first published in 24 monthly parts 1859-61 and as a bound edition later in 1861. Isabella Beeton died in childbirth in 1865 at the age of 28. Sam Beeton, Isabella's husband, himself ill, wrung with grief, and in financial trouble, had to sell the copyright in 1867. A second edition, with some input from Sam, was published in 1869. There have been a great many subsequent editions, departing more and more from the original.

This Ex-classics edition is from the first edition. The *text* has been taken from the University of Adelaide E-text prepared by Steve Thomas. All praise to them for making their version freely available. The *illustrations* are from a facsimile of the first edition published by Jonathan Cape in 1968.





“THE FREE, FAIR HOMES OF ENGLAND.”

*Mrs. Hemans.*

## Analytical Index.

NOTE. Where a p. occurs before the number for reference, the page, and not the paragraph, is to be sought.

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"THE FREE, FAIR HOMES OF ENGLAND."

*Mrs. Hemans.*

## Preface.

I must frankly own, that if I had known, beforehand, that this book would have cost me the labour which it has, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought upon men and women by household mismanagement. I have always thought that there is no more fruitful source of family discontent than a housewife's badly-cooked dinners and untidy ways. Men are now so well served out of doors,-at their clubs, well-ordered taverns, and dining-houses, that in order to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as be perfectly conversant with all the other arts of making and keeping a comfortable home.

In this book I have attempted to give, under the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the ingredients, a plain statement of the mode of preparing each dish, and a careful estimate of its cost, the number of people for whom it is sufficient, and the time when it is seasonable. For the matter of the recipes, I am indebted, in some measure, to many correspondents of the "Englishwoman's Domestic Magazine," who have obligingly placed at my disposal their formulas for many original preparations. A large private circle has also rendered me considerable service. A diligent study of the works of the best modern writers on cookery was also necessary to the faithful fulfilment of my task. Friends in England, Scotland, Ireland, France, and Germany, have also very materially aided me. I have paid great attention to those recipes which come under the of "COLD MEAT COOKERY." But in the department belonging to the Cook I have striven, too, to make my work something more than a Cookery Book, and have, therefore, on the best authority that I could obtain, given an account of the natural history of the animals and vegetables which we use as food. I have followed the animal from his birth to his appearance on the table; have described the manner of feeding him, and of slaying him, the position of his various joints, and, after giving the recipes, have described the modes of carving Meat, Poultry, and Game. Skilful artists have designed the numerous drawings which appear in this work, and which illustrate, better than any description, many important and interesting items. The coloured plates are a novelty not without value.

Besides the great portion of the book which has especial reference to the cook's department, there are chapters devoted to those of the other servants of the household, who have all, I trust, their duties clearly assigned to them.

Towards the end of the work will be found valuable chapters on the "Management of Children"--"The Doctor," the latter principally referring to accidents and emergencies, some of which are certain to occur in the experience of every one of us; and the last chapter contains "Legal Memoranda," which will be serviceable in cases of doubt as to the proper course to be adopted in the relations between Landlord and Tenant, Tax-gatherer and Tax-payer, and Tradesman and Customer.

MRS. ISABELLA BEETON

These chapters have been contributed by gentlemen fully entitled to confidence; those on medical subjects by an experienced surgeon, and the legal matter by a solicitor.

I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

ISABELLA BEETON.

**CHAPTER I.—The mistress.**

"Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household; and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."—*Proverbs*, xxxi. 25-28.

1. AS WITH THE COMMANDER OF AN ARMY, or the leader of any enterprise, so is it with the mistress of a house. Her spirit will be seen through the whole establishment; and just in proportion as she performs her duties intelligently and thoroughly, so will her domestics follow in her path. Of all those acquirements, which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties; for on these are perpetually dependent the happiness, comfort, and well-being of a family. In this opinion we are borne out by the author of "The Vicar of Wakefield," who says: "The modest virgin, the prudent wife, and the careful matron, are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queens. She who makes her husband and her children happy, who reclaims the one from vice and trains up the other to virtue, is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from their quiver, or their eyes."

2. PURSUING THIS PICTURE, we may add, that to be a good housewife does not necessarily imply an abandonment of proper pleasures or amusing recreation; and we think it the more necessary to express this, as the performance of the duties of a mistress may, to some minds, perhaps seem to be incompatible with the enjoyment of life. Let us, however, now proceed to describe some of those home qualities and virtues which are necessary to the proper management of a Household, and then point out the plan which may be the most profitably pursued for the daily regulation of its affairs.

3. EARLY RISING IS ONE OF THE MOST ESSENTIAL QUALITIES which enter into good Household Management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have before observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject:—"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'"

4. CLEANLINESS IS ALSO INDISPENSABLE TO HEALTH, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning, unless, on account of illness or other

circumstances, they should be deemed objectionable. The bathing of *children* will be treated of under the of "MANAGEMENT OF CHILDREN."

5. FRUGALITY AND ECONOMY ARE HOME VIRTUES, without which no household can prosper. Dr. Johnson says: "Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be evident to every one, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune, which puts financial adversity out of the question. We must always remember that it is a great merit in housekeeping to manage a little well. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little, than how to make it more." In this there is true wisdom, and it may be added, that those who can manage a little well, are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

6. THE CHOICE OF ACQUAINTANCES is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in the scandal and ridicule of her neighbours, should be avoided as a pestilence. It is likewise all-necessary to beware, as Thomson sings,

"The whisper'd tale,  
That, like the fabling Nile, no fountain knows;—  
Fair-laced Deceit, whose wily, conscious eye  
Ne'er looks direct; the tongue that licks the dust  
But, when it safely dares, as prompt to sting."

If the duties of a family do not sufficiently occupy the time of a mistress, society should be formed of such a kind as will tend to the mutual interchange of general and interesting information.

7. FRIENDSHIPS SHOULD NOT BE HASTILY FORMED, nor the heart given, at once, to every new-comer. There are ladies who uniformly smile at, and approve everything and everybody, and who possess neither the courage to reprehend vice, nor the generous warmth to defend virtue. The friendship of such persons is without attachment, and their love without affection or even preference. They imagine that every one who has any penetration is ill-natured, and look coldly on a discriminating judgment. It should be remembered, however, that this discernment does not always proceed from an uncharitable temper, but that those who possess a long experience and thorough knowledge of the world, scrutinize the conduct and dispositions of people before they trust themselves to the first fair appearances. Addison, who was not deficient in a knowledge of mankind, observes that "a friendship, which makes the least noise, is very often the most useful; for which reason, I should prefer a prudent friend to a zealous one." And Joanna Baillie tells us that

"Friendship is no plant of hasty growth,  
Though planted in esteem's deep-fixed soil,  
The gradual culture of kind intercourse  
Must bring it to perfection."

8. HOSPITALITY IS A MOST EXCELLENT VIRTUE; but care must be taken that the love of company, for its own sake, does not become a prevailing passion; for then the habit is no longer hospitality, but dissipation. Reality and truthfulness in this, as in all other duties of life, are the points to be studied; for, as Washington Irving well says, "There is an emanation from the heart in genuine hospitality, which cannot be described, but is immediately felt, and puts the stranger at once at his ease." With respect to the continuance of friendships, however, it may be found necessary, in some cases, for a mistress to relinquish, on assuming the responsibility of a household, many of those commenced in the earlier part of her life. This will be the more requisite, if the number still retained be quite equal to her means and opportunities.

9. IN CONVERSATION, TRIFLING OCCURRENCES, such as small disappointments, petty annoyances, and other every-day incidents, should never be mentioned to your friends. The extreme injudiciousness of repeating these will be at once apparent, when we reflect on the unsatisfactory discussions which they too frequently occasion, and on the load of advice which they are the cause of being tendered, and which is, too often, of a kind neither to be useful nor agreeable. Greater events, whether of joy or sorrow, should be communicated to friends; and, on such occasions, their sympathy gratifies and comforts. If the mistress be a wife, never let an account of her husband's failings pass her lips; and in cultivating the power of conversation, she should keep the versified advice of Cowper continually in her memory, that it

"Should flow like water after summer showers,  
Not as if raised by mere mechanic powers."

In reference to its style, Dr. Johnson, who was himself greatly distinguished for his colloquial abilities, says that "no style is more extensively acceptable than the narrative, because this does not carry an air of superiority over the rest of the company; and, therefore, is most likely to please them. For this purpose we should store our memory with short anecdotes and entertaining pieces of history. Almost every one listens with eagerness to extemporary history. Vanity often co-operates with curiosity; for he that is a hearer in one place wishes to qualify himself to be a principal speaker in some inferior company; and therefore more attention is given to narrations than anything else in conversation. It is true, indeed, that sallies of wit and quick replies are very pleasing in conversation; but they frequently tend to raise envy in some of the company: but the narrative way neither raises this, nor any other evil passion, but keeps all the company nearly upon an equality, and, if judiciously managed, will at once entertain and improve them all."

10. GOOD TEMPER SHOULD BE CULTIVATED by every mistress, as upon it the welfare of the household may be said to turn; indeed, its influence can hardly be over-estimated, as it has the effect of moulding the characters of those around her, and of acting most beneficially on the happiness of the domestic circle. Every of a household should strive to be cheerful, and should never fail to show a deep interest in all that appertains to the well-being of those who claim the protection of her roof. Gentleness, not partial and temporary, but universal and regular, should pervade her conduct; for where such a spirit is habitually manifested, it not only delights her children, but

makes her domestics attentive and respectful; her visitors are also pleased by it, and their happiness is increased.

11. ON THE IMPORTANT SUBJECT OF DRESS AND FASHION we cannot do better than quote an opinion from the eighth volume of the "Englishwoman's Domestic Magazine." The writer there says, "Let people write, talk, lecture, satirize, as they may, it cannot be denied that, whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never *look* as ridiculous as another, or as any other, which, however convenient, comfortable, or even becoming, is totally opposite in style to that generally worn."

12. IN PURCHASING ARTICLES OF WEARING APPAREL, whether it be a silk dress, a bonnet, shawl, or riband, it is well for the buyer to consider three things: I. That it be not too expensive for her purse. II. That its colour harmonize with her complexion, and its size and pattern with her figure. III. That its tint allow of its being worn with the other garments she possesses. The quaint Fuller observes, that the good wife is none of our dainty dames, who love to appear in a variety of suits every day new, as if a gown, like a stratagem in war, were to be used but once. But our good wife sets up a sail according to the keel of her husband's estate; and, if of high parentage, she doth not so remember what she was by birth, that she forgets what she is by match.

To *Brunettes*, or those ladies having dark complexions, silks of a grave hue are adapted. For *Blondes*, or those having fair complexions, lighter colours are preferable, as the richer, deeper hues are too overpowering for the latter. The colours which go best together are green with violet; gold-colour with dark crimson or lilac; pale blue with scarlet; pink with black or white; and gray with scarlet or pink. A cold colour generally requires a warm tint to give life to it. Gray and pale blue, for instance, do not combine well, both being cold colours.

13. THE DRESS OF THE MISTRESS should always be adapted to her circumstances, and be varied with different occasions. Thus, at breakfast she should be attired in a very neat and simple manner, wearing no ornaments. If this dress should decidedly pertain only to the breakfast-hour, and be specially suited for such domestic occupations as usually follow that meal, then it would be well to exchange it before the time for receiving visitors, if the mistress be in the habit of doing so. It is still to be remembered, however, that, in changing the dress, jewellery and ornaments are not to be worn until the full dress for dinner is assumed. Further information and hints on the subject of the toilet will appear under the department of the "LADY'S-MAID."

The advice of Polonius to his son Laertes, in Shakspeare's tragedy of "Hamlet," is most excellent; and although given to one of the male sex, will equally apply to a "fayre ladye:"—

"Costly thy habit as thy purse can buy,  
But not express'd in fancy; rich, not gaudy;  
For the apparel oft proclaims the man."

14. CHARITY AND BENEVOLENCE ARE DUTIES which a mistress owes to herself as well as to her fellow-creatures; and there is scarcely any income so small,

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but something may be spared from it, even if it be but "the widow's mite." It is to be always remembered, however, that it is the *spirit* of charity which imparts to the gift a value far beyond its actual amount, and is by far its better part.

True Charity, a plant divinely nursed,  
Fed by the love from which it rose at first,  
Thrives against hope, and, in the rudest scene,  
Storms but enliven its unfading green;  
Exub'rant is the shadow it supplies,  
Its fruit on earth, its growth above the skies.

Visiting the houses of the poor is the only practical way really to understand the actual state of each family; and although there may be difficulties in following out this plan in the metropolis and other large cities, yet in country towns and rural districts these objections do not obtain. Great advantages may result from visits paid to the poor; for there being, unfortunately, much ignorance, generally, amongst them with respect to all household knowledge, there will be opportunities for advising and instructing them, in a pleasant and unobtrusive manner, in cleanliness, industry, cookery, and good management.

15. IN MARKETING, THAT THE BEST ARTICLES ARE THE CHEAPEST, may be laid down as a rule; and it is desirable, unless an experienced and confidential housekeeper be kept, that the mistress should herself purchase all provisions and stores needed for the house. If the mistress be a young wife, and not accustomed to order "things for the house," a little practice and experience will soon teach her who are the best tradespeople to deal with, and what are the best provisions to buy. Under each particular of FISH, MEAT, POULTRY, GAME, &c., will be described the proper means of ascertaining the quality of these comestibles.

16. A HOUSEKEEPING ACCOUNT-BOOK should invariably be kept, and kept punctually and precisely. The plan for keeping household accounts, which we should recommend, would be to make an entry, that is, write down into a daily diary every amount paid on that particular day, be it ever so small; then, at the end of the month, let these various payments be ranged under their specific heads of Butcher, Baker, &c.; and thus will be seen the proportions paid to each tradesman, and any one month's expenses may be contrasted with another. The housekeeping accounts should be balanced not less than once a month; so that you may see that the money you have in hand tallies with your account of it in your diary. Judge Haliburton never wrote truer words than when he said, "No man is rich whose expenditure exceeds his means, and no one is poor whose incomings exceed his outgoings."

When, in a large establishment, a housekeeper is kept, it will be advisable for the mistress to examine her accounts regularly. Then any increase of expenditure which may be apparent, can easily be explained, and the housekeeper will have the satisfaction of knowing whether her efforts to manage her department well and economically, have been successful.

17. ENGAGING DOMESTICS is one of those duties in which the judgment of the mistress must be keenly exercised. There are some respectable registry-offices, where good servants may sometimes be hired; but the plan rather to be recommended is, for



the mistress to make inquiry amongst her circle of friends and acquaintances, and her tradespeople. The latter generally know those in their neighbourhood, who are wanting situations, and will communicate with them, when a personal interview with some of them will enable the mistress to form some idea of the characters of the applicants, and to suit herself accordingly.

We would here point out an error—and a grave one it is—into which some mistresses fall. They do not, when engaging a servant, expressly tell her all the duties which she will be expected to perform. This is an act of omission severely to be reprehended. Every portion of work which the maid will have to do, should be plainly stated by the mistress, and understood by the servant. If this plan is not carefully adhered to, domestic contention is almost certain to ensue, and this may not be easily settled; so that a change of servants, which is so much to be deprecated, is continually occurring.

18. IN OBTAINING A SERVANT'S CHARACTER, it is not well to be guided by a written one from some unknown quarter; but it is better to have an interview, if at all possible, with the former mistress. By this means you will be assisted in your decision of the suitability of the servant for your place, from the appearance of the lady and the state of her house. Negligence and want of cleanliness in her and her household generally, will naturally lead you to the conclusion, that her servant has suffered from the influence of the bad example.

The proper course to pursue in order to obtain a personal interview with the lady is this:—The servant in search of the situation must be desired to see her former mistress, and ask her to be kind enough to appoint a time, convenient to herself, when you may call on her; this proper observance of courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of her former servant; and if no objection is stated in that respect, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the weak points of your domestic.

19. THE TREATMENT OF SERVANTS is of the highest possible moment, as well to the mistress as to the domestics themselves. On the part of the house the latter will naturally fix their attention; and if they perceive that the mistress's conduct is regulated by high and correct principles, they will not fail to respect her. If, also, a benevolent desire is shown to promote their comfort, at the same time that a steady performance of their duty is exacted, then their respect will not be unmingled with affection, and they will be still more solicitous to continue to deserve her favour.

20. IN GIVING A CHARACTER, it is scarcely necessary to say that the mistress should be guided by a sense of strict justice. It is not fair for one lady to recommend to another, a servant she would not keep herself. The benefit, too, to the servant herself is of small advantage; for the failings which she possesses will increase if suffered to be indulged with impunity. It is hardly necessary to remark, on the other hand, that no angry feelings on the part of a mistress towards her late servant, should ever be allowed, in the slightest degree, to influence her, so far as to induce her to disparage her maid's character.

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21. THE FOLLOWING TABLE OF THE AVERAGE YEARLY WAGES paid to domestics, with the various members of the household placed in the order in which they are usually ranked, will serve as a guide to regulate the expenditure of an establishment:—

	<b>When not found in Livery.</b>	<b>When found in Livery.</b>
The House Steward	From £10 to £80	—
The Valet	" 25 to 50	From £20 to £30
The Butler	" 25 to 50	—
The Cook	" 20 to 40	—
The Gardener	" 20 to 40	—
The Footman	" 20 to 40	" 15 to 25
The Under Butler	" 15 to 30	" 15 to 25
The Coachman	—	" 20 to 35
The Groom	" 15 to 30	" 12 to 20
The Under Footman	—	" 12 to 20
The Page or Footboy	" 8 to 18	" 6 to 14
The Stableboy	" 6 to 12	—
	<b>When no extra allowance is made for Tea, Sugar, and Beer.</b>	<b>When an extra allowance is made for Tea, Sugar, and Beer.</b>
The Housekeeper	From £20 to £15	From £18 to £40
The Lady's-maid	" 12 to 25	" 10 to 20
The Head Nurse	" 15 to 30	" 13 to 26
The Cook	" 11 to 30	" 12 to 26
The Upper Housemaid	" 12 to 20	" 10 to 17
The Upper Laundry-maid	" 12 to 18	" 10 to 15
The Maid-of-all-work	" 9 to 14	" 7-1/2 to 11
The Under Housemaid	" 8 to 12	" 6-1/2 to 10
The Still-room Maid	" 9 to 14	" 8 to 13
The Nursemaid	" 8 to 12	" 5 to 10
The Under Laundry-maid	" 9 to 11	" 8 to 12
The Kitchen-maid	" 9 to 14	" 8 to 12
The Scullery-maid	" 5 to 9	" 4 to 8

These quotations of wages are those usually given in or near the metropolis; but, of course, there are many circumstances connected with locality, and also having reference to the long service on the one hand, or the inexperience on the other, of domestics, which may render the wages still higher or lower than those named above. All the domestics mentioned in the above table would enter into the establishment of a wealthy nobleman. The number of servants, of course, would become smaller in proportion to the lesser size of the establishment; and we may here enumerate a scale of servants suited to various incomes, commencing with—

About £1,000 a year—A cook, upper housemaid, nursemaid, under housemaid, and a man servant.

About £750 a year—A cook, housemaid, nursemaid, and footboy.

About £500 a year—A cook, housemaid, and nursemaid.

About £300 a year—A maid-of-all-work and nursemaid.

About £200 or £150 a year—A maid-of-all-work (and girl occasionally).

22. HAVING THUS INDICATED some of the more general duties of the mistress, relative to the moral government of her household, we will now give a few specific instructions on matters having a more practical relation to the position which she is supposed to occupy in the eye of the world. To do this the more clearly, we will begin with her earliest duties, and take her completely through the occupations of a day.

23. HAVING RISEN EARLY, as we have already advised (*see* 3), and having given due attention to the bath, and made a careful toilet, it will be well at once to see that the children have received their proper ablutions, and are in every way clean and comfortable. The first meal of the day, breakfast, will then be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent.

24. AFTER BREAKFAST IS OVER, it will be well for the mistress to make a round of the kitchen and other offices, to see that all are in order, and that the morning's work has been properly performed by the various domestics. The orders for the day should then be given, and any questions which the domestics desire to ask, respecting their several departments, should be answered, and any special articles they may require, handed to them from the store-closet.

In those establishments where there is a housekeeper, it will not be so necessary for the mistress, personally, to perform the above-named duties.

25. AFTER THIS GENERAL SUPERINTENDENCE of her servants, the mistress, if a mother of a young family, may devote herself to the instruction of some of its younger members, or to the examination of the state of their wardrobe, leaving the later portion of the morning for reading, or for some amusing recreation.

"Recreation," says Bishop Hall, "is intended to the mind as whetting is to the scythe, to sharpen the edge of it, which would otherwise grow dull and blunt. He, therefore, that spends his whole time in recreation is ever whetting, never mowing; his grass may grow and his steed starve; as, contrarily, he that always toils and never recreates, is ever mowing, never whetting, labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward, when the scythe is so seasonably and moderately whetted that it may cut, and so cut, that it may have the help of sharpening."

Unless the means of the mistress be very circumscribed, and she be obliged to devote a great deal of her time to the making of her children's clothes, and other economical pursuits, it is right that she should give some time to the pleasures of literature, the innocent delights of the garden, and to the improvement of any special abilities for music, painting, and other elegant arts, which she may, happily, possess.

26. THESE DUTIES AND PLEASURES BEING PERFORMED AND ENJOYED, the hour of luncheon will have arrived. This is a very necessary meal between an early breakfast and a late dinner, as a healthy person, with good exercise, should have a fresh supply of food once in four hours. It should be a light meal; but its solidity must, of course, be, in some degree, proportionate to the time it is intended to enable you to

wait for your dinner, and the amount of exercise you take in the mean time. At this time, also, the servants' dinner will be served.

In those establishments where an early dinner is served, that will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children and about one o'clock, the mistress and the elder portion of the family make their luncheon at the same time from the same joint, or whatever may be provided. A mistress will arrange, according to circumstances, the serving of the meal; but the more usual plan is for the lady of the house to have the joint brought to her table, and afterwards carried to the nursery.

27. AFTER LUNCHEON, MORNING CALLS AND VISITS may be made and received. These may be divided under three heads: those of ceremony, friendship, and congratulation or condolence. Visits of ceremony, or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite sufficient. A lady paying a visit may remove her boa or neckerchief; but neither her shawl nor bonnet.

When other visitors are announced, it is well to retire as soon as possible, taking care to let it appear that their arrival is not the cause. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible, without, however, showing that you feel yourself an intruder. It is not difficult for any well-bred or even good-tempered person, to know what to say on such an occasion, and, on politely withdrawing, a promise can be made to call again, if the lady you have called on, appear really disappointed.

28. IN PAYING VISITS OF FRIENDSHIP, it will not be so necessary to be guided by etiquette as in paying visits of ceremony; and if a lady be pressed by her friend to remove her shawl and bonnet, it can be done if it will not interfere with her subsequent arrangements. It is, however, requisite to call at suitable times, and to avoid staying too long, if your friend is engaged. The courtesies of society should ever be maintained, even in the domestic circle, and amongst the nearest friends. During these visits, the manners should be easy and cheerful, and the subjects of conversation such as may be readily terminated. Serious discussions or arguments are to be altogether avoided, and there is much danger and impropriety in expressing opinions of those persons and characters with whom, perhaps, there is but a slight acquaintance. (*See 6, 7, and 9.*)

It is not advisable, at any time, to take favourite dogs into another lady's drawing-room, for many persons have an absolute dislike to such animals; and besides this, there is always a chance of a breakage of some article occurring, through their leaping and bounding here and there, sometimes very much to the fear and annoyance of the hostess. Her children, also, unless they are particularly well-trained and orderly, and she is on exceedingly friendly terms with the hostess, should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken in the vehicle, and remain in it until the visit is over.

29. FOR MORNING CALLS, it is well to be neatly attired; for a costume very different to that you generally wear, or anything approaching an evening dress, will be very much out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be under-dressed than over-dressed.

A strict account should be kept of ceremonial visits, and notice how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances when the circumstances of old age or ill health will preclude any return of a call; but when this is the case, it must not interrupt the discharge of the duty.

30. IN PAYING VISITS OF CONDOLENCE, it is to be remembered that they should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, then immediately after the family has appeared at public worship. A lady should send in her card, and if her friends be able to receive her, the visitor's manner and conversation should be subdued and in harmony with the character of her visit. Courtesy would dictate that a mourning card should be used, and that visitors, in paying condoling visits, should be dressed in black, either silk or plain-coloured apparel. Sympathy with the affliction of the family, is thus expressed, and these attentions are, in such cases, pleasing and soothing.

In all these visits, if your acquaintance or friend be not at home, a card should be left. If in a carriage, the servant will answer your inquiry and receive your card; if paying your visits on foot, give your card to the servant in the hall, but leave to go in and rest should on no account be asked. The form of words, "Not at home," may be understood in different senses; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your acquaintance is not desired; but, in either case, not the slightest word is to escape you, which would suggest, on your part, such an impression.

31. IN RECEIVING MORNING CALLS, the foregoing description of the etiquette to be observed in paying them, will be of considerable service. It is to be added, however, that the occupations of drawing, music, or reading should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework, and none other is appropriate in the drawing-room, it may not be, under some circumstances, inconsistent with good breeding to quietly continue it during conversation, particularly if the visit be protracted, or the visitors be gentlemen.

Formerly the custom was to accompany all visitors quitting the house to the door, and there take leave of them; but modern society, which has thrown off a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or courtesy, in accordance with the intimacy she has with her guests, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple, or persons newly arrived in the neighbourhood, a lady should leave her husband's card together with her own, at the same time, stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit, with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood, to leave or send their own and husband's cards, with the letters P. P. C. in the right-hand

corner. These letters are the initials of the French words, "*Pour prendre congé*," meaning, "To take leave."

32. THE MORNING CALLS BEING PAID OR RECEIVED, and their etiquette properly attended to, the next great event of the day in most establishments is "The Dinner;" and we only propose here to make a few general remarks on this important topic, as, in future pages, the whole "Art of Dining" will be thoroughly considered, with reference to its economy, comfort, and enjoyment.

33. IN GIVING OR ACCEPTING AN INVITATION FOR DINNER, the following is the form of words generally made use of. They, however, can be varied in proportion to the intimacy or position of the hosts and guests:—

Mr. and Mrs. A——present their compliments to Mr. and Mrs. B——, and request the honour, [or hope to have the pleasure] of their company to dinner on Wednesday, the 6th of December next.

A——STREET,  
*November 13th, 1859. R. S. V. P.*

The letters in the corner imply "*Répondez, s'il vous plaît*;" meaning, "an answer will oblige." The reply, accepting the invitation, is couched in the following terms:—

Mr. and Mrs. B——present their compliments to Mr. and Mrs. A——, and will do themselves the honour of, [or will have much pleasure in] accepting their kind invitation to dinner on the 6th of December next.

B——SQUARE,  
*November 18th, 1859.*

Cards, or invitations for a dinner-party, should be issued a fortnight or three weeks (sometimes even a month) beforehand, and care should be taken by the hostess, in the selection of the invited guests, that they should be suited to each other. Much also of the pleasure of a dinner-party will depend on the arrangement of the guests at table, so as to form a due admixture of talkers and listeners, the grave and the gay. If an invitation to dinner is accepted, the guests should be punctual, and the mistress ready in her drawing-room to receive them. At some periods it has been considered fashionable to come late to dinner, but lately *nous avons changé tout cela*.

34. THE HALF-HOUR BEFORE DINNER has always been considered as the great ordeal through which the mistress, in giving a dinner-party, will either pass with flying colours, or, lose many of her laurels. The anxiety to receive her guests,—her hope that all will be present in due time,—her trust in the skill of her cook, and the attention of the other domestics, all tend to make these few minutes a trying time. The mistress, however, must display no kind of agitation, but show her tact in suggesting light and cheerful subjects of conversation, which will be much aided by the introduction of any particular new book, curiosity of art, or article of vertu, which may pleasantly engage the attention of the company. "Waiting for Dinner," however, is a trying time, and there are few who have not felt—

MRS. ISABELLA BEETON

"How sad it is to sit and pine,  
The long *half-hour* before we dine!  
Upon our watches oft to look,  
Then wonder at the clock and cook,  
...  
"And strive to laugh in spite of Fate!  
But laughter forced soon quits the room,  
And leaves it in its former gloom.  
But lo! the dinner now appears,  
The object of our hopes and fears,  
The end of all our pain!"

In giving an entertainment of this kind, the mistress should remember that it is her duty to make her guests feel happy, comfortable, and quite at their ease; and the guests should also consider that they have come to the house of their hostess to be happy. Thus an opportunity is given to all for innocent enjoyment and intellectual improvement, when also acquaintances may be formed that may prove invaluable through life, and information gained that will enlarge the mind. Many celebrated men and women have been great talkers; and, amongst others, the genial Sir Walter Scott, who spoke freely to every one, and a favourite remark of whom it was, that he never did so without learning something he didn't know before.

35. DINNER BEING ANNOUNCED, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or from her being the greatest stranger in the party. If this lady be married and her husband present, the latter takes the hostess to her place at table, and seats himself at her right hand. The rest of the company follow in couples, as specified by the master and mistress of the house, arranging the party according to their rank and other circumstances which may be known to the host and hostess.

It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly (and correctly) written on small cards, and placed at that part of the table where it is desired they should sit. With respect to the number of guests, it has often been said, that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, in a general way, sufficient to enjoy themselves and be enjoyed. White kid gloves are worn by ladies at dinner-parties, but should be taken off before the business of dining commences.

36. THE GUESTS BEING SEATED AT THE DINNER-TABLE, the lady begins to help the soup, which is handed round, commencing with the gentleman on her right and on her left, and continuing in the same order till all are served. It is generally established as a rule, not to ask for soup or fish twice, as, in so doing, part of the company may be kept waiting too long for the second course, when, perhaps, a little revenge is taken by looking at the awkward consumer of a second portion. This rule, however, may, under various circumstances, not be considered as binding.

It is not usual, where taking wine is *en règle*, for a gentleman to ask a lady to take wine until the fish or soup is finished, and then the gentleman honoured by sitting on the right of the hostess, may politely inquire if she will do him the honour of taking

wine with him. This will act as a signal to the rest of the company, the gentleman of the house most probably requesting the same pleasure of the ladies at his right and left. At many tables, however, the custom or fashion of drinking wine in this manner, is abolished, and the servant fills the glasses of the guests with the various wines suited to the course which is in progress.

37. WHEN DINNER IS FINISHED, THE DESSERT is placed on the table, accompanied with finger-glasses. It is the custom of some gentlemen to wet a corner of the napkin; but the hostess, whose behaviour will set the tone to all the ladies present, will merely wet the tips of her fingers, which will serve all the purposes required. The French and other continentals have a habit of gargling the mouth; but it is a custom which no English gentlewoman should, in the slightest degree, imitate.

38. WHEN FRUIT HAS BEEN TAKEN, and a glass or two of wine passed round, the time will have arrived when the hostess will rise, and thus give the signal for the ladies to leave the gentlemen, and retire to the drawing-room. The gentlemen of the party will rise at the same time, and he who is nearest the door, will open it for the ladies, all remaining courteously standing until the last lady has withdrawn. Dr. Johnson has a curious paragraph on the effects of a dinner on men. "Before dinner," he says, "men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved, he is only not sensible of his defects." This is rather severe, but there may be truth in it.

In former times, when the bottle circulated freely amongst the guests, it was necessary for the ladies to retire earlier than they do at present, for the gentlemen of the company soon became unfit to conduct themselves with that decorum which is essential in the presence of ladies. Thanks, however, to the improvements in modern society, and the high example shown to the nation by its most illustrious personages, temperance is, in these happy days, a striking feature in the character of a gentleman. Delicacy of conduct towards the female sex has increased with the esteem in which they are now universally held, and thus, the very early withdrawing of the ladies from the dining-room is to be deprecated. A lull in the conversation will seasonably indicate the moment for the ladies' departure.

39. AFTER-DINNER INVITATIONS MAY BE GIVEN; by which we wish to be understood, invitations for the evening. The time of the arrival of these visitors will vary according to their engagements, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit themselves,—usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, many fashionable people and others, who have numerous engagements to fulfil, often contrive to make their appearance at two or three parties in the course of one evening.

40. THE ETIQUETTE OF THE DINNER-PARTY TABLE being disposed of, let us now enter slightly into that of an evening party or ball. The invitations issued and accepted for either of these, will be written in the same style as those already described for a dinner-party. They should be sent out *at least* three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By



attending to these courtesies, the guests will have time to consider their engagements and prepare their dresses, and the hostess will, also, know what will be the number of her party.

If the entertainment is to be simply an evening party, this must be specified on the card or note of invitation. Short or verbal invitations, except where persons are exceedingly intimate, or are very near relations, are very far from proper, although, of course, in this respect and in many other respects, very much always depends on the manner in which the invitation is given. True politeness, however, should be studied even amongst the nearest friends and relations; for the mechanical forms of good breeding are of great consequence, and too much familiarity may have, for its effect, the destruction of friendship.

41. AS THE LADIES AND GENTLEMEN ARRIVE, each should be shown to a room exclusively provided for their reception; and in that set apart for the ladies, attendants should be in waiting to assist in uncloaking, and helping to arrange the hair and toilet of those who require it. It will be found convenient, in those cases where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and shawls of each lady, a duplicate of which should be handed to the guest. Coffee is sometimes provided in this, or an ante-room, for those who would like to partake of it.

42. AS THE VISITORS ARE ANNOUNCED BY THE SERVANT, it is not necessary for the lady of the house to advance each time towards the door, but merely to rise from her seat to receive their courtesies and congratulations. If, indeed, the hostess wishes to show particular favour to some peculiarly honoured guests, she may introduce them to others, whose acquaintance she may imagine will be especially suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office; when it will, of course, be polite for the persons thus introduced to take their seats together for the time being.

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive, but, in many instances, mispronounces them; so that it will not be well to follow this information, as if it were an unerring guide. In our opinion, it is a cheerless and depressing custom, although, in thus speaking, we do not allude to the large assemblies of the aristocracy, but to the smaller parties of the middle classes.

43. A SEPARATE ROOM OR CONVENIENT BUFFET should be appropriated for refreshments, and to which the dancers may retire; and cakes and biscuits, with wine negus, lemonade, and ices, handed round. A supper is also mostly provided at the private parties of the middle classes; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the programme of the dances, of which there should be several prettily written or printed copies distributed about the ball-room.

*In private parties*, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house

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only those persons whom she knows to be perfectly respectable and of unblemished character, as well as pretty equal in position; and thus, to decline the offer of any gentleman present, would be a tacit reflection on the master and mistress of the house. It may be mentioned here, more especially for the young who will read this book, that introductions at balls or evening parties, cease with the occasion that calls them forth, no introduction, at these times, giving a gentleman a right to address, afterwards, a lady. She is, consequently, free, next morning, to pass her partner at a ball of the previous evening without the slightest recognition.

44. THE BALL IS GENERALLY OPENED, that is, the first place in the first quadrille is occupied, by the lady of the house. When anything prevents this, the host will usually lead off the dance with the lady who is either the highest in rank, or the greatest stranger. It will be well for the hostess, even if she be very partial to the amusement, and a graceful dancer, not to participate in it to any great extent, lest her lady guests should have occasion to complain of her monopoly of the gentlemen, and other causes of neglect. A few dances will suffice to show her interest in the entertainment, without unduly trenching on the attention due to her guests. In all its parts a ball should be perfect,—

"The music, and the banquet, and the wine;  
The garlands, the rose-odours, and the flowers."

The hostess or host, during the progress of a ball, will courteously accost and chat with their friends, and take care that the ladies are furnished with seats, and that those who wish to dance are provided with partners. A gentle hint from the hostess, conveyed in a quiet ladylike manner, that certain ladies have remained unengaged during several dances, is sure not to be neglected by any gentleman. Thus will be studied the comfort and enjoyment of the guests, and no lady, in leaving the house, will be able to feel the chagrin and disappointment of not having been invited to "stand up" in a dance during the whole of the evening.

45. WHEN ANY OF THE CARRIAGES OF THE GUESTS ARE ANNOUNCED, or the time for their departure arrived, they should make a slight intimation to the hostess, without, however, exciting any observation, that they are about to depart. If this cannot be done, however, without creating too much bustle, it will be better for the visitors to retire quietly without taking their leave. During the course of the week, the hostess will expect to receive from every guest a call, where it is possible, or cards expressing the gratification experienced from her entertainment. This attention is due to every lady for the pains and trouble she has been at, and tends to promote social, kindly feelings.

46. HAVING THUS DISCOURSED of parties of pleasure, it will be an interesting change to return to the more domestic business of the house, although all the details we have been giving of dinner-parties, balls, and the like, appertain to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly pleasant meetings which give, as it were, a fillip to life, and make the quiet happy home of an English gentlewoman appear the more delightful and enjoyable. In their proper places, all that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables, will be set forth in this work.

47. A FAMILY DINNER AT HOME, compared with either giving or going to a dinner-party, is, of course, of much more frequent occurrence, and many will say, of much greater importance. Both, however, have to be considered with a view to their nicety and enjoyment; and the latter more particularly with reference to economy. These points will be especially noted in the following pages on "Household Cookery." Here we will only say, that for both mistress and servants, as well in large as small households, it will be found, by far, the better plan, to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness, and scrupulous exactness, whether it be for the mistress herself alone, a small family, or for "company." If this rule be strictly adhered to, all will find themselves increase in managing skill; whilst a knowledge of their daily duties will become familiar, and enable them to meet difficult occasions with ease, and overcome any amount of obstacles.

48. OF THE MANNER OF PASSING EVENINGS AT HOME, there is none pleasanter than in such recreative enjoyments as those which relax the mind from its severer duties, whilst they stimulate it with a gentle delight. Where there are young people forming a part of the evening circle, interesting and agreeable pastime should especially be promoted. It is of incalculable benefit to them that their homes should possess all the attractions of healthful amusement, comfort, and happiness; for if they do not find pleasure there, they will seek it elsewhere. It ought, therefore, to enter into the domestic policy of every parent, to make her children feel that home is the happiest place in the world; that to imbue them with this delicious home-feeling is one of the choicest gifts a parent can bestow.

Light or fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be varied by an occasional game at chess or backgammon. It has often been remarked, too, that nothing is more delightful to the feminine members of a family, than the reading aloud of some good standard work or amusing publication. A knowledge of polite literature may be thus obtained by the whole family, especially if the reader is able and willing to explain the more difficult passages of the book, and expatiate on the wisdom and beauties it may contain. This plan, in a great measure, realizes the advice of Lord Bacon, who says, "Read not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider."

49. IN RETIRING FOR THE NIGHT, it is well to remember that early rising is almost impossible, if late going to bed be the order, or rather disorder, of the house. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have gone to their separate rooms, see that all is right with respect to the lights and fires below; and no servants should, on any account, be allowed to remain up after the heads of the house have retired.

50. HAVING THUS GONE FROM EARLY RISING TO EARLY RETIRING, there remain only now to be considered a few special positions respecting which the mistress of the house will be glad to receive some specific information.

51. WHEN A MISTRESS TAKES A HOUSE in a new locality, it will be etiquette for her to wait until the older inhabitants of the neighbourhood call upon her; thus

evincing a desire, on their part, to become acquainted with the new comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship, or condolence, should be punctiliously returned.

52. YOU MAY PERHAPS HAVE BEEN FAVOURED with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case inclose the letter of introduction in an envelope with your card. Then, if the person, to whom it is addressed, calls in the course of a few days, the visit should be returned by you within the week, if possible. Any breach of etiquette, in this respect, will not readily be excused.

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly, for politeness and truthfulness should be ever allied. An opportunity should, also, be taken to call in the course of a day or two, in order to politely express your regret and disappointment at not having been able to avail yourself of their kindness.

53. IN GIVING A LETTER OF INTRODUCTION, it should always be handed to your friend, unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you *receive* a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

54. SUCH ARE THE ONEROUS DUTIES which enter into the position of the mistress of a house, and such are, happily, with a slight but continued attention, of by no means difficult performance. She ought always to remember that she is the first and the last, the Alpha and the Omega in the government of her establishment; and that it is by her conduct that its whole internal policy is regulated. She is, therefore, a person of far more importance in a community than she usually thinks she is. On her pattern her daughters model themselves; by her counsels they are directed; through her virtues all are honoured;—"her children rise up and call her blessed; her husband, also, and he praiseth her." Therefore, let each mistress always remember her responsible position, never approving a mean action, nor speaking an unrefined word. Let her conduct be such that her inferiors may respect her, and such as an honourable and right-minded man may look for in his wife and the mother of his children. Let her think of the many compliments and the sincere homage that have been paid to her sex by the greatest philosophers and writers, both in ancient and modern times. Let her not forget that she has to show herself worthy of Campbell's compliment when he said,—

"The world was sad! the garden was a wild!  
And man the hermit sigh'd, till *woman* smiled."

Let her prove herself, then, the happy companion of man, and able to take unto herself the praises of the pious prelate, Jeremy Taylor, who says,—"A good wife is Heaven's last best gift to man,—his angel and minister of graces innumerable,—his gem of many virtues,—his casket of jewels—her voice is sweet music—her smiles his

brightest day;—her kiss, the guardian of his innocence;—her arms, the pale of his safety, the balm of his health, the balsam of his life;—her industry, his surest wealth;—her economy, his safest steward;—her lips, his faithful counsellors;—her bosom, the softest pillow of his cares; and her prayers, the ablest advocates of Heaven's blessings on his ."

Cherishing, then, in her breast the respected utterances of the good and the great, let the mistress of every house rise to the responsibility of its management; so that, in doing her duty to all around her, she may receive the genuine reward of respect, love, and affection!

*Note.*—Many mistresses have experienced the horrors of house-hunting, and it is well known that "three removes are as good (or bad, rather) as a fire." Nevertheless, it being quite evident that we must, in these days at least, live in houses, and are sometimes obliged to change our residences, it is well to consider some of the conditions which will add to, or diminish, the convenience and comfort of our homes.

Although the choice of a house must be dependent on so many different circumstances with different people, that to give any specific directions on this would be impossible and useless; yet it will be advantageous, perhaps, to many, if we point out some of those general features as to locality, soil, aspect, &c., to which the attention of all house-takers should be carefully directed.

Regarding the locality, we may say, speaking now more particularly of a town house, that it is very important to the health and comfort of a family, that the neighbourhood of all factories of any kind, producing unwholesome effluvia or smells, should be strictly avoided. Neither is it well to take a house in the immediate vicinity of where a noisy trade is carried on, as it is unpleasant to the feelings, and tends to increase any existing irritation of the system.

Referring to soils; it is held as a rule, that a gravel soil is superior to any other, as the rain drains through it very quickly, and it is consequently drier and less damp than clay, upon which water rests a far longer time. A clay country, too, is not so pleasant for walking exercise as one in which gravel predominates.

The aspect of the house should be well considered, and it should be borne in mind that the more sunlight that comes into the house, the healthier is the habitation. The close, fetid smell which assails one on entering a narrow court, or street, in towns, is to be assigned to the want of light, and, consequently, air. A house with a south or south-west aspect, is lighter, warmer, drier, and consequently more healthy, than one facing the north or north-east.

Great advances have been made, during the last few years, in the principles of sanitary knowledge, and one most essential point to be observed in reference to a house, is its "drainage," as it has been proved in an endless number of cases, that bad or defective drainage is as certain to destroy health as the taking of poisons. This arises from its injuriously affecting the atmosphere; thus rendering the air we breathe unwholesome and deleterious. Let it be borne in mind, then, that unless a house is effectually drained, the health of its inhabitants is sure to suffer; and they will be susceptible of ague, rheumatism, diarrhoea, fevers, and cholera.

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We now come to an all-important point,—that of the water supply. The value of this necessary article has also been lately more and more recognized in connection with the question of health and life; and most houses are well supplied with every convenience connected with water. Let it, however, be well understood, that no house, however suitable in other respects, can be desirable, if this grand means of health and comfort is, in the slightest degree, scarce or impure. No caution can be too great to see that it is pure and good, as well as plentiful; for, knowing, as we do, that not a single part of our daily food is prepared without it, the importance of its influence on the health of the inmates of a house cannot be over-rated.

Ventilation is another feature which must not be overlooked. In a general way, enough of air is admitted by the cracks round the doors and windows; but if this be not the case, the chimney will smoke; and other plans, such as the placing of a plate of finely-perforated zinc in the upper part of the window, must be used. Cold air should never be admitted under the doors, or at the bottom of a room, unless it be close to the fire or stove; for it will flow along the floor towards the fireplace, and thus leave the foul air in the upper part of the room, unpurified, cooling, at the same time, unpleasantly and injuriously, the feet and legs of the inmates.

The rent of a house, it has been said, should not exceed one-eighth of the whole income of its occupier; and, as a general rule, we are disposed to assent to this estimate, although there may be many circumstances which would not admit of its being considered infallible.



## CHAPTER II.—The housekeeper.

55. AS SECOND IN COMMAND IN THE HOUSE, except in large establishments, where there is a house steward, the housekeeper must consider herself as the immediate representative of her mistress, and bring, to the management of the household, all those qualities of honesty, industry, and vigilance, in the same degree as if she were at the of her *own* family. Constantly on the watch to detect any wrongdoing on the part of any of the domestics, she will overlook all that goes on in the house, and will see that every department is thoroughly attended to, and that the servants are comfortable, at the same time that their various duties are properly performed.

Cleanliness, punctuality, order, and method, are essentials in the character of a good housekeeper. Without the first, no household can be said to be well managed. The second is equally all-important; for those who are under the housekeeper will take their "cue" from her; and in the same proportion as punctuality governs her movements, so will it theirs. Order, again, is indispensable; for by it we wish to be understood that "there should be a place for everything, and everything in its place." Method, too, is most necessary; for when the work is properly contrived, and each part arranged in regular succession, it will be done more quickly and more effectually.

56. A NECESSARY QUALIFICATION FOR A HOUSEKEEPER is, that she should thoroughly understand accounts. She will have to write in her books an accurate registry of all sums paid for any and every purpose, all the current expenses of the house, tradesmen's bills, and other extraneous matter. As we have mentioned under the of the Mistress (*see* 16), a housekeeper's accounts should be periodically balanced, and examined by the of the house. Nothing tends more to the satisfaction of both employer and employed, than this arrangement. "Short reckonings make long friends," stands good in this case, as in others.

It will be found an excellent plan to take an account of every article which comes into the house connected with housekeeping, and is not paid for at the time. The book containing these entries can then be compared with the bills sent in by the various tradesmen, so that any discrepancy can be inquired into and set right. An intelligent housekeeper will, by this means, too, be better able to judge of the average consumption of each article by the household; and if that quantity be, at any time, exceeded, the cause may be discovered and rectified, if it proceed from waste or carelessness.

57. ALTHOUGH IN THE DEPARTMENT OF THE COOK, the housekeeper does not generally much interfere, yet it is necessary that she should possess a good knowledge of the culinary art, as, in many instances, it may be requisite for her to take the superintendence of the kitchen. As a rule, it may be stated, that the housekeeper, in those establishments where there is no house steward or man cook, undertakes the preparation of the confectionary, attends to the preserving and pickling of fruits and vegetables; and, in a general way, to the more difficult branches of the art of cookery.

Much of these arrangements will depend, however, on the qualifications of the cook; for instance, if she be an able artiste, there will be but little necessity for the housekeeper to interfere, except in the already noticed articles of confectionary, &c. On the contrary, if the cook be not so clever an adept in her art, then it will be requisite for the housekeeper to give more of her attention to the business of the kitchen, than in the former case. It will be one of the duties of the housekeeper to attend to the marketing, in the absence of either a house steward or man cook.

58. THE DAILY DUTIES OF A HOUSEKEEPER are regulated, in a great measure, by the extent of the establishment she superintends. She should, however, rise early, and see that all the domestics are duly performing their work, and that everything is progressing satisfactorily for the preparation of the breakfast for the household and family. After breakfast, which, in large establishments, she will take in the "housekeeper's room" with the lady's-maid, butler, and valet, and where they will be waited on by the still-room maid, she will, on various days set apart for each purpose, carefully examine the household linen, with a view to its being repaired, or to a further quantity being put in hand to be made; she will also see that the furniture throughout the house is well rubbed and polished; and will, besides, attend to all the necessary details of marketing and ordering goods from the tradesmen.

The housekeeper's room is generally made use of by the lady's-maid, butler, and valet, who take there their breakfast, tea, and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with her lady, or with some other duties, which would call her elsewhere. In different establishments, according to their size and the rank of the family, different rules of course prevail. For instance, in the mansions of those of very high rank, and where there is a house steward, there are two distinct tables kept, one in the steward's room for the principal members of the household, the other in the servants' hall, for the other domestics. At the steward's dinner-table, the steward and housekeeper preside; and here, also, are present the lady's-maid, butler, valet, and gardener. Should any visitors be staying with the family, their servants, generally the valet and lady's-maid, will be admitted to the steward's table.

59. AFTER DINNER, the housekeeper, having seen that all the members of the establishment have regularly returned to their various duties, and that all the departments of the household are in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionary, or be occupied with some of the more elaborate processes of the still-room. There may also be the dessert to arrange, ice-creams to make; and all these employments call for no ordinary degree of care, taste, and attention.

The still-room was formerly much more in vogue than at present; for in days of "auld lang syne," the still was in constant requisition for the supply of sweet-flavoured waters for the purposes of cookery, scents and aromatic substances used in the preparation of the toilet, and cordials in cases of accidents and illness. There are some establishments, however, in which distillation is still carried on, and in these, the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast-table, and waits at the different meals taken in the



housekeeper's room (*see* 58). A still-room maid may learn a very great deal of useful knowledge from her intimate connection with the housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

60. IN THE EVENING, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important arrangements, will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the breaking of lump-sugar, the stoning of raisins, the washing, cleansing, and drying of currants, &c. The evening, too, is the best time for setting right her account of the expenditure, and duly writing a statement of moneys received and paid, and also for making memoranda of any articles she may require for her storeroom or other departments.

Periodically, at some convenient time,—for instance, quarterly or half-yearly, it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period; she will then be able to furnish a statement, if necessary, of the articles which, on account of time, breakage, loss, or other causes, it has been necessary to replace or replenish.

61. IN CONCLUDING THESE REMARKS on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like "Caesar's wife," she should be "above suspicion," and her honesty and sobriety unquestionable; for there are many temptations to which she is exposed. In a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands, although they may show a degree of roughness, from the nature of some of her employments, yet should have a nice inviting appearance. In her dealings with the various tradesmen, and in her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should be such as, in neither case, to diminish, by an undue familiarity, her authority or influence.

*Note.*—It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management; and we, accordingly, subjoin a few hints which we think will prove valuable.

As, in the winter months, servants have much more to do, in consequence of the necessity there is to attend to the number of fires throughout the household, not much more than the ordinary every-day work can be attempted.

In the summer, and when the absence of fires gives the domestics more leisure, then any extra work that is required, can be more easily performed.

The spring is the usual period set apart for house-cleaning, and removing all the dust and dirt, which will necessarily, with the best of housewives, accumulate during the winter months, from the smoke of the coal, oil, gas, &c. This season is also well adapted for washing and bleaching linen, &c., as, the weather, not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy things in general, the work is better and more easily done than in the intense heats of July, which month some recommend for these purposes. Winter curtains should be taken down, and replaced by the summer white ones; and furs and woollen cloths also carefully laid by. The former should be well shaken and brushed, and then pinned

## THE BOOK OF HOUSEHOLD MANAGEMENT

upon paper or linen, with camphor to preserve them from the moths. Furs, &c., will be preserved in the same way. Included, under the general description of house-cleaning, must be understood, turning out all the nooks and corners of drawers, cupboards, lumber-rooms, lofts, &c., with a view of getting rid of all unnecessary articles, which only create dirt and attract vermin; sweeping of chimneys, taking up carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, the house putting on, with the approaching summer, a bright appearance, and a new face, in unison with nature. Oranges now should be preserved, and orange wine made.

The summer will be found, as we have mentioned above, in consequence of the diminution of labour for the domestics, the best period for examining and repairing household linen, and for "putting to rights" all those articles which have received a large share of wear and tear during the dark winter days. In direct reference to this matter, we may here remark, that sheets should be turned "sides to middle" before they are allowed to get very thin. Otherwise, patching, which is uneconomical from the time it consumes, and is unsightly in point of appearance, will have to be resorted to. In June and July, gooseberries, currants, raspberries, strawberries, and other summer fruits, should be preserved, and jams and jellies made. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Mixed pickles may also be now made, and it will be found a good plan to have ready a jar of pickle-juice (for the making of which all information will be given in future pages), into which to put occasionally some young French beans, cauliflowers, &c.

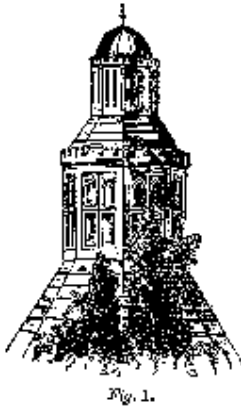
In the early autumn, plums of various kinds are to be bottled and preserved, and jams and jellies made. A little later, tomato sauce, a most useful article to have by you, may be prepared; a supply of apples laid in, if you have a place to keep them, as also a few keeping pears and filberts. Endeavour to keep also a large vegetable marrow,—it will be found delicious in the winter.

In October and November, it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fireplaces, grates, and chimneys looked to, and the House put in a thorough state of repair, so that no "loose tile" may, at a future day, interfere with your comfort, and extract something considerable from your pocket.

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet old Christmas with a happy face, a contented mind, and a full larder; and in stoning the plums, washing the currants, cutting the citron, beating the eggs, and *mixing the pudding*, a housewife is not unworthily greeting the genial season of all good things.

### CHAPTER III.—Arrangement and economy of the kitchen.

62. "THE DISTRIBUTION OF A KITCHEN," says Count Rumford, the celebrated philosopher and physician, who wrote so learnedly on all subjects connected with domestic economy and architecture, "must always depend so much on local circumstances, that general rules can hardly be given respecting it; the principles, however, on which this distribution ought, in all cases, to be made, are simple and easy to be understood," and, in his estimation, these resolve themselves into symmetry of proportion in the building and convenience to the cook. The requisites of a good kitchen, however, demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. A good kitchen, therefore, should be erected with a view to the following particulars. 1. Convenience of distribution in its parts, with largeness of dimension. 2. Excellence of light, height of ceiling, and good ventilation. 3. Easiness of access, without passing through the house. 4. Sufficiently remote from the principal apartments of the house, that the members, visitors, or guests of the family, may not perceive the odour incident to cooking, or hear the noise of culinary operations. 5. Plenty of fuel and water, which, with the scullery, pantry, and storeroom, should be so near it, as to offer the smallest possible trouble in reaching them.



The kitchens of the Middle Ages, in England, are said to have been constructed after the fashion of those of the Romans. They were generally octagonal, with several fireplaces, but no chimneys; neither was there any wood admitted into the building. The accompanying cut, fig. 1, represents the turret which was erected on the top of the conical roof of the kitchen at Glastonbury Abbey, and which was perforated with holes to allow the smoke of the fire, as well as the steam from cooking, to escape. Some kitchens had funnels or vents below the eaves to let out the steam, which was sometimes considerable, as the Anglo-Saxons used their meat chiefly in a boiled state. From this circumstance, some of their large kitchens had four ranges, comprising a boiling-place for small boiled meats, and a boiling-house for the great boiler. In private houses the culinary arrangements were no doubt different; for Du Cange mentions a little kitchen with a chamber, even in a solarium, or upper floor.

63. THE SIMPLICITY OF THE PRIMITIVE AGES has frequently been an object of poetical admiration, and it delights the imagination to picture men living upon such fruits as spring spontaneously from the earth, and desiring no other beverages to slake their thirst, but such as fountains and rivers supply. Thus we are told, that the ancient inhabitants of Argos lived principally on pears; that the Arcadians revelled in acorns, and the Athenians in figs. This, of course, was in the golden age, before ploughing began, and when mankind enjoyed all kinds of plenty without having to earn their bread "by the sweat of their brow." This delightful period, however, could not last for ever, and the earth became barren, and continued unfruitful till Ceres came and taught

the art of sowing, with several other useful inventions. The first whom she taught to till the ground was Triptolemus, who communicated his instructions to his countrymen the Athenians. Thence the art was carried into Achaia, and thence into Arcadia. Barley was the first grain that was used, and the invention of bread-making is ascribed to Pan.

The use of fire, as an instrument of cookery, must have been coeval with this invention of bread, which, being the most necessary of all kinds of food, was frequently used in a sense so comprehensive as to include both meat and drink. It was, by the Greeks, baked under the ashes.

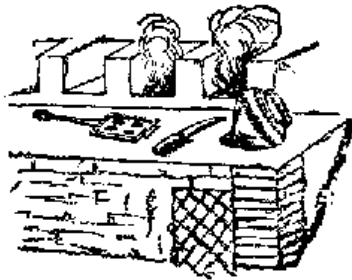
64. IN THE PRIMARY AGES it was deemed unlawful to eat flesh, and when mankind began to depart from their primitive habits, the flesh of swine was the first that was eaten. For several ages, it was pronounced unlawful to slaughter oxen, from an estimate of their great value in assisting men to cultivate the ground; nor was it usual to kill young animals, from a sentiment which considered it cruel to take away the life of those that had scarcely tasted the joys of existence.

At this period no cooks were kept, and we know from Homer that his ancient heroes prepared and dressed their victuals with their own hands. Ulysses, for example, we are told, like a modern charwoman, excelled at lighting a fire, whilst Achilles was an adept at turning a spit. Subsequently, heralds, employed in civil and military affairs, filled the office of cooks, and managed marriage feasts; but this, no doubt, was after mankind had advanced in the art of living, a step further than *roasting*, which, in all places, was the ancient manner of dressing meat.

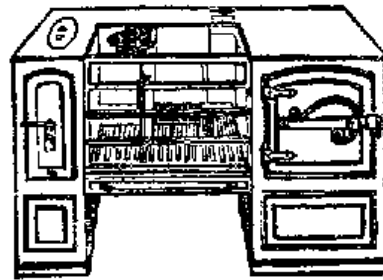
65. THE AGE OF ROASTING we may consider as that in which the use of the metals would be introduced as adjuncts to the culinary art; and amongst these, iron, the most useful of them all, would necessarily take a prominent place. This metal is easily oxidized, but to bring it to a state of fusibility, it requires a most intense heat. Of all the metals, it is the widest diffused and most abundant; and few stones or mineral bodies are without an admixture of it. It possesses the valuable property of being welded by hammering; and hence its adaptation to the numerous purposes of civilized life.

Metallic grains of iron have been found in strawberries, and a twelfth of the weight of the wood of dried oak is said to consist of this metal. Blood owes its colour of redness to the quantity of iron it contains, and rain and snow are seldom perfectly free from it. In the arts it is employed in three states,—as *cast* iron, *wrought* iron, and *steel*. In each of these it largely enters into the domestic economy, and stoves, grates, and the general implements of cookery, are usually composed of it. In antiquity, its employment was, comparatively speaking, equally universal. The excavations made at Pompeii have proved this. The accompanying cuts present us with specimens of stoves, both ancient and modern. Fig. 2 is the remains of a kitchen stove found in the house of Pansa, at Pompeii, and would seem, in its perfect state, not to have been materially different from such as are in use at the present day. Fig. 3 is a self-acting, simple open range in modern use, and may be had of two qualities, ranging, according to their dimensions, from £3. 10s. and £3. 18s. respectively, up to £4. 10s. and £7. 5s. They are completely fitted up with oven, boiler, sliding cheek, wrought-iron bars, revolving shelves, and brass tap. Fig. 4, is called the Improved Leamington Kitchener,

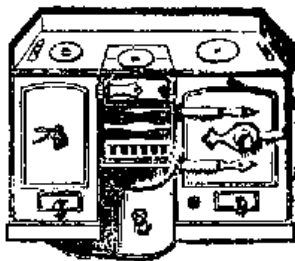
and is said to surpass any other range in use, for easy cooking by one fire. It has a hot plate, which is well calculated for an ironing-stove, and on which as many vessels as will stand upon it, may be kept boiling, without being either soiled or injured. Besides, it has a perfectly ventilated and spacious wrought-iron roaster, with movable shelves, draw-out stand, double dripping-pan, and meat-stand. The roaster can be converted into an oven by closing the valves, when bread and pastry can be baked in it in a superior manner. It also has a large iron boiler with brass tap and steam-pipe, round and square gridirons for chops and steaks, ash-pan, open fire for roasting, and a set of ornamental covings with plate-warmer attached. It took a first-class prize and medal in the Great Exhibition of 1851, and was also exhibited, with all the recent improvements, at the Dublin Exhibition in 1853. Fig. 5 is another kitchener, adapted for large families. It has on the one side, a large ventilated oven; and on the other, the fire and roaster. The hot plate is over all, and there is a back boiler, made of wrought iron, with brass tap and steam-pipe. In other respects it resembles Fig. 4, with which it possesses similar advantages of construction. Either maybe had at varying prices, according to size, from £5. 15s. up to £23. 10s. They are supplied by Messrs. Richard & John Slack 336, Strand, London.



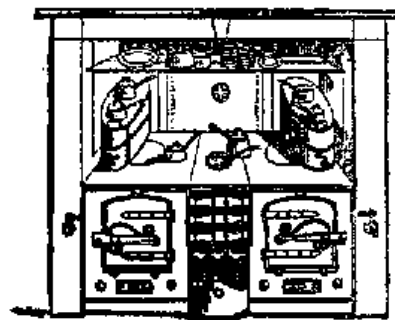
*Fig. 2.*



*Fig. 3.*



*Fig. 4.*



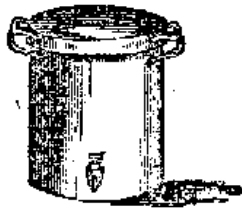
*Fig. 5.*

66. FROM KITCHEN RANGES to the implements used in cookery is but a step. With these, every kitchen should be well supplied, otherwise the cook must not be expected to "perform her office" in a satisfactory manner. Of the culinary utensils of the ancients, our knowledge is very limited; but as the art of living, in every civilized country, is pretty much the same, the instruments for cooking must, in a great degree, bear a striking resemblance to each other. On referring to classical antiquities, we find mentioned, among household utensils, leather bags, baskets constructed of twigs, reeds, and rushes; boxes, basins, and bellows; bread-moulds, brooms, and brushes; caldrons, colanders, cisterns, and chafing-dishes; cheese-rasps, knives, and ovens of

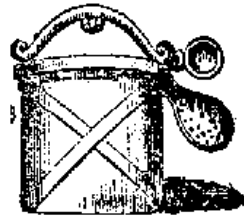
the Dutch kind; funnels and frying-pans; handmills, soup-ladles, milk-pails, and oil-jars; presses, scales, and sieves; spits of different sizes, but some of them large enough to roast an ox; spoons, fire-tongs, trays, trenchers, and drinking-vessels; with others for carrying food, preserving milk, and holding cheese. This enumeration, if it does nothing else, will, to some extent, indicate the state of the simpler kinds of mechanical arts among the ancients.



*Fig. 6.*



*Fig. 7.*



*Fig. 8.*

In so far as regards the shape and construction of many of the kitchen utensils enumerated above, they bore a great resemblance to our own. This will be seen by the accompanying cuts. Fig. 6 is an ancient stock-pot in bronze, which seems to have been made to hang over the fire, and was found in the buried city of Pompeii. Fig. 7 is one of modern make, and may be obtained either of copper or wrought iron, tinned inside. Fig. 8 is another of antiquity, with a large ladle and colander, with holes attached. It is taken from the column of Trajan. The modern ones can be obtained at all prices, according to size, from 13s. 6d. up to £1. 1s.

67. IN THE MANUFACTURE OF THESE UTENSILS, bronze metal seems to have been much in favour with the ancients. It was chosen not only for their domestic vessels, but it was also much used for their public sculptures and medals. It is a compound, composed of from six to twelve parts of tin to one hundred of copper. It gives its name to figures and all pieces of sculpture made of it. Brass was another favourite metal, which is composed of copper and zinc. It is more fusible than copper, and not so apt to tarnish. In a pure state it is not malleable, unless when hot, and after it has been melted twice it will not bear the hammer. To render it capable of being wrought, it requires 7 lb. of lead to be put to 1 cwt. of its own material.

The Corinthian brass of antiquity was a mixture of silver, gold, and copper. A fine kind of brass, supposed to be made by the cementation of copper plates with calamine, is, in Germany, hammered out into leaves, and is called Dutch metal in this country. It is employed in the same way as gold leaf. Brass is much used for watchworks, as well as for wire.

68. The braziers, ladles, stewpans, saucepans, gridirons, and colanders of antiquity might generally pass for those of the English manufacture of the present day, in so far as shape is concerned. In proof of this we have placed together the following similar articles of ancient and modern pattern, in order that the reader may, at a single view, see wherein any difference that is between them, consists.



Fig. 9. Modern.



Fig. 11. Modern.



Fig. 13. Modern.



Fig. 10. Ancient.

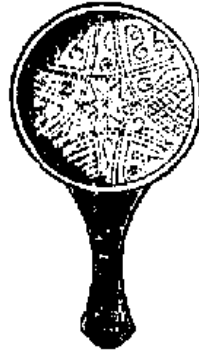


Fig. 12. Ancient.



Fig. 14. Ancient.



Fig. 15. Modern.



Fig. 16. Modern.



Fig. 17. Ancient.



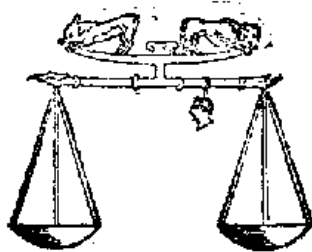
Fig. 18. Ancient.

Figs. 9 and 10 are flat sauce or *sauté* pans, the ancient one being fluted in the handle, and having at the end a ram's . Figs. 11 and 12 are colanders, the handle of the ancient one being adorned, in the original, with carved representations of a cornucopia, a satyr, a goat, pigs, and other animals. Any display of taste in the adornment of such utensils, might seem to be useless; but when we remember how much more natural it is for us all to be careful of the beautiful and costly, than of the plain and cheap, it may even become a question in the economy of a kitchen, whether it would not, in the long run, be cheaper to have articles which displayed some tasteful ingenuity in their manufacture, than such as are so perfectly plain as to have no attractions whatever beyond their mere suitableness to the purposes for which they are made. Figs. 13 and 14 are saucepans, the ancient one being of bronze, originally copied from the cabinet of M. l'Abbé Charlet, and engraved in the Antiquities of Montfaucon. Figs. 15 and 17 are gridirons, and 16 and 18 dripping-pans. In all these utensils the resemblance between such as were in use 2,000 years ago, and those in use at the present day, is strikingly manifest.

69. SOME OF THE ANCIENT UTENSILS represented in the above cuts, are copied from those found amid the ruins of Herculaneum and Pompeii. These Roman cities were, in the first century, buried beneath the lava of an eruption of Vesuvius, and continued to be lost to the world till the beginning of the last century, when a peasant, in digging for a well, gradually discovered a small temple with some statues. Little notice, however, was taken of this circumstance till 1736, when the king of Naples, desiring to erect a palace at Portici, caused extensive excavations to be made, when the city of Herculaneum was slowly unfolded to view. Pompeii was discovered about 1750, and being easier cleared from the lava in which it had so long been entombed,

disclosed itself as it existed immediately before the catastrophe which overwhelmed it, nearly two thousand years ago. It presented, to the modern world, the perfect picture of the form and structure of an ancient Roman city. The interior of its habitations, shops, baths, theatres, and temples, were all disclosed, with many of the implements used by the workmen in their various trades, and the materials on which they were employed, when the doomed city was covered with the lavian stream.

70. AMONGST THE MOST ESSENTIAL REQUIREMENTS of the kitchen are scales or weighing-machines for family use. These are found to have existed among the ancients, and must, at a very early age, have been both publicly and privately employed for the regulation of quantities. The modern English weights were adjusted by the 27th chapter of Magna Charta, or the great charter forced, by the barons, from King John at Runnymede, in Surrey. Therein it is declared that the weights, all over England, shall be the same, although for different commodities there were two different kinds, Troy and Avoirdupois. The origin of both is taken from a grain of wheat gathered in the middle of an ear. The standard of measures was originally kept at Winchester, and by a law of King Edgar was ordained to be observed throughout the kingdom.



*Fig. 19.*



*Fig. 20.*

Fig. 19 is an ancient pair of common scales, with two basins and a movable weight, which is made in the form of a , covered with the pileus, because Mercury had the weights and measures under his superintendence. It is engraved on a stone in the gallery of Florence. Fig. 20 represents a modern weighing-machine, of great convenience, and generally in use in those establishments where a great deal of cooking is carried on.

71. ACCOMPANYING THE SCALES, or weighing-machines, there should be spice-boxes, and sugar and biscuit-canisters of either white or japanned tin. The covers of these should fit tightly, in order to exclude the air, and if necessary, be lettered in front, to distinguish them. The white metal of which they are usually composed, loses its colour when exposed to the air, but undergoes no further change. It enters largely into the composition of culinary utensils, many of them being entirely composed of tinned sheet-iron; the inside of copper and iron vessels also, being usually what is called *tinned*. This art consists of covering any metal with a thin coating of tin; and it requires the metal to be covered, to be perfectly clean and free from rust, and also that the tin, itself, be purely metallic, and entirely cleared from all ashes or refuse. Copper boilers, saucepans, and other kitchen utensils, are tinned after they are manufactured, by being first made hot and the tin rubbed on with resin. In this process, nothing ought



to be used but pure grain-tin. Lead, however, is sometimes mixed with that metal, not only to make it lie more easily, but to adulterate it—a pernicious practice, which in every article connected with the cooking and preparation of food, cannot be too severely reprobated.—The following list, supplied by Messrs. Richard & John Slack, 336, Strand, will show the articles required for the kitchen of a family in the middle class of life, although it does not contain all the things that may be deemed necessary for some families, and may contain more than are required for others. As Messrs. Slack themselves, however, publish a useful illustrated catalogue, which may be had at their establishment *gratis*, and which it will be found advantageous to consult by those about to furnish, it supersedes the necessity of our enlarging that which we give:—

	s.	d.
1 Tea-kettle	6	6
1 Toasting-fork	1	0
1 Bread-grater	1	0
1 Pair of Brass Candlesticks	3	6
1 Teapot and Tray	6	6
1 Bottle-jack	9	6
6 Spoons	1	6
2 Candlesticks	2	6
1 Candle-box	1	4
6 Knives and Forks	5	3
2 Sets of Skewers	1	0
1 Meat-chopper	1	9
1 Cinder-sifter	1	3
1 Coffee-pot	2	3
1 Colander	1	6
3 Block-tin Saucepans	5	9
5 Iron Saucepans	12	0
1 Ditto and Steamer	6	6
1 Large Boiling-pot	10	0
4 Iron Stewpans	8	9
1 Dripping-pan and Stand	6	6
1 Dustpan	1	0
1 Fish and Egg-slice	1	9
2 Fish-kettles	10	0
1 Flour-box	1	0
3 Flat-irons	3	6
2 Frying-pans	4	0
1 Gridiron	2	0
1 Mustard-pot	1	0
1 Salt-cellar	0	8

## THE BOOK OF HOUSEHOLD MANAGEMENT

1 Pepper-box	0	6
1 Pair of Bellows	2	0
3 Jelly-moulds	8	0
1 Plate-basket	5	6
1 Cheese-toaster	1	10
1 Coal-shovel	2	6
1 Wood Meat-screen	30	0
The Set	£8	11 1

72. AS NOT ONLY HEALTH BUT LIFE may be said to depend on the cleanliness of culinary utensils, great attention must be paid to their condition generally, but more especially to that of the saucepans, stewpans, and boilers. Inside they should be kept perfectly clean, and where an open fire is used, the outside as clean as possible. With a Leamington range, saucepans, stewpans, &c., can be kept entirely free from smoke and soot on the outside, which is an immense saving of labour to the cook or scullery-maid. Care should be taken that the lids fit tight and close, so that soups or gravies may not be suffered to waste by evaporation. They should be made to keep the steam in and the smoke out, and should always be bright on the upper rim, where they do not immediately come in contact with the fire. Soup-pots and kettles should be washed immediately after being used, and dried before the fire, and they should be kept in a dry place, in order that they may escape the deteriorating influence of rust, and, thereby, be destroyed. Copper utensils should never be used in the kitchen unless tinned, and the utmost care should be taken, not to let the tin be rubbed off. If by chance this should occur, have it replaced before the vessel is again brought into use. Neither soup nor gravy should, at any time, be suffered to remain in them longer than is absolutely necessary, as any fat or acid that is in them, may affect the metal, so as to impregnate with poison what is intended to be eaten. Stone and earthenware vessels should be provided for soups and gravies not intended for immediate use, and, also, plenty of common dishes for the larder, that the table-set may not be used for such purposes. It is the nature of vegetables soon to turn sour, when they are apt to corrode glazed red-ware, and even metals, and frequently, thereby, to become impregnated with poisonous particles. The vinegar also in pickles, by its acidity, does the same. Consideration, therefore, should be given to these facts, and great care also taken that all *sieves*, *jelly-bags*, and tapes for collared articles, be well scalded and kept dry, or they will impart an unpleasant flavour when next used. To all these directions the cook should pay great attention, nor should they, by any means, be neglected by the *mistress of the household*, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

73. WITHOUT FUEL, A KITCHEN might be pronounced to be of little use; therefore, to discover and invent materials for supplying us with the means of domestic heat and comfort, has exercised the ingenuity of man. Those now known have been divided into five classes; the first comprehending the fluid inflammable bodies; the second, peat or turf; the third, charcoal of wood; the fourth, pit-coal charred; and the fifth, wood or pit-coal in a crude state, with the capacity of yielding a copious and bright flame. The first may be said seldom to be employed for the purposes of cookery; but *peat*, especially amongst rural populations, has, in all ages,

been regarded as an excellent fuel. It is one of the most important productions of an alluvial soil, and belongs to the vegetable rather than the mineral kingdom. It may be described as composed of wet, spongy black earth, held together by decayed vegetables. Formerly it covered extensive tracts in England, but has greatly disappeared before the genius of agricultural improvement. *Charcoal* is a kind of artificial coal, used principally where a strong and clear fire is desired. It is a black, brittle, insoluble, inodorous, tasteless substance, and, when newly-made, possesses the remarkable property of absorbing certain quantities of the different gases. Its dust, when used as a polishing powder, gives great brilliancy to metals. It consists of wood half-burned, and is manufactured by cutting pieces of timber into nearly the same size, then disposing them in heaps, and covering them with earth, so as to prevent communication with the air, except when necessary to make them burn. When they have been sufficiently charred, the fire is extinguished by stopping the vents through which the air is admitted. Of *coal* there are various species; as, pit, culm, slate, cannel, Kilkenny, sulphurous, bovey, jet, &c. These have all their specific differences, and are employed for various purposes; but are all, more or less, used as fuel.

The use of coal for burning purposes was not known to the Romans. In Britain it was discovered about fifty years before the birth of Christ, in Lancashire, not far from where Manchester now stands; but for ages after its discovery, so long as forests abounded, wood continued to be the fuel used for firing. The first public notice of coal is in the reign of Henry III., who, in 1272, granted a charter to the town of Newcastle, permitting the inhabitants to dig for coal. It took some centuries more, however, to bring it into common use, as this did not take place till about the first quarter of the seventeenth century, in the time of Charles I. A few years after the Restoration, we find that about 200,000 chaldrons were consumed in London. Although several countries possess mines of coal, the quality of their mineral is, in general, greatly inferior to that of Great Britain, where it is found mostly in undulating districts abounding with valleys, and interspersed with plains of considerable extent. It lies usually between the *strata* of other substances, and rarely in an horizontal position, but with a *dip* or inclination to one side. Our cut, Fig. 21, represents a section of coal as it is found in the stratum.

74. TO BE ACQUAINTED WITH THE PERIODS when things are in season, is one of the most essential pieces of knowledge which enter into the "Art of Cookery." We have, therefore, compiled the following list, which will serve to show for every month in the year the

#### TIMES WHEN THINGS ARE IN SEASON.

##### JANUARY.

FISH.—Barbel, brill, carp, cod, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whittings.

MEAT.—Beef, house lamb, mutton, pork, veal, venison.

POULTRY.—Capons, fowls, tame pigeons, pullets, rabbits, turkeys.

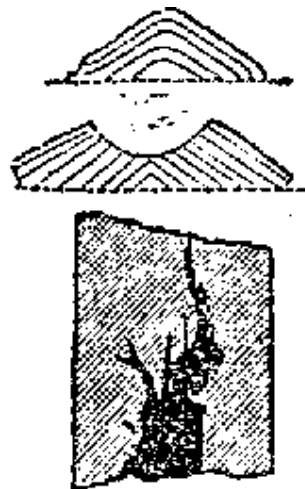


Fig. 21.

## THE BOOK OF HOUSEHOLD MANAGEMENT

GAME.—Grouse, hares, partridges, pheasants, snipe, wild-fowl, woodcock.

VEGETABLES.—Beetroot, broccoli, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, lettuces, parsnips, potatoes, savoys, spinach, turnips,—various herbs.

FRUIT.—Apples, grapes, medlars, nuts, oranges, pears, walnuts, crystallized preserves (foreign), dried fruits, such as almonds and raisins; French and Spanish plums; prunes, figs, dates.

### FEBRUARY.

FISH.—Barbel, brill, carp, cod may be bought, but is not so good as in January, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, veal.

POULTRY.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

GAME.—Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.—Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, spinach, turnips,—various herbs.

FRUIT.—Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

### MARCH.

FISH.—Barbel, brill, carp, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, veal.

POULTRY.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

GAME.—Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.—Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, sea-kale, spinach, turnips,—various herbs.

FRUIT.—Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

### APRIL.

FISH.—Brill, carp, cockles, crabs, dory, flounders, ling, lobsters, red and gray mullet, mussels, oysters, perch, prawns, salmon (but rather scarce and expensive), shad, shrimps, skate, smelts, soles, tench, turbot, whittings.

MEAT.—Beef, lamb, mutton, veal.

POULTRY.—Chickens, ducklings, fowls, leverets, pigeons, pullets, rabbits.

GAME.—Hares.

VEGETABLES.—Broccoli, celery, lettuces, young onions, parsnips, radishes, small

MRS. ISABELLA BEETON

salad, sea-kale, spinach, sprouts,—various herbs.

FRUIT.—Apples, nuts, pears, forced cherries, &c. for tarts, rhubarb, dried fruits, crystallized preserves.

MAY.

FISH.—Carp, chub, crabs, crayfish, dory, herrings, lobsters, mackerel, red and gray mullet, prawns, salmon, shad, smelts, soles, trout, turbot.

MEAT.—Beef, lamb, mutton, veal.

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits.

VEGETABLES.—*Asparagus, beans, early cabbages, carrots, cauliflowers, creases, cucumbers, lettuces, pease, early potatoes, salads, sea-kale,—various herbs.*

FRUIT.—*Apples, green apricots, cherries, currants for tarts, gooseberries, melons, pears, rhubarb, strawberries.*

JUNE.

FISH.—Carp, crayfish, herrings, lobsters, mackerel, mullet, pike, prawns, salmon, soles, tench, trout, turbot.

MEAT.—Beef, lamb, mutton, veal, buck venison.

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears.

VEGETABLES.—Artichokes, asparagus, beans, cabbages, carrots, cucumbers, lettuces, onions, parsnips, pease, potatoes, radishes, small salads, sea-kale, spinach,—various herbs.

FRUIT.—Apricots, cherries, currants, gooseberries, melons, nectarines, peaches, pears, pineapples, raspberries, rhubarb, strawberries.

JULY.

FISH.—Carp, crayfish, dory, flounders, haddocks, herrings, lobsters, mackerel, mullet, pike, plaice, prawns, salmon, shrimps, soles, sturgeon, tench, thornback.

MEAT.—Beef, lamb, mutton, veal, buck venison.

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks (called flappers).

VEGETABLES.—Artichokes, asparagus, beans, cabbages, carrots, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, radishes, small salading, sea-kale, sprouts, turnips, vegetable marrow,—various herbs.

FRUIT.—Apricots, cherries, currants, figs, gooseberries, melons, nectarines, pears, pineapples, plums, raspberries, strawberries, walnuts in high season, and pickled.

AUGUST.

FISH.—Brill, carp, chub, crayfish, crabs, dory, eels, flounders, grigs, herrings, lobsters, mullet, pike, prawns, salmon, shrimps, skate, soles, sturgeon, thornback, trout, turbot.

MEAT.—Beef, lamb, mutton, veal, buck venison.

POULTRY.—Chickens, ducklings, fowls, green geese, pigeons, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks.

GAME.—Leverets, grouse, blackcock.

## THE BOOK OF HOUSEHOLD MANAGEMENT

VEGETABLES.—Artichokes, asparagus, beans, carrots, cabbages, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, potatoes, radishes, sea-bale, small salading, sprouts, turnips, various kitchen herbs, vegetable marrows.  
FRUIT.—Currants, figs, filberts, gooseberries, grapes, melons, mulberries, nectarines, peaches, pears, pineapples, plums, raspberries, walnuts.

### SEPTEMBER.

FISH.—Brill, carp, cod, eels, flounders, lobsters, mullet, oysters, plaice, prawns, skate, soles, turbot, whiting, whitebait.  
MEAT.—Beef, lamb, mutton, pork, veal.  
POULTRY.—Chickens, ducks, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys.  
GAME.—Blackcock, buck venison, grouse, hares, partridges, pheasants.  
VEGETABLES.—Artichokes, asparagus, beans, cabbage sprouts, carrots, celery, lettuces, mushrooms, onions, pease, potatoes, salading, sea-kale, sprouts, tomatoes, turnips, vegetable marrows,—various herbs.  
FRUIT.—Bullaces, damsons, figs, filberts, grapes, melons, morella-cherries, mulberries, nectarines, peaches, pears, plums, quinces, walnuts.

### OCTOBER.

FISH.—Barbel, brill, cod, crabs, eels, flounders, gudgeons, haddocks, lobsters, mullet, oysters, plaice, prawns, skate, soles, tench, turbot, whiting.  
MEAT.—Beef, mutton, pork, veal, venison.  
POULTRY.—Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.  
GAME.—Blackcock, grouse, hares, partridges, pheasants, snipes, woodcocks, doe venison.  
VEGETABLES.—Artichokes, beets, cabbages, cauliflowers, carrots, celery, lettuces, mushrooms, onions, potatoes, sprouts, tomatoes, turnips, vegetable marrows,—various herbs.  
FRUIT.—Apples, black and white bullaces, damsons, figs, filberts, grapes, pears, quinces, walnuts.

### NOVEMBER.

FISH.—Brill, carp, cod, crabs, eels, gudgeons, haddocks, oysters, pike, soles, tench, turbot, whiting.  
MEAT.—Beef, mutton, veal, doe venison.  
POULTRY.—Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild duck.  
GAME.—Hares, partridges, pheasants, snipes, woodcocks.  
VEGETABLES.—Beetroot, cabbages, carrots, celery, lettuces, late cucumbers, onions, potatoes, salading, spinach, sprouts,—various herbs.  
FRUIT.—Apples, bullaces, chestnuts, filberts, grapes, pears, walnuts.

### DECEMBER.

FISH.—Barbel, brill, carp, cod, crabs, eels, dace, gudgeons, haddocks, herrings, lobsters, oysters, porch, pike, shrimps, skate, sprats, soles, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, venison.

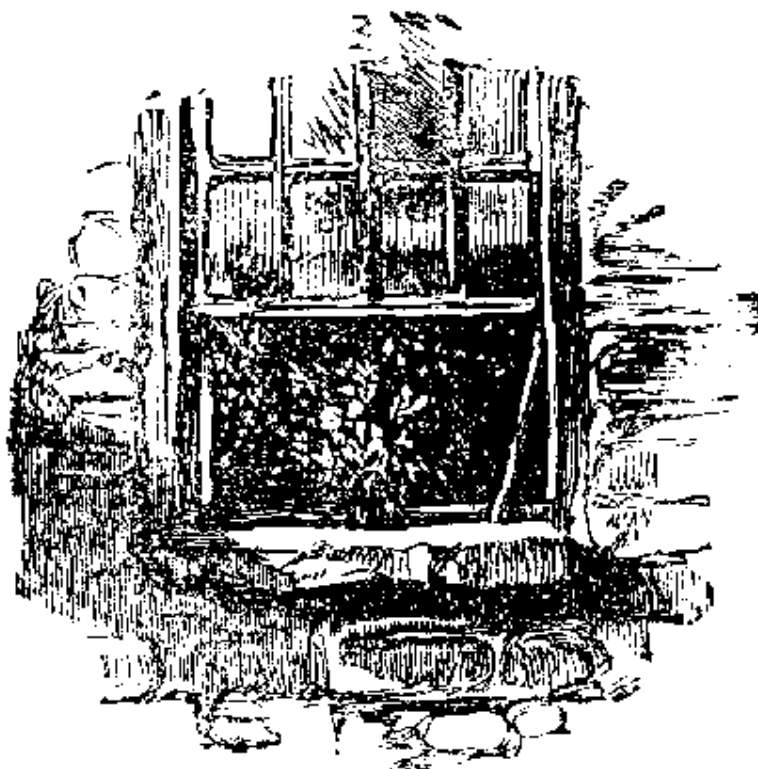
POULTRY.—Capons, chickens, fowls, geese, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.

GAME.—Hares, partridges, pheasants, snipes, woodcocks.

VEGETABLES.—Broccoli, cabbages, carrots, celery, leeks, onions, potatoes, parsnips, Scotch kale, turnips, winter spinach.

FRUIT.—Apples, chestnuts, filberts, grapes, medlars, oranges, pears, walnuts, dried fruits, such as almonds and raisins, figs, dates, &c.,—crystallized preserves.

75. WHEN FUEL AND FOOD ARE PROCURED, the next consideration is, how the latter may be best preserved, with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or of necessary care in this particular, than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in an airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that annual food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many of its qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, it is difficult to procure meat that is not either tough or tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well washed. In very cold weather, meat and vegetables touched by the frost, should be brought into the kitchen early in the morning, and soaked in cold water. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef, when bruised, should not be purchased. All these things ought to enter into the consideration of every household manager, and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account. The shank-bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and brushed before they are added to the boiling. They are also particularly nourishing for sick persons. Roast-beef bones, or shank-bones of ham, make excellent stock for pea-soup.—When the whites of eggs are used for jelly, confectionary, or other purposes, a pudding or a custard should be made, that the yolks may be used. All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed (72). Not more of these should be purchased at a time than are likely to be used in the course of a month. Much waste is always prevented by keeping every article in the place best suited to it. Vegetables keep best on a stone floor, if the air be excluded; meat, in a cold dry place; as also salt, sugar, sweet-meats, candles, dried meats, and hams. Rice, and all sorts of seed for puddings, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept.





**CHAPTER IV.—Introduction to cookery.**

76. AS IN THE FINE ARTS, the progress of mankind from barbarism to civilization is marked by a gradual succession of triumphs over the rude materialities of nature, so in the art of cookery is the progress gradual from the earliest and simplest modes, to those of the most complicated and refined. Plain or rudely-carved stones, tumuli, or mounds of earth, are the monuments by which barbarous tribes denote the events of their history, to be succeeded, only in the long course of a series of ages, by beautifully-proportioned columns, gracefully-sculptured statues, triumphal arches, coins, medals, and the higher efforts of the pencil and the pen, as man advances by culture and observation to the perfection of his facilities. So is it with the art of cookery. Man, in his primitive state, lives upon roots and the fruits of the earth, until, by degrees, he is driven to seek for new means, by which his wants may be supplied and enlarged. He then becomes a hunter and a fisher. As his species increases, greater necessities come upon him, when he gradually abandons the roving life of the savage for the more stationary pursuits of the herdsman. These beget still more settled habits, when he begins the practice of agriculture, forms ideas of the rights of property, and has his own, both defined and secured. The forest, the stream, and the sea are now no longer his only resources for food. He sows and he reaps, pastures and breeds cattle, lives on the cultivated produce of his fields, and revels in the luxuries of the dairy; raises flocks for clothing, and assumes, to all intents and purposes, the habits of permanent life and the comfortable condition of a farmer. This is the fourth stage of social progress, up to which the useful or mechanical arts have been incidentally developing themselves, when trade and commerce begin. Through these various phases, *only to live* has been the great object of mankind; but, by-and-by, comforts are multiplied, and accumulating riches create new wants. The object, then, is not only to *live*, but to live economically, agreeably, tastefully, and well. Accordingly, the art of cookery commences; and although the fruits of the earth, the fowls of the air, the beasts of the field, and the fish of the sea, are still the only food of mankind, yet these are so prepared, improved, and dressed by skill and ingenuity, that they are the means of immeasurably extending the boundaries of human enjoyments. Everything that is edible, and passes under the hands of the cook, is more or less changed, and assumes new forms. Hence the influence of that functionary is immense upon the happiness of a household.

77. In order that the duties of the Cook may be properly performed, and that he may be able to reproduce esteemed dishes with certainty, all terms of indecision should be banished from his art. Accordingly, what is known only to him, will, in these pages, be made known to others. In them all those indecisive terms expressed by a bit of this, some of that, a small piece of that, and a handful of the other, shall never be made use of, but all quantities be precisely and explicitly stated. With a desire, also, that all ignorance on this most essential part of the culinary art should disappear, and that a uniform system of weights and measures should be adopted, we give an account of the weights which answer to certain measures.

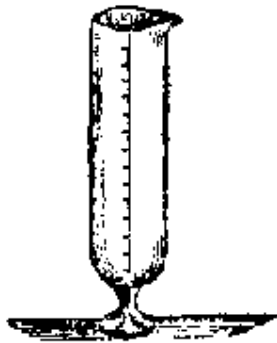
A TABLE-SPOONFUL is frequently mentioned in a recipe, in the prescriptions of medical men, and also in medical, chemical, and gastronomical works. By it is

generally meant and understood a measure or bulk equal to that which would be produced by *half an ounce* of water.

A DESSERT-SPOONFUL is the half of a table-spoonful; that is to say, by it is meant a measure or bulk equal to a *quarter of an ounce* of water.

A TEA-SPOONFUL is equal in quantity to a *drachm* of water.

A DROP.—This is the name of a vague kind of measure, and is so called on account of the liquid being *dropped* from the mouth of a bottle. Its quantity, however, will vary, either from the consistency of the liquid or the size and shape of the mouth of the bottle. The College of Physicians determined the quantity of a drop to be *one grain*, 60 drops making one fluid drachm. Their drop, or sixtieth part of a fluid drachm, is called a *minim*.



**Fig. 23.**

Graduated glass measures can be obtained at any chemist's, and they save much trouble. One of these, containing a wine pint, is divided into 16 oz., and the oz, into 8 drachms of water; by which, any certain weight mentioned in a recipe can be accurately measured out. Home-made measures of this kind can readily be formed by weighing the water contained in any given measure, and marking on any tall glass the space it occupies. This mark can easily be made with a file. It will be interesting to many readers to know the basis on which the French found their system of weights and measures, for it certainly possesses the grandeur of simplicity. The metre, which is the basis of the whole system of French weights and measures, is the exact

measurement of one forty-millionth part of a meridian of the earth.

78. EXCELLENCE IN THE ART OF COOKERY, as in all other things, is only attainable by practice and experience. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art. It is in the large establishments of princes, noblemen, and very affluent families alone, that the man cook is found in this country. He, also, superintends the kitchens of large hotels, clubs, and public institutions, where he, usually, makes out the bills of fare, which are generally submitted to the principal for approval. To be able to do this, therefore, it is absolutely necessary that he should be a judge of the season of every dish, as well as know perfectly the state of every article he undertakes to prepare. He must also be a judge of every article he buys; for no skill, however great it may be, will enable him to, make that good which is really bad. On him rests the responsibility of the cooking generally, whilst a speciality of his department, is to prepare the rich soups, stews, ragouts, and such dishes as enter into the more refined and complicated portions of his art, and such as are not usually understood by ordinary professors. He, therefore, holds a high position in a household, being inferior in rank, as already shown (21), only to the house steward, the valet, and the butler.

In the luxurious ages of Grecian antiquity, Sicilian cooks were the most esteemed, and received high rewards for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of

the most esteemed of the piscatory tribes. A chief cook in the palmy days of Roman voluptuousness had about £800 a year, and Antony rewarded the one that cooked the supper which pleased Cleopatra, with the present of a city. With the fall of the empire, the culinary art sank into less consideration. In the middle ages, cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty, as well as singularity.

79. THE DUTIES OF THE COOK, THE KITCHEN AND THE SCULLERY

MAIDS, are so intimately associated, that they can hardly be treated of separately. The cook, however, is at the head of the kitchen; and in proportion to her possession of the qualities of cleanliness, neatness, order, regularity, and celerity of action, so will her influence appear in the conduct of those who are under her; as it is upon her that the whole responsibility of the business of the kitchen rests, whilst the others must lend her, both a ready and a willing assistance, and be especially tidy in their appearance, and active, in their movements.

In the larger establishments of the middle ages, cooks, with the authority of feudal chiefs, gave their orders from a high chair in which they ensconced themselves, and commanded a view of all that was going on throughout their several domains. Each held a long wooden spoon, with which he tasted, without leaving his seat, the various comestibles that were cooking on the stoves, and which he frequently used as a rod of punishment on the backs of those whose idleness and gluttony too largely predominated over their diligence and temperance.

80. IF, AS WE HAVE SAID (3), THE QUALITY OF EARLY RISING be of the first importance to the mistress, what must it be to the servant! Let it, therefore, be taken as a long-proved truism, that without it, in every domestic, the effect of all things else, so far as *work* is concerned, may, in a great measure, be neutralized. In a cook, this quality is most essential; for an hour lost in the morning, will keep her toiling, absolutely toiling, all day, to overtake that which might otherwise have been achieved with ease. In large establishments, six is a good hour to rise in the summer, and seven in the winter.

81. HER FIRST DUTY, in large establishments and where it is requisite, should be to set her dough for the breakfast rolls, provided this has not been done on the previous night, and then to engage herself with those numerous little preliminary occupations which may not inappropriately be termed laying out her duties for the day. This will bring in the breakfast hour of eight, after which, directions must be given, and preparations made, for the different dinners of the household and family.

82. IN THOSE NUMEROUS HOUSEHOLDS where a cook and housemaid are only kept, the general custom is, that the cook should have the charge of the dining-room. The hall, the lamps and the doorstep are also committed to her care, and any other work there may be on the outside of the house. In establishments of this kind, the cook will, after having lighted her kitchen fire, carefully brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and, filling it with fresh water, will put it on the fire to boil. She will then go to the breakfast-room, or parlour, and there make all things ready for the breakfast of the family. Her attention will next be directed to the hall, which she will sweep and wipe;

the kitchen stairs, if there be any, will now be swept; and the hall mats, which have been removed and shaken, will be again put in their places.

The cleaning of the kitchen, pantry, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect when the heads of the house and members of the family make their appearance. Nothing, it may be depended on, will so please the mistress of an establishment, as to notice that, although she has not been present to see that the work was done, attention to smaller matters has been carefully paid, with a view to giving her satisfaction and increasing her comfort.

83. BY THE TIME THAT THE COOK has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast-bell will most likely summon her to the parlour, to "bring in" the breakfast. It is the cook's department, generally, in the smaller establishments, to wait at breakfast, as the housemaid, by this time, has gone up-stairs into the bedrooms, and has there applied herself to her various duties. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

84. IT IS IN HER PREPARATION OF THE DINNER that the cook begins to feel the weight and responsibility of her situation, as she must take upon herself all the dressing and the serving of the principal dishes, which her skill and ingenuity have mostly prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, ragouts, &c. Stock, or what the French call *consommé*, being the basis of most made dishes, must be always at hand, in conjunction with her sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be her rule, in order that time may not be wasted in looking for things when they are wanted, and in order that the whole apparatus of cooking may move with the regularity and precision of a well-adjusted machine;—all must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and in order that they may be suitable, the smallest oversight must not be made in their preparation. When the dinner-hour has arrived, it is the duty of the cook to dish-up such dishes as may, without injury, stand, for some time, covered on the hot plate or in the hot closet; but such as are of a more important or *recherché* kind, must be delayed until the order "to serve" is given from the drawing-room. Then comes haste; but there must be no hurry,—all must work with order. The cook takes charge of the fish, soups, and poultry; and the kitchen-maid of the vegetables, sauces, and gravies. These she puts into their appropriate dishes, whilst the scullery-maid waits on and assists the cook. Everything must be timed so as to prevent its getting cold, whilst great care should be taken, that, between the first and second courses, no more time is allowed to elapse than is necessary, for fear that the company in the dining-room lose all relish for what has yet to come of the dinner. When the dinner has been served, the most important feature in the daily life of the cook is at an end. She must, however, now begin to look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the gravies, milk, or meat that may be there. These are the principal duties of a cook in a first-rate establishment.

In smaller establishments, the housekeeper often conducts the higher department of cooking (*see* 58, 59, 60), and the cook, with the assistance of a scullery-maid, performs some of the subordinate duties of the kitchen-maid.

When circumstances render it necessary, the cook engages to perform the whole of the work of the kitchen, and, in some places, a portion of the house-work also.

85. **WHILST THE COOK IS ENGAGED WITH HER MORNING DUTIES**, the kitchen-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen, and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the halls, the passages, and the stairs which lead to the kitchen. Her general duties, besides these, are to wash and scour all these places twice a week, with the tables, shelves, and cupboards. She has also to dress the nursery and servants'-hall dinners, to prepare all fish, poultry, and vegetables, trim meat joints and cutlets, and do all such duties as may be considered to enter into the cook's department in a subordinate degree.

86. **THE DUTIES OF THE SCULLERY-MAID** are to assist the cook; to keep the scullery clean, and all the metallic as well as earthenware kitchen utensils.

The position of scullery-maid is not, of course, one of high rank, nor is the payment for her services large. But if she be fortunate enough to have over her a good kitchen-maid and clever cook, she may very soon learn to perform various little duties connected with cooking operations, which may be of considerable service in fitting her for a more responsible place. Now, it will be doubtless thought by the majority of our readers, that the fascinations connected with the position of the scullery-maid, are not so great as to induce many people to leave a comfortable home in order to work in a scullery. But we are acquainted with one instance in which the desire, on the part of a young girl, was so strong to become connected with the kitchen and cookery, that she absolutely left her parents, and engaged herself as a scullery-maid in a gentleman's house. Here she showed herself so active and intelligent, that she very quickly rose to the rank of kitchen-maid; and from this, so great was her gastronomical genius, she became, in a short space of time, one of the best women-cooks in England. After this, we think, it must be allowed, that a cook, like a poet, *nascitur, non fit*.

87. **MODERN COOKERY** stands so greatly indebted to the gastronomic propensities of our French neighbours, that many of their terms are adopted and applied by English artists to the same as well as similar preparations of their own. A vocabulary of these is, therefore, indispensable in a work of this kind. Accordingly, the following will be found sufficiently complete for all ordinary purposes:—

**Explanation of French terms used in modern household cookery.**

**ASPIC**.—A savoury jelly, used as an exterior moulding for cold game, poultry, fish, &c. This, being of a transparent nature, allows the bird which it covers to be seen through it. This may also be used for decorating or garnishing.

**ASSIETTE** (plate).—*Assiettes* are the small *entrées* and *hors-d'oeuvres*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts,

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biscuits, &c., if served upon a plate, are termed *assiettes*.—ASSIETTE VOLANTE is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese soufflés and different dishes, which ought to be served very hot, are frequently made *assielles volantes*.

AU-BLEU.—Fish dressed in such a manner as to have a *bluish* appearance.

BAIN-MARIE.—An open saucepan or kettle of nearly boiling water, in which a smaller vessel can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *bain-marie*, in which the water should be very hot, but not boiling.

BÉCHAMEL.—French white sauce, now frequently used in English cookery.

BLANCH.—To whiten poultry, vegetables, fruit, &c., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

BLANQUETTE.—A sort of fricassee.

BOUILLI.—Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

BOUILLIE.—A French dish resembling hasty-pudding.

BOUILLON.—A thin broth or soup.

BRAISE.—To stew meat with fat bacon until it is tender, it having previously been blanched.

BRAISIÈRE.—A saucepan having a lid with ledges, to put fire on the top.

BRIDER.—To pass a packthread through poultry, game, &c., to keep together their members.

CARAMEL (burnt sugar).—This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time a glass of broth, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart colour to sauces. Caramel made with water instead of stock may be used to colour *compôtes* and other *entremets*.

CASSEROLE.—A crust of rice, which, after having been moulded into the form of a pie, is baked, and then filled with a fricassee of white meat or a purée of game.

COMPOTE.—A stew, as of fruit or pigeons.

CONSOMMÉ.—Rich stock, or gravy.

CROQUETTE.—Ball of fried rice or potatoes.

CROUTONS.—Sippets of bread.

DAUBIÈRE.—An oval stewpan, in which *daubes* are cooked; *daubes* being meat or fowl stewed in sauce.

DÉSOSSEUR.—To *bone*, or take out the bones from poultry, game, or fish. This is an operation requiring considerable experience.

ENTRÉES.—Small side or corner dishes, served with the first course.

ENTREMETS.—Small side or corner dishes, served with the second course.

ESCALOPES.—Collops; small, round, thin pieces of tender meat, or of fish, beaten with the handle of a strong knife to make them tender.

FEUILLETAGE.—Puff-paste.

FLAMBER.—To singe fowl or game, after they have been picked.

FONCER.—To put in the bottom of a saucepan slices of ham, veal, or thin broad slices of bacon.

GALETTE.—A broad thin cake.

GÂTEAU.—A cake, correctly speaking; but used sometimes to denote a pudding and a kind of tart.

GLACER.—To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called *glaze*. This is laid on with a feather or brush, and in confectionary the term means to ice fruits and pastry with sugar, which glistens on hardening.

HORS-D'OEUVRES.—Small dishes, or *assiettes volantes* of sardines, anchovies, and other relishes of this kind, served to the guests during the first course. (*See ASSIETTES VOLANTES.*)

LIT.—A bed or layer; articles in thin slices are placed in layers, other articles, or seasoning, being laid between them.

MAIGRE.—Broth, soup, or gravy, made without meat.

MATELOTE.—A rich fish-stew, which is generally composed of carp, eels, trout, or barbel. It is made with wine.

MAYONNAISE.—Cold sauce, or salad dressing.

MENU.—The bill of fare.

MERINGUE.—A kind of icing, made of whites of eggs and sugar, well beaten.

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MIROTON.—Larger slices of meat than collops; such as slices of beef for a vinaigrette, or ragout or stew of onions.

MOUILLER.—To add water, broth, or other liquid, during the cooking.

PANER.—To cover over with very fine crumbs of bread, meats, or any other articles to be cooked on the gridiron, in the oven, or frying-pan.

PIQUER.—To lard with strips of fat bacon, poultry, game, meat, &c. This should always be done according to the vein of the meat, so that in carving you slice the bacon across as well as the meat.

POÊLÉE.—Stock used instead of water for boiling turkeys, sweetbreads, fowls, and vegetables, to render them less insipid. This is rather an expensive preparation.

PURÉE.—Vegetables, or meat reduced to a very smooth pulp, which is afterwards mixed with enough liquid to make it of the consistency of very thick soup.

RAGOUT.—Stew or hash.

REMOULADE.—Salad dressing.

RISSOLES.—Pastry, made of light puff-paste, and cut into various forms, and fried. They may be filled with fish, meat, or sweets.

ROUX.—Brown and white; French thickening.

SALMI.—Ragout of game previously roasted.

SAUCE PIQUANTE.—A sharp sauce, in which somewhat of a vinegar flavour predominates.

SAUTER.—To dress with sauce in a saucepan, repeatedly moving it about.

TAMIS.—Tammy, a sort of open cloth or sieve through which to strain broth and sauces, so as to rid them of small bones, froth, &c.

TOURTE.—Tart. Fruit pie.

TROUSSER.—To truss a bird; to put together the body and tie the wings and thighs, in order to round it for roasting or boiling, each being tied then with packthread, to keep it in the required form.

VOL-AU-VENT.—A rich crust of very fine puff-paste, which may be filled with various delicate ragouts or fricassees, of fish, flesh, or fowl. Fruit may also be inclosed in a *vol-au-vent*.





## CHAPTER V.—General directions for making soups.

88. LEAN, JUICY BEEF, MUTTON, AND VEAL, form the basis of all good soups; therefore it is advisable to procure those pieces which afford the richest succulence, and such as are fresh-killed. Stale meat renders them bad, and fat is not so well adapted for making them. The principal art in composing good rich soup, is so to proportion the several ingredients that the flavour of one shall not predominate over another, and that all the articles of which it is composed, shall form an agreeable whole. To accomplish this, care must be taken that the roots and herbs are perfectly well cleaned, and that the water is proportioned to the quantity of meat and other ingredients. Generally a quart of water may be allowed to a pound of meat for soups, and half the quantity for gravies. In making soups or gravies, gentle stewing or simmering is incomparably the best. It may be remarked, however, that a really good soup can never be made but in a well-closed vessel, although, perhaps, greater wholesomeness is obtained by an occasional exposure to the air. Soups will, in general, take from three to six hours doing, and are much better prepared the day before they are wanted. When the soup is cold, the fat may be much more easily and completely removed; and when it is poured off, care must be taken not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve. A tamis is the best strainer, and if the soup is strained while it is hot, let the tamis or cloth be previously soaked in cold water. Clear soups must be perfectly

transparent, and thickened soups about the consistence of cream. To thicken and give body to soups and gravies, potato-mucilage, arrow-root, bread-raspings, isinglass, flour and butter, barley, rice, or oatmeal, in a little water rubbed well together, are used. A piece of boiled beef pounded to a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. When the soup appears to be *too thin* or *too weak*, the cover of the boiler should be taken off, and the contents allowed to boil till some of the watery parts have evaporated; or some of the thickening materials, above mentioned, should be added. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.

89. VARIOUS HERBS AND VEGETABLES are required for the purpose of making soups and gravies. Of these the principal are,—Scotch barley, pearl barley, wheat flour, oatmeal, bread-raspings, pease, beans, rice, vermicelli, macaroni, isinglass, potato-mucilage, mushroom or mushroom ketchup, champignons, parsnips, carrots, beetroot, turnips, garlic, shalots, and onions. Sliced onions, fried with butter and flour till they are browned, and then rubbed through a sieve, are excellent to heighten the colour and flavour of brown soups and sauces, and form the basis of many of the fine relishes furnished by the cook. The older and drier the onion, the stronger will be its flavour. Leeks, cucumber, or burnet vinegar; celery or celery-seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable; and when used as a substitute, its flavour should be corrected by the addition of a bit of sugar. Cress-seed, parsley, common thyme, lemon thyme, orange thyme, knotted marjoram, sage, mint, winter savoury, and basil. As fresh green basil is seldom to be procured, and its fine flavour is soon lost, the best way of preserving the extract is by pouring wine on the fresh leaves.

90. FOR THE SEASONING OF SOUPS, bay-leaves, tomato, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, clove, mace, black and white pepper, essence of anchovy, lemon-peel, and juice, and Seville orange-juice, are all taken. The latter imparts a finer flavour than the lemon, and the acid is much milder. These materials, with wine, mushroom ketchup, Harvey's sauce, tomato sauce, combined in various proportions, are, with other ingredients, manipulated into an almost endless variety of excellent soups and gravies. Soups, which are intended to constitute the principal part of a meal, certainly ought not to be flavoured like sauces, which are only designed to give a relish to some particular dish.

### **Soup, Broth and Bouillon.**

91. IT HAS BEEN ASSERTED, that English cookery is, nationally speaking, far from being the best in the world. More than this, we have been frequently told by brilliant foreign writers, half philosophers, half *chefs*, that we are the *worst* cooks on the face of the earth, and that the proverb which alludes to the divine origin of food, and the precisely opposite origin of its preparers, is peculiarly applicable to us islanders. Not, however, to the inhabitants of the whole island; for, it is stated in a work which treats of culinary operations, north of the Tweed, that the "broth" of Scotland claims, for excellence and wholesomeness, a very close second place to the *bouillon*, or common soup of France. "Three hot meals of broth and meat, for about the price of ONE roasting joint," our Scottish brothers and sisters get, they say; and

we hasten to assent to what we think is now a very well-ascertained fact. We are glad to note, however, that soups of vegetables, fish, meat, and game, are now very frequently found in the homes of the English middle classes, as well as in the mansions of the wealthier and more aristocratic; and we take this to be one evidence, that we are on the right road to an improvement in our system of cookery. One great cause of many of the spoilt dishes and badly-cooked meats which are brought to our tables, arises, we think, and most will agree with us, from a non-acquaintance with "common, every-day things." Entertaining this view, we intend to preface the chapters of this work with a simple scientific *résumé* of all those causes and circumstances which relate to the food we have to prepare, and the theory and chemistry of the various culinary operations. Accordingly, this is the proper place to treat of the quality of the flesh of animals, and describe some of the circumstances which influence it for good or bad. We will, therefore, commence with the circumstance of *age*, and examine how far this affects the quality of meat.

92. DURING THE PERIOD BETWEEN THE BIRTH AND MATURITY OF ANIMALS, their flesh undergoes very considerable changes. For instance, when the animal is young, the fluids which the tissues of the muscles contain, possess a large proportion of what is called *albumen*. This albumen, which is also the chief component of the white of eggs, possesses the peculiarity of coagulating or hardening at a certain temperature, like the white of a boiled egg, into a soft, white fluid, no longer soluble, or capable of being dissolved in water. As animals grow older, this peculiar animal matter gradually decreases, in proportion to the other constituents of the juice of the flesh. Thus, the reason why veal, lamb, and young pork are *white*, and *without gravy* when cooked, is, that the large quantity of albumen they contain hardens, or becomes coagulated. On the other hand, the reason why beef and mutton are *brown*, and *have gravy*, is, that the proportion of albumen they contain, is small, in comparison with their greater quantity of fluid which is soluble, and not coagulable.

93. THE QUALITY OF THE FLESH OF AN ANIMAL is considerably influenced by the nature of the *food on which it has been fed*; for the food supplies the material which produces the flesh. If the food be not suitable and good, the meat cannot be good either; just as the paper on which these words are printed, could not be good, if the rags from which it is made, were not of a fine quality. To the experienced in this matter, it is well known that the flesh of animals fed on farinaceous produce, such as corn, pulse, &c., is firm, well-flavoured, and also economical in the cooking; that the flesh of those fed on succulent and pulpy substances, such as roots, possesses these qualities in a somewhat less degree; whilst the flesh of those whose food contains fixed oil, as linseed, is greasy, high coloured, and gross in the fat, and if the food has been used in large quantities, possessed of a rank flavour.

94. IT IS INDISPENSABLE TO THE GOOD QUALITY OF MEAT, that the animal should be *perfectly healthy* at the time of its slaughter. However slight the disease in an animal may be, inferiority in the quality of its flesh, as food, is certain to be produced. In most cases, indeed, as the flesh of diseased animals has a tendency to very rapid putrefaction, it becomes not only unwholesome, but absolutely poisonous, on account of the absorption of the *virus* of the unsound meat into the systems of those who partake of it. The external indications of good and bad meat will be described under its own particular, but we may here premise that the layer of all wholesome meat, when freshly killed, adheres firmly to the bone.

95. ANOTHER CIRCUMSTANCE GREATLY AFFECTING THE QUALITY OF MEAT, is the animal's treatment *before it is slaughtered*. This influences its value and wholesomeness in no inconsiderable degree. It will be easy to understand this, when we reflect on those leading principles by which the life of an animal is supported and maintained. These are, the digestion of its food, and the assimilation of that food into its substance. Nature, in effecting this process, first reduces the food in the stomach to a state of pulp, under the name of chyme, which passes into the intestines, and is there divided into two principles, each distinct from the other. One, a milk-white fluid,—the nutritive portion,—is absorbed by innumerable vessels which open upon the mucous membrane, or inner coat of the intestines. These vessels, or absorbents, discharge the fluid into a common duct, or road, along which it is conveyed to the large veins in the neighbourhood of the heart. Here it is mixed with the venous blood (which is black and impure) returning from every part of the body, and then it supplies the waste which is occasioned in the circulating stream by the arterial (or pure) blood having furnished matter for the substance of the animal. The blood of the animal having completed its course through all parts, and having had its waste recruited by the digested food, is now received into the heart, and by the action of that organ it is urged through the lungs, there to receive its purification from the air which the animal inhales. Again returning to the heart, it is forced through the arteries, and thence distributed, by innumerable ramifications, called capillaries, bestowing to every part of the animal, life and nutriment. The other principle—the innutritive portion—passes from the intestines, and is thus got rid of. It will now be readily understood how flesh is affected for bad, if an animal is slaughtered when the circulation of its blood has been increased by over-driving, ill-usage, or other causes of excitement, to such a degree of rapidity as to be too great for the capillaries to perform their functions, and causing the blood to be congealed in its minuter vessels. Where this has been the case, the meat will be dark-coloured, and become rapidly putrid; so that self-interest and humanity alike dictate kind and gentle treatment of all animals destined to serve as food for man.

**The chemistry and economy of soup-making.**

96. STOCK BEING THE BASIS of all meat soups, and, also, of all the principal sauces, it is essential to the success of these culinary operations, to know the most complete and economical method of extracting, from a certain quantity of meat, the best possible stock or broth. The theory and philosophy of this process we will, therefore, explain, and then proceed to show the practical course to be adopted.

97. AS ALL MEAT is principally composed of fibres, fat, gelatine, osmazome, and albumen, it is requisite to know that the FIBRES are inseparable, constituting almost all that remains of the meat after it has undergone a long boiling.

98. FAT is dissolved by boiling; but as it is contained in cells covered by a very fine membrane, which never dissolves, a portion of it always adheres to the fibres. The other portion rises to the surface of the stock, and is that which has escaped from the cells which were not whole, or which have burst by boiling.

99. GELATINE is soluble: it is the basis and the nutritious portion of the stock. When there is an abundance of it, it causes the stock, when cold, to become a jelly.

100. OSMAZOME is soluble even when cold, and is that part of the meat which gives flavour and perfume to the stock. The flesh of old animals contains more *osmazome* than that of young ones. Brown meats contain more than white, and the former make the stock more fragrant. By roasting meat, the osmazome appears to acquire higher properties; so, by putting the remains of roast meats into your stock-pot, you obtain a better flavour.

101. ALBUMEN is of the nature of the white of eggs; it can be dissolved in cold or tepid water, but coagulates when it is put into water not quite at the boiling-point. From this property in albumen, it is evident that if the meat is put into the stock-pot when the water boils, or after this is made to boil up quickly, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it remains in the meat, but in both it prevents the gelatine and osmazome from dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire *that degree* of heat which congeals it before entirely dissolving it.

102. BONES ought always to form a component part of the stock-pot. They are composed of an earthy substance,—to which they owe their solidity,—of gelatine, and a fatty fluid, something like marrow. *Two ounces* of them contain as much gelatine as *one pound* of meat; but in them, this is so incased in the earthy substance, that boiling water can dissolve only the surface of whole bones. By breaking them, however, you can dissolve more, because you multiply their surfaces; and by reducing them to powder or paste, you can dissolve them entirely; but you must not grind them dry. We have said (99) that gelatine forms the basis of stock; but this, though very nourishing, is entirely without taste; and to make the stock savoury, it must contain *osmazome*. Of this, bones do not contain a particle; and that is the reason why stock made entirely of them, is not liked; but when you add meat to the broken or pulverized bones, the osmazome contained in it makes the stock sufficiently savoury.

103. In concluding this part of our subject, the following condensed hints and directions should be attended to in the economy of soup-making:—

I. BEEF MAKES THE BEST STOCK; veal stock has less colour and taste; whilst mutton sometimes gives it a tallowy smell, far from agreeable, unless the meat has been previously roasted or broiled. Fowls add very little to the flavour of stock, unless they be old and fat. Pigeons, when they are old, add the most flavour to it; and a rabbit or partridge is also a great improvement. From the freshest meat the best stock is obtained.

II. IF THE MEAT BE BOILED solely to make stock, it must be cut up into the smallest possible pieces; but, generally speaking, if it is desired to have good stock and a piece of savoury meat as well, it is necessary to put a rather large piece into the stock-pot, say sufficient for two or three days, during which time the stock will keep well in all weathers. Choose the freshest meat, and have it cut as thick as possible; for if it is a thin, flat piece, it will not look well, and will be very soon spoiled by the boiling.

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III. NEVER WASH MEAT, as it deprives its surface of all its juices; separate it from the bones, and tie it round with tape, so that its shape may be preserved, then put it into the stock-pot, and for each pound of meat, let there be one pint of water; press it down with the hand, to allow the air, which it contains, to escape, and which often raises it to the top of the water.

IV. PUT THE STOCK-POT ON A GENTLE FIRE, so that it may heat gradually. The albumen will first dissolve, afterwards coagulate; and as it is in this state lighter than the liquid, it will rise to the surface; bringing with it all its impurities. It is this which makes *the scum*. The rising of the hardened albumen has the same effect in clarifying stock as the white of eggs; and, as a rule, it may be said that the more scum there is, the clearer will be the stock. Always take care that the fire is very regular.

V. REMOVE THE SCUM when it rises thickly, and do not let the stock boil, because then one portion of the scum will be dissolved, and the other go to the bottom of the pot; thus rendering it very difficult to obtain a clear broth. If the fire is regular, it will not be necessary to add cold water in order to make the scum rise; but if the fire is too large at first, it will then be necessary to do so.

VI. WHEN THE STOCK IS WELL SKIMMED, and begins to boil, put in salt and vegetables, which may be two or three carrots, two turnips, one parsnip, a bunch of leeks and celery tied together. You can add, according to taste, a piece of cabbage, two or three cloves stuck in an onion, and a tomato. The latter gives a very agreeable flavour to the stock. If fried onion be added, it ought, according to the advice of a famous French *chef*, to be tied in a little bag; without this precaution, the colour of the stock is liable to be clouded.

VII. BY THIS TIME we will now suppose that you have chopped the bones which were separated from the meat, and those which were left from the roast meat of the day before. Remember, as was before pointed out, that the more these are broken, the more gelatine you will have. The best way to break them up is to pound them roughly in an iron mortar, adding, from time to time, a little water, to prevent them getting heated. It is a great saving thus to make use of the bones of meat, which, in too many English families, we fear, are entirely wasted; for it is certain, as previously stated (No. 102), that two ounces of bone contain as much gelatine (which is the nutritive portion of stock) as one pound of meat. In their broken state tie them up in a bag, and put them in the stock-pot; adding the gristly parts of cold meat, and trimmings, which can be used for no other purpose. If, to make up the weight, you have received from the butcher a piece of mutton or veal, broil it slightly over a clear fire before putting it in the stock-pot, and be very careful that it does not contract the least taste of being smoked or burnt.

VIII. ADD NOW THE VEGETABLES, which, to a certain extent, will stop the boiling of the stock. Wait, therefore, till it simmers well up again, then draw it to the side of the fire, and keep it gently simmering till it is served, preserving, as before said, your fire always the same. Cover the stock-pot well, to prevent evaporation; do not fill it up, even if you take out a little stock, unless the meat is exposed; in which case a little boiling water may be added, but only enough to cover it. After six hours' slow and gentle simmering, the stock is done; and it should not be continued on the fire, longer than is necessary, or it will tend to insipidity.

*Note.*—It is on a good stock, or first good broth and sauce, that excellence in cookery depends. If the preparation of this basis of the culinary art is intrusted to negligent or ignorant persons, and the stock is not well skimmed, but indifferent results will be obtained. The stock will never be clear; and when it is obliged to be clarified, it is deteriorated both in quality and flavour. In the proper management of the stock-pot an immense deal of trouble is saved, inasmuch as one stock, in a small dinner, serves for all purposes. Above all things, the greatest economy, consistent with excellence, should be practised, and the price of everything which enters the kitchen correctly ascertained. The *theory* of this part of Household Management may appear trifling; but its practice is extensive, and therefore it requires the best attention.



CHAPTER VI.—Soup recipes.



**Fruit and Vegetable Soups**

*[It will be seen, by reference to the following Recipes, that an entirely original and most intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner, or other meal, to follow precisely the order in which the recipes are given. Thus, let them first place on their table all the INGREDIENTS necessary; then the modus operandi, or MODE of preparation, will be easily managed. By a careful reading, too, of the recipes, there will not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the TIME the cooking of each dish will occupy, of the periods at which it is SEASONABLE, as also of its AVERAGE COST.]*

*The addition of the natural history, and the description of the various properties of the edible articles in common use in every family, will be serviceable both in a practical and an educational point of view.*

*Speaking specially of the Recipes for Soups, it may be added, that by the employment of the BEST, MEDIUM, or COMMON STOCK, the quality of the Soups and their cost may be proportionately increased or lessened.]*



**Stocks for all kinds of soups.**

**RICH STRONG STOCK.**

104. **INGREDIENTS.**—4 lbs. of shin of beef, 4 lbs. of knuckle of veal, 3/4 lb. of good lean ham; any poultry trimmings; 3 small onions, 3 small carrots, 3 turnips (the latter should be omitted in summer, lest they ferment), 1 of celery, a few chopped mushrooms, when obtainable; 1 tomato, a bunch of savoury herbs, not forgetting parsley; 1-1/2 oz. of salt, 12 white peppercorns, 6 cloves, 3 small blades of mace, 4 quarts of water.

*Mode.*—Line a delicately clean stewpan with the ham cut in thin broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and draw it down, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour in the cold water. Skim well, and occasionally add a little cold water, to stop its boiling, until it becomes quite clear; then put in all the other ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, that the stock be not wasted, and that its colour may be preserved. Strain through a very fine hair sieve, or tammy, and it will be fit for use.

*Time.*—5 hours. *Average cost*, 1s. 3d. per quart.

**MEDIUM STOCK.**

105. **INGREDIENTS.**—4 lbs. of shin of beef, or 4 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat, 1/2 a lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with 3 cloves; 1 turnip, 3 carrots, 1/2 a leek, 1 of celery, 2 oz. of salt, 1/2 a teaspoonful of whole pepper, 1 large blade of mace, 1 small bunch of savoury herbs, 4 quarts and 1/2 pint of cold water.

*Mode.*—Cut up the meat and bacon or ham into pieces about 3 inches square; rub the butter on the bottom of the stewpan; put in 1/2 a pint of water, the meat, and all the other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add 4 quarts of cold water, and simmer very gently for 5 hours. As we have said before, do not let it boil quickly. Skim off every particle of grease whilst it is doing, and strain it through a fine hair sieve.

This is the basis of many of the soups afterwards mentioned, and will be found quite strong enough for ordinary purposes.

*Time.*—5-1/2 hours. *Average cost*, 9d. per quart.

**ECONOMICAL STOCK.**

106. **INGREDIENTS.**—The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank-bones, &c., roast-beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Let all the ingredients simmer gently for 6 hours, taking care to skim carefully at first. Strain it off, and put by for use.

*Time.*—6 hours. *Average cost*, 3d. per quart.

### WHITE STOCK.

*(To be Used in the Preparation of White Soups.)*

107. **INGREDIENTS.**—4 lbs. of knuckle of veal, any poultry trimmings, 4 slices of lean ham, 1 carrot, 2 onions, 1 of celery, 12 white peppercorns, 1 oz. of salt, 1 blade of mace, 1 oz. butter, 4 quarts of water.

*Mode.*—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with 1/2 a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water and the remainder of the ingredients; simmer for 5 hours. After skimming and straining it carefully through a very fine hair sieve, it will be ready for use.

*Time.*—5-1/2 hours. *Average cost*, 9d. per quart.

*Note.*—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled, is an excellent addition to all white stock or soups.

### BROWNING FOR STOCK.

108. **INGREDIENTS.**—2 oz. of powdered sugar, and 1/2 a pint of water.

*Mode.*—Place the sugar in a stewpan over a slow fire until it begins to melt, keeping it stirred with a wooden spoon until it becomes black, then add the water, and let it dissolve. Cork closely, and use a few drops when required.

*Note.*—In France, burnt onions are made use of for the purpose of browning. As a general rule, the process of browning is to be discouraged, as apt to impart a slightly unpleasant flavour to the stock, and, consequently, all soups made from it.

### TO CLARIFY STOCK.

109. **INGREDIENTS.**—The whites of 2 eggs, 1/2 pint of water, 2 quarts of stock.

*Mode.*—Supposing that by some accident the soup is not quite clear, and that its quantity is 2 quarts, take the whites of 2 eggs, carefully separated from their yolks, whisk them well together with the water, and add gradually the 2 quarts of boiling stock, still whisking. Place the soup on the fire, and when boiling and well skimmed, whisk the eggs with it till nearly boiling again; then draw it from the fire, and let it settle, until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear.

*Note.*—The rule is, that all clear soups should be of a light straw colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot. All *purées* should be somewhat thicker.

### ALMOND SOUP.

110. **INGREDIENTS.**—4 lbs. of lean beef or veal, 1/2 a scrag of mutton, 1 oz. of vermicelli, 4 blades of mace, 6 cloves, 1/2 lb. of sweet almonds, the yolks of 6 eggs, 1 gill of thick cream, rather more than 2 quarts of water.

*Mode.*—Boil the beef, or veal, and the mutton, gently in water that will cover them, till the gravy is very strong, and the meat very tender; then strain off the gravy, and set it on the fire with the specified quantities of vermicelli, mace, and cloves, to 2 quarts. Let it boil till it has the flavour of the spices. Have ready the almonds, blanched and pounded very fine; the yolks of the eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the latter should grow oily. Pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let the soup be cool when mixing, and do it perfectly smooth. Strain it through a sieve, set it on the fire, stir frequently, and serve hot. Just before taking it up, add the cream.

*Time.*—3 hours. *Average cost* per quart, 2s. 3d.

*Seasonable* all the year.

*Sufficient* for 8 persons.



**ALMOND AND BLOSSOM.**

**THE ALMOND-TREE.**—This tree is indigenous to the northern parts of Asia and Africa, but it is now cultivated in Europe, especially in the south of France, Italy, and Spain. It flowers in spring, and produces its fruit in August. Although there are two kinds of almonds, the *sweet* and the *bitter*, they are considered as only varieties of the same species. The best sweet almonds brought to England, are called the Syrian or Jordan, and come from Malaga; the inferior qualities are brought from Valentia and Italy. *Bitter* almonds come principally from Magadore. Anciently, the almond was much esteemed by the nations of the East. Jacob included it among the presents which he designed for Joseph. The Greeks called it the Greek or Thasian nut, and the Romans believed that by eating half a dozen of them, they were secured against drunkenness, however deeply they might imbibe. Almonds, however, are considered as very indigestible. The *bitter* contain, too, principles which produce two violent poisons,—prussic acid and a kind of volatile oil. It is consequently dangerous to eat them in large quantities. Almonds pounded together with a little sugar and water, however, produce a milk similar to that which is yielded by animals. Their oil is used for making fine soap, and their cake as a cosmetic.

**APPLE SOUP.**

111. **INGREDIENTS.**—2 lbs. of good boiling apples, 3/4 teaspoonful of white pepper, 6 cloves, cayenne or ginger to taste, 3 quarts of medium stock.

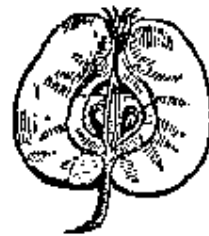
*Mode.*—Peel and quarter the apples, taking out their cores; put them into the stock, stew them gently till tender. Rub the whole through a strainer, add the seasoning, give it one boil up, and serve.

*Time.*—1 hour. *Average cost* per quart, 1s.

*Seasonable* from September to December.

*Sufficient* for 10 persons.

**THE APPLE.**—This useful fruit is mentioned in Holy Writ; and Homer describes it as valuable in his time. It was brought from the East by the Romans, who held it in the highest estimation. Indeed, some of the citizens of the "Eternal city" distinguished certain favourite apples by their names. Thus the Manlians were called after Manlius, the Claudians after Claudius, and the Appians after Appius. Others were designated after the country whence they were brought; as the Sidonians, the Epirotes, and the Greeks. The best varieties are natives of Asia, and have, by grafting them upon others, been introduced into Europe. The crab, found in our hedges, is the only variety indigenous to Britain; therefore, for the introduction of other kinds we are, no doubt, indebted to the Romans. In the time of the Saxon heptarchy, both Devon and Somerset were distinguished as *the apple country*; and there are still existing in Herefordshire some trees said to have been planted in the time of William the Conqueror. From that time to this, the varieties of this precious fruit have gone on increasing, and are now said to number upwards of 1,500. It is peculiar to the temperate zone, being found neither in Lapland, nor within the tropics. The best baking apples for early use are the Colvilles; the best for autumn are the rennets and pearmain; and the best for winter and spring are russets. The best table, or eating apples, are the Margarets for early use; the Kentish codlin and summer pearmain for summer; and for autumn, winter, or spring, the Dowton, golden and other pippins, as the ribstone, with small russets. As a food, the apple cannot be considered to rank high, as more than the half of it consists of water, and the rest of its properties are not the most nourishing. It is, however, a useful adjunct to other kinds of food, and, when cooked, is esteemed as slightly laxative.



**APPLE AND BLOSSOM.**

**ARTICHOKE (JERUSALEM) SOUP.**

*(A White Soup.)*

112. **INGREDIENTS.**—3 slices of lean bacon or ham, 1/2 a of celery, 1 turnip, 1 onion, 3 oz. of butter, 4 lbs. of artichokes, 1 pint of boiling milk, or 1/2 pint of boiling cream, salt and cayenne to taste, 2 lumps of sugar, 2-1/2 quarts of white stock.

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*Mode.*—Put the bacon and vegetables, which should be cut into thin slices, into the stewpan with the butter. Braise these for 1/4 of an hour, keeping them well stirred. Wash and pare the artichokes, and after cutting them into thin slices, add them, with a pint of stock, to the other ingredients. When these have gently stewed down to a smooth pulp, put in the remainder of the stock. Stir it well, adding the seasoning, and when it has simmered for five minutes, pass it through a strainer. Now pour it back into the stewpan, let it again simmer five minutes, taking care to skim it well, and stir it to the boiling milk or cream. Serve with small sippets of bread fried in butter.

*Time.*—1 hour. *Average cost* per quart, 1s. 2d.

*Seasonable* from June to October.

*Sufficient* for 8 persons.

**ASPARAGUS SOUP.**

I.

113. **INGREDIENTS.**—5 lbs. of lean beef, 3 slices of bacon, 1/2 pint of pale ale, a few leaves of white beet, spinach, 1 cabbage lettuce, a little mint, sorrel, and marjoram, a pint of asparagus-tops cut small, the crust of 1 French roll, seasoning to taste, 2 quarts of water.

*Mode.*—Put the beef, cut in pieces and rolled in flour, into a stewpan, with the bacon at the bottom; cover it close, and set it on a slow fire, stirring it now and then till the gravy is drawn. Put in the water and ale, and season to taste with pepper and salt, and let it stew gently for 2 hours; then strain the liquor, and take off the fat, and add the white beet, spinach, cabbage lettuce, and mint, sorrel, and sweet marjoram, pounded. Let these boil up in the liquor, then put in the asparagus-tops cut small, and allow them to boil till all is tender. Serve hot, with the French roll in the dish.

*Time.*—Altogether 3 hours. *Average cost* per quart, 1s. 9d.

*Seasonable* from May to August.

*Sufficient* for 8 persons.

II.

114. **INGREDIENTS.**—1-1/2 pint of split peas, a teacupful of gravy, 4 young onions, 1 lettuce cut small, 1/2 a of celery, 1/2 a pint of asparagus cut small, 1/2 a pint of cream, 3 quarts of water: colour the soup with spinach juice.

*Mode.*—Boil the peas, and rub them through a sieve; add the gravy, and then stew by themselves the celery, onions, lettuce, and asparagus, with the water. After this, stew altogether, and add the colouring and cream, and serve.

*Time.*—Peas 2-1/2 hours, vegetables 1 hour; altogether 4 hours. *Average cost* per quart, 1s.



ASPARAGUS.

ASPARAGUS.—The ancients called all the sprouts of young vegetables asparagus, whence the name, which is now limited to a particular species, embracing artichoke, alisander, asparagus, cardoon, rampion, and sea-kale. They are originally mostly wild seacoast plants; and, in this state, asparagus may still be found on the northern as well as southern shores of Britain. It is often vulgarly called, in London, *sparrowgrass*; and, in its cultivated form, hardly bears any resemblance to the original plant. Immense quantities of it are raised for the London market, at Mortlake and Deptford; but it belongs rather to the classes of luxurious than necessary food. It is light and easily digested, but is not very nutritious.

### BAKED SOUP.

115. INGREDIENTS.—1 lb. of any kind of meat, any trimmings or odd pieces; 2 onions, 2 carrots, 2 oz. of rice, 1 pint of split peas, pepper and salt to taste, 4 quarts of water.

*Mode*.—Cut the meat and vegetables in slices, add to them the rice and peas, season with pepper and salt. Put the whole in a jar, fill up with the water, cover very closely, and bake for 4 hours.

*Time*.—4 hours. *Average cost*, 2-1/2d. per quart.

*Seasonable* at any time.

*Sufficient* for 10 or 12 persons.

*Note*.—This will be found a very cheap and wholesome soup, and will be convenient in those cases where baking is more easily performed than boiling.

### BARLEY SOUP.

116. INGREDIENTS.—2 lbs. of shin of beef, 1/4 lb. of pearl barley, a large bunch of parsley, 4 onions, 6 potatoes, salt and pepper, 4 quarts of water.

*Mode*.—Put in all the ingredients, and simmer gently for 3 hours.

*Time*.—3 hours. *Average cost*, 2-1/2d. per quart.

*Seasonable* all the year, but more suitable for winter.

BARLEY.—This, in the order of cereal grasses, is, in Britain, the next plant to wheat in point of value, and exhibits several species and varieties. From what country it comes originally, is not known, but it was cultivated in the earliest ages of antiquity, as the Egyptians were afflicted with the loss of it in the ear, in the time of Moses. It was a favourite grain with the Athenians, but it was esteemed as an ignominious food by the Romans. Notwithstanding this, however, it was much used by them, as it was in former times by the English, and still is, in the Border counties, in Cornwall, and also in Wales. In other parts of



BARLEY.

England, it is used mostly for malting purposes. It is less nutritive than wheat; and in 100 parts, has of starch 79, gluten 6, saccharine matter 7, husk 8. It is, however, a lighter and less stimulating food than wheat, which renders a decoction of it well adapted for invalids whose digestion is weak.

### BREAD SOUP.

(*Economical.*)

117. INGREDIENTS.—1 lb. of bread crusts, 2 oz. butter, 1 quart of common stock.

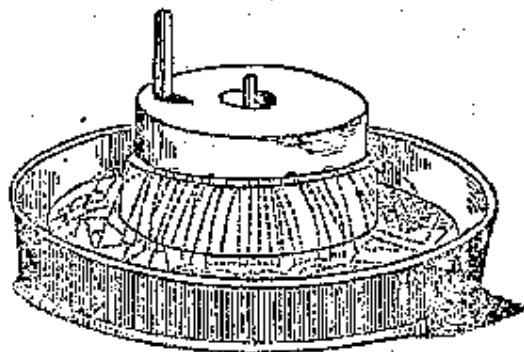
*Mode.*—Boil the bread crusts in the stock with the butter; beat the whole with a spoon, and keep it boiling till the bread and stock are well mixed. Season with a little salt.

*Time.*—Half an hour. *Average cost* per quart, 4d.

*Seasonable* at any time.

*Sufficient* for 4 persons.

*Note.*—This is a cheap recipe, and will be found useful where extreme economy is an object.



QUERN, OR GRINDING-MILL.

BREAD.—The origin of bread is involved in the obscurity of distant ages. The Greeks attributed its invention to Pan; but before they, themselves, had an existence, it was, no doubt, in use among the primitive nations of mankind. The Chaldeans and the Egyptians were acquainted with it, and Sarah, the companion of Abraham, mixed flour and water together, kneaded it, and covered it with ashes on the hearth. The Scriptures inform us that leavened bread was known to the Israelites, but it is not known when the art of fermenting it was discovered. It is said that the Romans

learnt it during their wars with Perseus, king of Macedon, and that it was introduced to the "imperial city" about 200 years before the birth of Christ. With them it no doubt found its way into Britain; but after their departure from the island, it probably ceased to be used. We know that King Alfred allowed the unfermented cakes to burn in the neatherd's cottage; and that, even in the sixteenth century, unfermented cakes, kneaded by the women, were the only kind of bread known to the inhabitants of Norway and Sweden. The Italians of this day consume the greater portion of their flour in the form of *polenta*, or soft pudding, vermicelli, and macaroni; and, in the remoter districts of Scotland, much unfermented bread is still used. We give a cut of the *quern* grinding-mill, which, towards the end of the last century, was in use in that country, and which is thus described by Dr. Johnson in his "Journey to the Hebrides:"—"It consists of two stones about a foot and half in diameter; the lower is a little convex, to which the concavity of the upper must be fitted. In the middle of the upper stone is a round hole, and on one side is a long handle. The grinder sheds the corn gradually into the hole with one hand, and works the handle round with the other. The corn slides down the convexity of the lower stone, and by the motion of the upper, is ground in its passage." Such a primitive piece of machinery, it may safely be said, has entirely disappeared from this country.—In other parts of this work, we shall have opportunities of speaking of bread and bread-making, which, from its great and general use in the nourishment of mankind, has emphatically been

called the "staff of life." The necessity, therefore, of having it both pure and good is of the first importance.

### CABBAGE SOUP.

118. INGREDIENTS.—1 large cabbage, 3 carrots, 2 onions, 4 or 5 slices of lean bacon, salt and pepper to taste, 2 quarts of medium stock No. 105.

*Mode*.—Scald the cabbage, exit it up and drain it. Line the stewpan with the bacon, put in the cabbage, carrots, and onions; moisten with skimmings from the stock, and simmer very gently, till the cabbage is tender; add the stock, stew softly for half an hour, and carefully skim off every particle of fat. Season and serve.

*Time*.—1-1/2 hour. *Average cost*, 1s. per quart.

*Seasonable* in winter.

*Sufficient* for 8 persons.

THE CABBAGE.—It is remarkable, that although there is no country in the world now more plentifully supplied with fruits and vegetables than Great Britain, yet the greater number of these had no existence in it before the time of Henry VIII. Anderson, writing under the date of 1548, says, "The English cultivated scarcely any vegetables before the last two centuries. At the commencement of the reign, of Henry VIII. neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom; they came from Holland and Flanders." The original of all the cabbage tribe is the wild plant *sea-colewort*, which is to be found *wasting* whatever sweetness it may have on the desert air, on many of the cliffs of the south coast of England. In this state, it scarcely weighs more than half an ounce, yet, in a cultivated state, to what dimensions can it be made to grow! However greatly the whole of the tribe is esteemed among the moderns, by the ancients they were held in yet higher estimation. The Egyptians adored and raised altars to them, and the Greeks and Romans ascribed many of the most exalted virtues to them. Cato affirmed, that the cabbage cured all diseases, and declared, that it was to its use that the Romans were enabled to live in health and without the assistance of physicians for 600 years. It was introduced by that people into Germany, Gaul, and, no doubt, Britain; although, in this last, it may have been suffered to pass into desuetude for some centuries. The whole tribe is in general wholesome and nutritive, and forms a valuable adjunct to animal food.



CABBAGE SEEDLING.

### SOUP A LA CANTATRICE.

*(An Excellent Soup, very Beneficial for the Voice.)*

119. INGREDIENTS.—3 oz. of sago, 1/2 pint of cream, the yolks of 3 eggs, 1 lump of sugar, and seasoning to taste, 1 bay-leaf (if liked), 2 quarts of medium stock No. 105.

*Mode*.—Having washed the sago in boiling water, let it be gradually added to the nearly boiling stock. Simmer for 1/2 an hour, when it should be well dissolved. Beat



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up the yolks of the eggs, add to them the boiling cream; stir these quickly in the soup, and serve immediately. Do not let the soup boil, or the eggs will curdle.

*Time.*—40 minutes. *Average cost*, 1s. 6d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

*Note.*—This is a soup, the principal ingredients of which, sago and eggs, have always been deemed very beneficial to the chest and throat. In various quantities, and in different preparations, these have been partaken of by the principal singers of the day, including the celebrated Swedish Nightingale, Jenny Lind, and, as they have always avowed, with considerable advantage to the voice, in singing.

**CARROT SOUP.**

I.

120. **INGREDIENTS.**—4 quarts of liquor in which a leg of mutton or beef has been boiled, a few beef-bones, 6 large carrots, 2 large onions, 1 turnip; seasoning of salt and pepper to taste; cayenne.

*Mode.*—Put the liquor, bones, onions, turnip, pepper, and salt, into a stewpan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth; then boil the pulp with the soup, which should be of the consistency of pea-soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

*Time.*—4-1/2 hours. *Average cost* per quart, 1-1/2d.

*Seasonable* from October to March.

*Sufficient* for 10 persons.

II.

121. **INGREDIENTS.**—2 lbs. of carrots, 3 oz. of butter, seasoning to taste of salt and cayenne, 2 quarts of stock or gravy soup.

*Mode.*—Scrape and cut out all specks from the carrots, wash, and wipe them dry, and then reduce them into quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add 2 lbs. of the sliced carrots, and let them stew gently for an hour without browning. Add to them the soup, and allow them to simmer till tender,—say for nearly an hour. Press them through a strainer with the soup, and add salt and cayenne if required. Boil the whole gently for 5 minutes, skim well, and serve as hot as possible.

*Time.*—1-1/4 hour. *Average cost* per quart, 1s. 1d.



TAZZA AND CARROT LEAVES.

**THE CARROT.**—There is a wild carrot which grows in England; but it is white and small, and not much esteemed. The garden carrot in general use, was introduced in the reign of Queen Elizabeth, and was, at first, so highly esteemed, that the ladies wore leaves of it in their -dresses. It is of great value in the culinary art, especially for soups and stews. It can be used also for beer instead of malt, and, in distillation, it yields a large quantity of spirit. The carrot is proportionably valuable as it has more of the red than the yellow part. There is a

large red variety much used by the farmers for colouring butter. As a garden vegetable, it is what is called the orange-carrot that is usually cultivated. As a fattening food for cattle, it is excellent; but for man it is indigestible, on account of its fibrous matter. Of 1,000 parts, 95 consist of sugar, and 3 of starch.—The accompanying cut represents a pretty winter ornament, obtained by placing a cut from the top of the carrot-root in a shallow vessel of water, when the young leaves spring forth with a charming freshness and fullness.

### CELERY SOUP.

**122. INGREDIENTS.**—9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, 1/2 pint of strong stock, a pint of cream, and 2 quarts of boiling water.

*Mode.*—Cut the celery into small pieces; throw it into the water, seasoned with the nutmeg, salt, and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock, and simmer it for half an hour. Now put in the cream, bring it to the boiling point, and serve immediately.

*Time.*—1 hour. *Average cost*, 1s. per quart.

*Seasonable* from September to March.

*Sufficient* for 10 persons.

*Note.*—This soup can be made brown, instead of white, by omitting the cream, and colouring it a little. When celery cannot be procured, half a drachm of the seed, finely pounded, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of celery will answer the same purpose.

**CELERY.**—This plant is indigenous to Britain, and, in its wild state, grows by the side of ditches and along some parts of the seacoast. In this state it is called *smallage*, and, to some extent, is a dangerous narcotic. By cultivation, however, it has been brought to the fine flavour which the garden plant possesses. In the vicinity of Manchester it is raised to an enormous size. When our natural observation is assisted by the accurate results ascertained by the light of science, how infinitely does it enhance our delight in contemplating the products of nature! To know, for example, that the endless variety of colour which we see in plants is developed only by the rays of the sun, is to know a truism sublime by its very comprehensiveness. The cause of the whiteness of celery is nothing more than the want of light in its vegetation, and in order that this effect may be produced, the plant is almost wholly covered with earth; the tops of the leaves alone being suffered to appear above the ground.

### CHANTILLY SOUP.

**123. INGREDIENTS.**—1 quart of young green peas, a small bunch of parsley, 2 young onions, 2 quarts of medium stock No. 105.

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*Mode*.—Boil the peas till quite tender, with the parsley and onions; then rub them through a sieve, and pour the stock to them. Do not let it boil after the peas are added, or you will spoil the colour. Serve very hot.

*Time*.—Half an hour. *Average cost*, 1s. 6d. per quart.

*Seasonable* from June to the end of August.

*Sufficient* for 8 persons.

*Note*.—Cold peas pounded in a mortar, with a little stock added to them, make a very good soup in haste.

Parsley.—Among the Greeks, in the classic ages, a crown of parsley was awarded, both in the Nemean and Isthmian games, and the voluptuous Anacreon pronounces this beautiful herb the emblem of joy and festivity. It has an elegant leaf, and is extensively used in the culinary art. When it was introduced to Britain is not known. There are several varieties,—the *plain-leaved* and the *curled-leaved*, *celery-parsley*, *Hamburg parsley*, and *purslane*. The curled is the best, and, from the form of its leaf, has a beautiful appearance on a dish as a garnish. Its flavour is, to many, very agreeable in soups; and although to rabbits, hares, and sheep it is a luxury, to parrots it is a poison. The celery-parsley is used as a celery, and the Hamburg is cultivated only for its roots, which are used as parsnips or carrots, to eat with meat. The purslane is a native of South America, and is not now much in use.

**CHESTNUT (SPANISH) SOUP.**

124. *INGREDIENTS*.— $\frac{3}{4}$  lb. of Spanish chestnuts,  $\frac{1}{4}$  pint of cream; seasoning to taste of salt, cayenne, and mace; 1 quart of stock No. 105.

*Mode*.—Take the outer rind from the chestnuts, and put them into a large pan of warm water. As soon as this becomes too hot for the fingers to remain in it, take out the chestnuts, peel them quickly, and immerse them in cold water, and wipe and weigh them. Now cover them with good stock, and stew them gently for rather more than  $\frac{3}{4}$  of an hour, or until they break when touched with a fork; then drain, pound, and rub them through a fine sieve reversed; add sufficient stock, mace, cayenne, and salt, and stir it often until it boils, and put in the cream. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may, in part, be added to it; and the rule is, that  $\frac{3}{4}$  lb. of chestnuts should be given to each quart of soup.

*Time*.—rather more than 1 hour. *Average cost* per quart, 1s. 6d.

*Seasonable* from October to February.

*Sufficient* for 4 persons.



CHESTNUT.

THE CHESTNUT.—This fruit is said, by some, to have originally come from Sardis, in Lydia; and by others, from Castanea, a city of Thessaly, from which it takes its name. By the ancients it was much used as a food, and is still common in France and Italy, to which countries it is, by some, considered indigenous. In the southern part of the European continent, it is eaten both raw and roasted. The tree was introduced into Britain by the Romans; but it only flourishes in the warmer parts of the island, the fruit rarely arriving at maturity in

Scotland. It attains a great age, as well as an immense size. As a food, it is the least oily and most farinaceous of all the nuts, and, therefore, the easiest of digestion. The tree called the *horse chestnut* is very different, although its fruit very much resembles that of the other. Its "nuts," though eaten by horses and some other animals, are unsuitable for human food.

### COCOA-NUT SOUP.

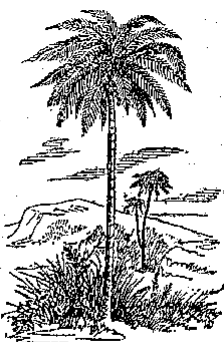
125. INGREDIENTS.—6 oz. of grated cocoa-nut, 6 oz. of rice flour, 1/2 a teaspoonful of mace; seasoning to taste of cayenne and salt; 1/4 of a pint of boiling cream, 3 quarts of medium stock No. 105.

*Mode*.—Take the dark rind from the cocoa-nut, and grate it down small on a clean grater; weigh it, and allow, for each quart of stock, 2 oz. of the cocoa-nut. Simmer it gently for 1 hour in the stock, which should then be strained closely from it, and thickened for table.

*Time*.—2-1/4 hours. *Average cost* per quart, 1s. 3d.

*Seasonable* in Autumn.

*Sufficient* for 10 persons.



COCOA-NUT PALM.

THE COCOA-NUT.—This is the fruit of one of the palms, than which it is questionable if there is any other species of tree marking, in itself, so abundantly the goodness of Providence, in making provision for the wants of man. It grows wild in the Indian seas, and in the eastern parts of Asia; and thence it has been introduced into every part of the tropical regions. To the natives of those climates, its bark supplies the material for creating their dwellings; its leaves, the means of roofing them; and the leaf-stalks, a kind of gauze for covering their windows, or protecting the baby in the cradle. It is also made into lanterns, masks to screen the face from the heat of the sun, baskets, wicker-work, and even a kind of paper for writing on. Combs, brooms, torches, ropes, matting, and sailcloth are made of its fibers. With these, too, beds are made and cushions stuffed. Oars are supplied by the leaves; drinking-cups, spoons, and other domestic utensils by the shells of the nuts; milk by its juice, of which, also, a kind of honey and sugar are prepared. When fermented, it furnishes the means of intoxication; and when the fibres are burned, their ashes supply an alkali for making soap. The buds of the tree bear a striking resemblance to cabbage when boiled; but when they are cropped, the tree dies. In a fresh state, the kernel is eaten raw, and its juice is a most agreeable and refreshing beverage. When the nut is imported to this country, its fruit is, in general, comparatively dry, and is considered indigestible. The tree is one of the least productive of the palm tribe.



NUT & BLOSSOM.

**SOUP A LA CRECY.**

126. **INGREDIENTS.**—4 carrots, 2 sliced onions, 1 cut lettuce, and chervil; 2 oz. butter, 1 pint of lentils, the crumbs of 2 French rolls, half a teacupful of rice, 2 quarts of medium stock No. 105.

*Mode.*—Put the vegetables with the butter in the stewpan, and let them simmer 5 minutes; then add the lentils and 1 pint of the stock, and stew gently for half an hour. Now fill it up with the remainder of the stock, let it boil another hour, and put in the crumb of the rolls. When well soaked, rub all through a tammy. Have ready the rice boiled; pour the soup over this, and serve.

*Time.*—1-3/4 hour. *Average cost,* 1s. 2d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

THE LENTIL.—This belongs to the legumious or *pulse* kind of vegetables, which rank next to the corn plants in their nutritive properties. The lentil is a variety of the bean tribe, but in England is not used as human food, although considered the best of all kinds for pigeons. On the Continent it is cultivated for soups, as well as for other preparations for the table; and among the presents which David received from Shobi, as recounted in the Scriptures, were beans, lentils, and parched pulse. Among the Egyptians it was extensively used, and among the Greeks, the Stoics had a maxim, which declared, that "a wise man acts always with reason, and prepares his own lentils." Among the Romans it was not much esteemed, and from them the English may have inherited a prejudice against it, on account, it is said, of its rendering men indolent. It takes its name from *lentus* 'slow,' and, according to Pliny, produces mildness and moderation of temper.



**CUCUMBER SOUP (French Recipe).**

127. **INGREDIENTS.**—1 large cucumber, a piece of butter the size of a walnut, a little chervil and sorrel cut in large pieces, salt and pepper to taste, the yolks of 2 eggs, 1 gill of cream, 1 quart of medium stock No. 105.

*Mode.*—Pare the cucumber, quarter it, and take out the seeds; cut it in thin slices, put these on a plate with a little salt, to draw the water from them; drain, and put them in your stewpan, with the butter. When they are warmed through, without being browned, pour the stock on them. Add the sorrel, chervil, and seasoning, and boil for 40 minutes. Mix the well-beaten yolks of the eggs with the cream, which add at the moment of serving.

*Time.*—1 hour. *Average cost,* 1s. 2d. per quart.

*Seasonable* from June to September.

*Sufficient* for 4 persons.

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THE CUCUMBER.—The antiquity of this fruit is very great. In the sacred writings we find that the people of Israel regretted it, whilst sojourning in the desert; and at the present time, the cucumber, and other fruits of its class, form a large portion of the food of the Egyptian people. By the Eastern nations generally, as well as by the Greeks and Romans, it was greatly esteemed. Like the melon, it was originally brought from Asia by the Romans, and in the 14th century it was common in England, although, in the time of the wars of "the Roses," it seems no longer to have been cultivated. It is a cold food, and of difficult digestion when eaten raw. As a preserved sweetmeat, however, it is esteemed one of the most agreeable.

### EGG SOUP.

128. INGREDIENTS.—A tablespoonful of flour, 4 eggs, 2 small blades of finely-pounded mace, 2 quarts of stock No. 105.

*Mode*.—Beat up the flour smoothly in a teaspoonful of cold stock, and put in the eggs; throw them into boiling stock, stirring all the time. Simmer for 1/4 of an hour. Season and serve with a French roll in the tureen, or fried sippets of bread.

*Time*. 1/2 an hour. *Average cost*, 11d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

### SOUP A LA FLAMANDE (Flemish).

#### I.

129. INGREDIENTS.—1 turnip, 1 small carrot, 1/2 of celery, 6 green onions shred very fine, 1 lettuce cut small, chervil, 1/4 pint of asparagus cut small, 1/4 pint of peas, 2 oz. butter, the yolks of 4 eggs, 1/2 pint of cream, salt to taste, 1 lump of sugar, 2 quarts of stock No. 105.

*Mode*.—Put the vegetables in the butter to stew gently for an hour with a teacupful of stock; then add the remainder of the stock, and simmer for another hour. Now beat the yolks of the eggs well, mix with the cream (previously boiled), and strain through a hair sieve. Take the soup off the fire, put the eggs, &c. to it, and keep stirring it well. Bring it to a boil, but do not leave off stirring, or the eggs will curdle. Season with salt, and add the sugar.

*Time*.—24 hours. *Average cost*, 1s. 9d. per quart.

*Seasonable* from May to August.

*Sufficient* for 8 persons.

CHERVIL.—Although the roots of this plant are poisonous, its leaves are tender, and are used in salads. In antiquity it made a relishing dish, when prepared with oil, wine, and gravy. It is a native of various parts of Europe; and the species cultivated in the gardens of Paris, has beautifully frizzled leaves.

II.

130. **INGREDIENTS.**—5 onions, 5 heads of celery, 10 moderate-sized potatoes, 3 oz. butter, 1/2 pint of water, 1/2 pint of cream, 2 quarts of stock No. 105.

*Mode.*—Slice the onions, celery, and potatoes, and put them with the butter and water into a stewpan, and simmer for an hour. Then fill up the stewpan with stock, and boil gently till the potatoes are done, which will be in about an hour. Rub all through a tammy, and add the cream (previously boiled). Do not let it boil after the cream is put in.

*Time.*—2-1/2 hours. *Average cost*, 1s. 4d. per quart.

*Seasonable* from September to May.

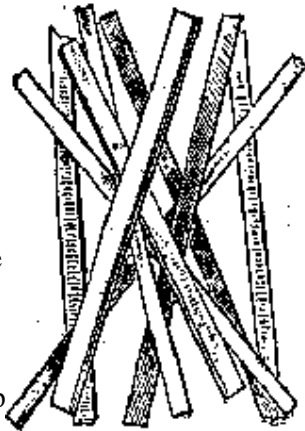
*Sufficient* for 8 persons.

*Note.*—This soup can be made with water instead of stock.

**SOUP A LA JULIENNE.**

131. **INGREDIENTS.**—1/2 pint of carrots, 1/2 pint of turnips, 1/4 pint of onions, 2 or 3 leeks, 1/2 of celery, 1 lettuce, a little sorrel and chervil, if liked, 2 oz. of butter, 2 quarts of stock No. 105.

*Mode.*—Cut the vegetables into strips of about 1-1/4 inch long, and be particular they are all the same size, or some will be hard whilst the others will be done to a pulp. Cut the lettuce, sorrel, and chervil into larger pieces; fry the carrots in the butter, and pour the stock boiling to them. When this is done, add all the other vegetables, and herbs, and stew gently for at least an hour. Skim off all the fat, pour the soup over thin slices of bread, cut round about the size of a shilling, and serve.



**STRIPS OF VEGETABLE,**

*Time.*—1-1/2 hour. *Average cost*, 1s. 3d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

*Note.*—In summer, green peas, asparagus-tops, French beans, &c. can be added. When the vegetables are very strong, instead of frying them in butter at first, they should be blanched, and afterwards simmered in the stock.

**SORREL.**—This is one of the *spinaceous* plants, which take their name from spinach, which is the chief among them. It is little used in English cookery, but a great deal in French, in which it is employed for soups, sauces, and salads. In English meadows it

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is usually left to grow wild; but in France, where it is cultivated, its flavour is greatly improved.

### **KALE BROSE (a Scotch Recipe).**

132. **INGREDIENTS.**—Half an ox- or cow-heel, a teacupful of toasted oatmeal, salt to taste, 2 handfuls of greens, 3 quarts of water.

*Mode.*—Make a broth of the ox- or cow-heel, and boil it till oil floats on the top of the liquor, then boil the greens, shred, in it. Put the oatmeal, with a little salt, into a basin, and mix with it quickly a teacupful of the fat broth: it should not run into one doughy mass, but form knots. Stir it into the whole, give one boil, and serve very hot.

*Time.*—4 hours. *Average cost*, 8d. per quart.

*Seasonable* all the year, but more suitable in winter.

*Sufficient* for 10 persons.

### **LEEK SOUP.**

#### **I.**

133. **INGREDIENTS.**—A sheep's , 3 quarts of water, 12 leeks cut small, pepper and salt to taste, oatmeal to thicken.

*Mode.*—Prepare the , either by skinning or cleaning the skin very nicely; split it in two; take out the brains, and put it into boiling water; add the leeks and seasoning, and simmer very gently for 4 hours. Mix smoothly, with cold water, as much oatmeal as will make the soup tolerably thick; pour it into the soup; continue stirring till the whole is blended and well done, and serve.

*Time.*—4-1/2 hours. *Average cost*, 4d. per quart.

*Seasonable* in winter.

*Sufficient* for 10 persons.

#### **II.**

### **COMMONLY CALLED COCK-A-LEEKIE.**

134. **INGREDIENTS.**—A capon or large fowl (sometimes an old cock, from which the recipe takes its name, is used), which should be trussed as for boiling; 2 or 3 bunches of fine leeks, 5 quarts of stock No. 105, pepper and salt to taste.

*Mode.*—Well wash the leeks (and, if old, scald them in boiling water for a few minutes), taking off the roots and part of the heads, and cut them into lengths of about an inch. Put the fowl into the stock, with, at first, one half of the leeks, and allow it to simmer gently. In half an hour add the remaining leeks, and then it may simmer for 3 or 4 hours longer. It should be carefully skimmed, and can be seasoned to taste. In



serving, take out the fowl, and carve it neatly, placing the pieces in a tureen, and pouring over them the soup, which should be very thick of leeks (a *purée* of leeks the French would call it).

*Time*.—4 hours. *Average cost*, 1s. 6d. per quart; or, with stock No. 106, 1s.

*Seasonable* in winter.

*Sufficient* for 10 persons.

*Note*.—Without the fowl, the above, which would then be merely called leek soup, is very good, and also economical. Cock-a-leekie was largely consumed at the Burns Centenary Festival at the Crystal Palace, Sydenham, in 1859.

THE LEEK.—As in the case of the cucumber, this vegetable was bewailed by the Israelites in their journey through the desert. It is one of the alliaceous tribe, which consists of the onion, garlic, chive, shallot, and leek. These, as articles of food, are perhaps more widely diffused over the face of the earth than any other *genus* of edible plants. It is the national badge of the Welsh, and tradition ascribes to St. David its introduction to that part of Britain. The origin of the wearing of the leek on St. David's day, among that people, is thus given in "BEETON'S DICTIONARY of UNIVERSAL INFORMATION:"—"It probably originated from the custom of *Cymhortha*, or the friendly aid, practised among farmers. In some districts of South Wales, all the neighbours of a small farmer were wont to appoint a day when they attended to plough his land, and the like; and, at such time, it was the custom for each to bring his portion of leeks with him for making the broth or soup." (See ST. DAVID.) Others derive the origin of the custom from the battle of Cressy. The plant, when grown in Wales and Scotland, is sharper than it is in England, and its flavour is preferred by many to that of the onion in broth. It is very wholesome, and, to prevent its tainting the breath, should be well boiled.



LEEKS.

### MACARONI SOUP.

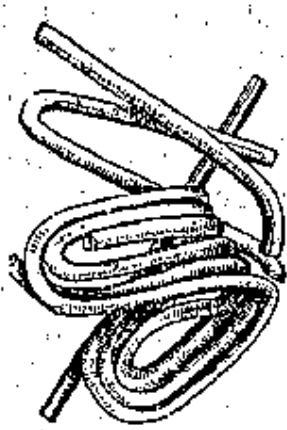
135. *INGREDIENTS*.—3 oz. of macaroni, a piece of butter the size of a walnut, salt to taste, 2 quarts of clear stock No. 105.

*Mode*.—Throw the macaroni and butter into boiling water, with a pinch of salt, and simmer for 1/2 an hour. When it is tender, drain and cut it into thin rings or lengths, and drop it into the boiling stock. Stew gently for 15 minutes, and serve grated Parmesan cheese with it.

*Time*.—3/4 hour. *Average cost*, 1s. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.



MACARONI.

MACARONI.—This is the favourite food of Italy, where, especially among the Neapolitans, it may be regarded as the staff of life. "The crowd of London," says Mr. Forsyth, "is a double line in quick motion; it is the crowd of business. The crowd of Naples consists in a general tide rolling up and down, and in the middle of this tide, a hundred eddies of men. You are stopped by a carpenter's bench, you are lost among shoemakers' stalls, and you dash among the *pots of a macaroni stall*." This article of food is nothing more than a thick paste, made of the best wheaten flour, with a small quantity of water. When it has been well worked, it is put into a hollow cylindrical vessel, pierced with holes of the size of tobacco-pipes at the bottom. Through these holes the mass is forced by a powerful screw bearing on a piece of wood made exactly to fit the inside of the cylinder. Whilst issuing from the holes, it is partially baked by a fire placed below the cylinder, and is, at the same time, drawn away and hung over rods placed about the room, in order to dry. In a few days it is fit for use. As it is both wholesome and nutritious, it ought to be much more used by all classes in England than it is. It generally accompanies Parmesan cheese to the tables of the rich, but is also used for thickening soups and making puddings.

### SOUP MAIGRE (i.e. without Meat).

136. INGREDIENTS.—6 oz. butter, 6 onions sliced, 4 heads of celery, 2 lettuces, a small bunch of parsley, 2 handfuls of spinach, 3 pieces of bread-crust, 2 blades of mace, salt and pepper to taste, the yolks of 2 eggs, 3 teaspoonfuls of vinegar, 2 quarts of water.

*Mode*.—Melt the butter in a stewpan, and put in the onions to stew gently for 3 or 4 minutes; then add the celery, spinach, lettuces, and parsley, cut small. Stir the ingredients well for 10 minutes. Now put in the water, bread, seasoning, and mace. Boil gently for 1-1/2 hour, and, at the moment of serving, beat in the yolks of the eggs and the vinegar, but do not let it boil, or the eggs will curdle.

*Time*.—2 hours. *Average cost*, 6d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.



LETTUCE.

THE LETTUCE.—This is one of the acetarious vegetables, which comprise a large class, chiefly used as pickles, salads, and other condiments. The lettuce has in all antiquity been distinguished as a kitchen-garden plant. It was, without preparation, eaten by the Hebrews with the Paschal lamb; the Greeks delighted in it, and the Romans, in the time of Domitian, had it prepared with eggs, and served in the first course at their tables, merely to excite their appetites. Its botanical name is *Lactuca*, so called from the milky juice it exudes when its stalks are cut. It possesses a narcotic virtue, noticed by ancient physicians; and even in our day a lettuce supper is deemed conducive to repose. Its proper character, however, is that of a cooling summer vegetable, not very nutritive, but serving as a corrective, or diluent of animal food.

**MILK SOUP**

(a Nice Dish for Children).

137. **INGREDIENTS.**—2 quarts of milk, 1 saltspoonful of salt, 1 teaspoonful of powdered cinnamon, 3 teaspoonfuls of pounded sugar, or more if liked, 4 thin slices of bread, the yolks of 6 eggs.

*Mode.*—Boil the milk with the salt, cinnamon, and sugar; lay the bread in a deep dish, pour over it a little of the milk, and keep it hot over a stove, without burning. Beat up the yolks of the eggs, add them to the milk, and stir it over the fire till it thickens. Do not let it curdle. Pour it upon the bread, and serve.

*Time.*—3/4 of an hour. *Average cost*, 8d. per quart.

*Seasonable* all the year.

*Sufficient* for 10 children.

**ONION SOUP.**

138. **INGREDIENTS.**—6 large onions, 2 oz. of butter, salt and pepper to taste, 1/4 pint of cream, 1 quart of stock No. 105.

*Mode.*—Chop the onions, put them in the butter, stir them occasionally, but do not let them brown. When tender, put the stock to them, and season; strain the soup, and add the boiling cream.

*Time.*—1-1/2 hour. *Average cost*, 1s. per quart.

*Seasonable* in winter.

*Sufficient* for 4 persons.

**CHEAP ONION SOUP.**

139. **INGREDIENTS.**—8 middling-sized onions, 3 oz. of butter, a tablespoonful of rice-flour, salt and pepper to taste, 1 teaspoonful of powdered sugar, thickening of butter and flour, 2 quarts of water.

*Mode.*—Cut the onions small, put them in the stewpan with the butter, and fry them well; mix the rice-flour smoothly with the water, add the onions, seasoning, and sugar, and simmer till tender. Thicken with butter and flour, and serve.

*Time.*—2 hours. *Average cost*, 4d. per quart.

*Seasonable* in winter.

*Sufficient* for 8 persons.

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**THE ONION.**—Like the cabbage, this plant was erected into an object of worship by the idolatrous Egyptians 2,000 years before the Christian era, and it still forms a favourite food in the country of these people, as well as in other parts of Africa. When it was first introduced to England, has not been ascertained; but it has long been in use, and esteemed as a favourite seasoning plant to various dishes. In warmer climates it is much milder in its flavour; and such as are grown in Spain and Portugal, are, comparatively speaking, very large, and are often eaten both in a boiled and roasted state. The Strasburg is the most esteemed; and, although all the species have highly nutritive properties, they impart such a disagreeable odour to the breath, that they are often rejected even where they are liked. Chewing a little raw parsley is said to remove this odour.



### PAN KAIL.

**140. INGREDIENTS.**—2 lbs. of cabbage, or Savoy greens; 1/4 lb. of butter or dripping, salt and pepper to taste, oatmeal for thickening, 2 quarts of water.

*Mode.*—Chop the cabbage very fine, thicken the water with oatmeal, put in the cabbage and butter, or dripping; season and simmer for 1-1/2 hour. It can be made sooner by blanching and mashing the greens, adding any good liquor that a joint has been boiled in, and then further thicken with bread or pounded biscuit.

*Time*—1-1/2 hour. *Average cost*, 1-1/2d. per quart.

*Seasonable* all the year, but more suitable in winter.

*Sufficient* for 8 persons.

**THE SAVOY.**—This is a close-hearted wrinkle-leaved cabbage, sweet and tender, especially the middle leaves, and in season from November to spring. The yellow species bears hard weather without injury, whilst the *dwarf* kind are improved and rendered more tender by frost.

### PARSNIP SOUP.

**141. INGREDIENTS.**—1 lb. of sliced parsnips, 2 oz. of butter, salt and cayenne to taste, 1 quart of stock No. 106.

*Mode.*—Put the parsnips into the stewpan with the butter, which has been previously melted, and simmer them till quite tender. Then add nearly a pint of stock, and boil together for half an hour. Pass all through a fine strainer, and put to it the remainder of the stock. Season, boil, and serve immediately.

*Time.*—2 hours. *Average cost*, 6d. per quart.

*Seasonable* from October to April.

*Sufficient* for 4 persons.

**THE PARSNIP.**—This is a biennial plant, with a root like a carrot, which, in nutritive and saccharine matter, it nearly equals. It is a native of Britain, and, in its wild state, may be found, in many parts, growing by the road-sides. It is also to be found, generally distributed over

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Europe; and, in Catholic countries, is mostly used with salt fish, in Lent. In Scotland it forms an excellent dish, when beat up with butter and potatoes; it is, also, excellent when fried. In Ireland it is found to yield, in conjunction with the hop, a pleasant beverage; and it contains as much spirit as the carrot, and makes an excellent wine. Its proportion of nutritive matter is 99 parts in 1,000; 9 being mucilage and 90 sugar.

### PEA SOUP (GREEN).

142. INGREDIENTS.—3 pints of green peas, 1/4 lb. of butter, 2 or three thin slices of ham, 6 onions sliced, 4 shredded lettuces, the crumb of 2 French rolls, 2 handfuls of spinach, 1 lump of sugar, 2 quarts of common stock.

*Mode*.—Put the butter, ham, 1 quart of the peas, onions, and lettuces, to a pint of stock, and simmer for an hour; then add the remainder of the stock, with the crumb of the French rolls, and boil for another hour. Now boil the spinach, and squeeze it very dry. Rub the soup through a sieve, and the spinach with it, to colour it. Have ready a pint of *young* peas boiled; add them to the soup, put in the sugar, give one boil, and serve. If necessary, add salt.

*Time*.—2-1/2 hours. *Average cost*, 1s. 9d. per quart.

*Seasonable* from June to the end of August.

*Sufficient* for 10 persons.

*Note*.—It will be well to add, if the peas are not quite young, a little sugar. Where economy is essential, water may be used instead of stock for this soup, boiling in it likewise the pea-shells; but use a double quantity of vegetables.

### WINTER PEA SOUP (YELLOW).

143. INGREDIENTS.—1 quart of split peas, 2 lbs. of shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large carrots, 2 turnips, 5 large onions, 1 of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast meat, 2 quarts of common stock, or liquor in which a joint of meat has been boiled.

*Mode*.—Put the peas to soak over-night in soft water, and float off such as rise to the top. Boil them in the water till tender enough to pulp; then add the ingredients mentioned above, and simmer for 2 hours, stirring it occasionally. Pass the whole through a sieve, skim well, season, and serve with toasted bread cut in dice.

*Time*.—4 hours. *Average cost*, 6d. per quart. *Seasonable* all the year round, but more suitable for cold weather. *Sufficient* for 12 persons.

THE PEA.—It is supposed that the common gray pea, found wild in Greece, and other parts of the Levant, is the original of the common garden pea, and of all the domestic varieties belonging to it. The gray, or field pea, called *bisallie* by the French, is less subject to run into varieties than the garden kinds, and is considered by some, perhaps on that account, to be the wild plant, retaining still a large proportion of its original habit. From the tendency of all other varieties "to run away" and become different to what they originally were, it is very difficult to determine the races to which they belong. The pea was well known to the Romans, and, probably, was introduced to Britain at an early period; for we find peas mentioned by Lydgate, a poet of the 15th century, as being hawked in London. They seem, however, for a considerable time, to have fallen out of use; for, in the reign of Queen Elizabeth, Fuller tells us they were brought from Holland, and were accounted "fit dainties for ladies, they came so far and cost so dear." There are some varieties of peas which have no lining in their pods, which are eaten cooked in the same way as kidney-beans. They are called *sugar* peas, and the best variety is the large crooked sugar, which is also very good, used in the common way, as a culinary vegetable. There is also a white sort, which readily splits when subjected to the



PEA.

action of millstones set wide apart, so as not to grind them. These are used largely for soups, and especially for sea-stores. From the quantity of farinaceous and saccharine matter contained in the pea, it is highly nutritious as an article of food.

### PEA SOUP (inexpensive).

144. INGREDIENTS.—1/4 lb. of onions, 1/4 lb. of carrots, 2 oz. of celery, 3/4 lb. of split peas, a little mint, shred fine; 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 quarts of water, or liquor in which a joint of meat has been boiled.

*Mode*.—Fry the vegetables for 10 minutes in a little butter or dripping, previously cutting them up in small pieces; pour the water on them, and when boiling add the peas. Let them simmer for nearly 3 hours, or until the peas are thoroughly done. Add the sugar, seasoning, and mint; boil for 1/4 of an hour, and serve.

*Time*.—3-1/2 hours. *Average cost*, 1-1/2d. per quart.

*Seasonable* in winter.

*Sufficient* for 12 persons.

### POTATO SOUP.

#### I.

145. INGREDIENTS.—4 lbs. of mealy potatoes, boiled or steamed very dry, pepper and salt to taste, 2 quarts of stock No. 105.

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*Mode.*—When the potatoes are boiled, mash them smoothly, that no lumps remain, and gradually put them to the boiling stock; pass it through a sieve, season, and simmer for 5 minutes. Skim well, and serve with fried bread.

*Time.*—1/2 hour. *Average cost*, 10d. per quart.

*Seasonable* from September to March.

*Sufficient* for 8 persons.

II.

146. **INGREDIENTS.**—1 lb. of shin of beef, 1 lb. of potatoes, 1 onion, 1/2 a pint of peas, 2 oz. of rice, 2 heads of celery, pepper and salt to taste, 3 quarts of water.

*Mode.*—Cut the beef into thin slices, chop the potatoes and onion, and put them in a stewpan with the water, peas, and rice. Stew gently till the gravy is drawn from the meat; strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Put the pulp back in the soup, cut up the celery in it, and simmer till this is tender. Season, and serve with fried bread cut into it.

*Time.*—3 hours. *Average cost*, 4d. per quart.

*Seasonable* from September to March.

*Sufficient* for 12 persons.

III.

(*Very Economical.*)

147. **INGREDIENTS.**—4 middle-sized potatoes well pared, a thick slice of bread, 6 leeks peeled and cut into thin slices as far as the white extends upwards from the roots, a teacupful of rice, a teaspoonful of salt, and half that of pepper, and 2 quarts of water.

*Mode.*—The water must be completely boiling before anything is put into it; then add the whole of the ingredients at once, with the exception of the rice, the salt, and the pepper. Cover, and let these come to a brisk boil; put in the others, and let the whole boil slowly for an hour, or till all the ingredients are thoroughly done, and their several juices extracted and mixed.

*Time.*—2-1/2 hours. *Average cost*, 3d. per quart.

*Sufficient* for 8 persons.

*Seasonable* in winter.

THE POTATO.—Humboldt doubted whether this root was a native of South America; but it has been found growing wild both in Chili and Buenos Ayres. It was first brought to Spain from the neighbourhood of Quito, in the early part of the sixteenth century, first to England from Virginia, in 1586, and first planted by Sir Walter Raleigh, on his estate of Youghal, near Cork, in Ireland. Thence it was brought and planted in Lancashire, in England, and was, at first, recommended to be eaten as a delicate dish, and not as common food. This was in 1587. *Nutritious Properties*.—Of a thousand parts of the potato, Sir H. Davy found about a fourth nutritive; say, 200 mucilage or starch, 20 sugar, and 30 gluten.



POTATOES.

### PRINCE OF WALES'S SOUP.

148. INGREDIENTS.—12 turnips, 1 lump of sugar, 2 spoonfuls of strong veal stock, salt and white pepper to taste, 2 quarts of very bright stock, No. 105.

*Mode*.—Peel the turnips, and with a cutter cut them in balls as round as possible, but very small. Put them in the stock, which must be very bright, and simmer till tender. Add the veal stock and seasoning. Have little pieces of bread cut round, about the size of a shilling; moisten them with stock; put them into a tureen and pour the soup over without shaking, for fear of crumbling the bread, which would spoil the appearance of the soup, and make it look thick.

*Time*.—2 hours.

*Seasonable* in the winter.

*Sufficient* for 8 persons.

THE PRINCE OF WALES.—This soup was invented by a philanthropic friend of the Editress, to be distributed among the poor of a considerable village, when the Prince of Wales attained his majority, on the 9th November, 1859. Accompanying this fact, the following notice, which appears in "BEETON'S DICTIONARY OF UNIVERSAL INFORMATION" may appropriately be introduced, premising that British princes attain their majority in their 18th year, whilst mortals of ordinary rank do not arrive at that period till their 21st.—"ALBERT EDWARD, Prince of Wales, and heir to the British throne, merits a place in this work on account of the high responsibilities which he is, in all probability, destined to fulfil as sovereign of the British empire. On the 10th of November, 1858, he was gazetted as having been invested with the rank of a colonel in the army. Speaking of this circumstance, the *Times* said,—'The significance of this event is, that it marks the period when the heir to the British throne is about to take rank among men, and to enter formally upon a career, which every loyal subject of the queen will pray may be a long and a happy one, for his own sake and for the sake of the vast empire which, in the course of nature, he will one day be called to govern. The best wish that we can offer for the young prince is, that in his own path he may ever keep before him the bright example of his royal mother, and show himself worthy of her name.' There are few in these realms who will not give a fervent response to these sentiments. B. November 9th, 1841."



### POTAGE PRINTANIER, OR SPRING SOUP.

149. **INGREDIENTS.**—1/2 a pint of green peas, if in season, a little chervil, 2 shredded lettuces, 2 onions, a very small bunch of parsley, 2 oz. of butter, the yolks of 3 eggs, 1 pint of water, seasoning to taste, 2 quarts of stock No. 105.

*Mode.*—Put in a very clean stewpan the chervil, lettuces, onions, parsley, and butter, to 1 pint of water, and let them simmer till tender. Season with salt and pepper; when done, strain off the vegetables, and put two-thirds of the liquor they were boiled in to the stock. Beat up the yolks of the eggs with the other third, give it a toss over the fire, and at the moment of serving, add this, with the vegetables which you strained off, to the soup.

*Time.*—3/4 of an hour. *Average cost*, 1s. per quart.

*Seasonable* from May to October.

*Sufficient* for 8 persons.

### RICE SOUP.

#### I.

150. **INGREDIENTS.**—4 oz. of Patna rice, salt, cayenne, and mace, 2 quarts of white stock.

*Mode.*—Throw the rice into boiling water, and let it remain 5 minutes; then pour it into a sieve, and allow it to drain well. Now add it to the stock boiling, and allow it to stew till it is quite tender; season to taste. Serve quickly.

*Time.*—1 hour. *Average cost*, 1s. 3d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.



**RICE.**—This is a plant of Indian origin, and has formed the principal food of the Indian and Chinese people from the most remote antiquity. Both Pliny and Dioscorides class it with the cereals, though Galen places it among the vegetables. Be this as it may, however, it was imported to Greece, from India, about 286 years before Christ, and by the ancients it was esteemed both nutritious and fattening. There are three kinds of rice,—the Hill rice, the Patna, and the Carolina, of the United States. Of these, only the two latter are imported to this country, and the Carolina is considered the best, as it is the dearest. The nourishing properties of rice are greatly inferior to those of wheat; but it is both a light and a wholesome food. In combination with other foods, its nutritive qualities are greatly increased; but from its having little stimulating power, it is apt, when taken in large quantities alone, to lie long on the stomach.

#### II.

151. **INGREDIENTS.**—6 oz. of rice, the yolks of 4 eggs, 1/2 a pint of cream, rather more than 2 quarts of stock No. 105.

*Mode.*—Boil the rice in the stock, and rub half of it through a tammy; put the stock in the stewpan, add all the rice, and simmer gently for 5 minutes. Beat the yolks of the eggs, mix them with the cream (previously boiled), and strain through a hair sieve; take the soup off the fire, add the eggs and cream, stirring frequently. Heat it gradually, stirring all the time; but do not let it boil, or the eggs will curdle.

*Time.*—2 hours. *Average cost*, 1s. 4d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

### SAGO SOUP.

152. INGREDIENTS.—5 oz. of sago, 2 quarts of stock No. 105.

*Mode.*—Wash the sago in boiling water, and add it, by degrees, to the boiling stock, and simmer till the sago is entirely dissolved, and forms a sort of jelly.

*Time.*—Nearly an hour. *Average cost*, 10d. per quart.

*Sufficient* for 8 persons.

*Seasonable* all the year.

*Note.*—The yolks of 2 eggs, beaten up with a little cream, previously boiled, and added at the moment of serving, much improves this soup.

SAGO.—The farinaceous food of this name constitutes the pith of the SAGO tree (the *Sagus farinifera* of Linnaeus), which grows spontaneously in the East Indies and in the archipelago of the Indian Ocean. There it forms the principal farinaceous diet of the inhabitants. In order to procure it, the tree is felled and sawn in pieces. The pith is then taken out, and put in receptacles of cold water, where it is stirred until the flour separates from the filaments, and sinks to the bottom, where it is suffered to remain until the water is poured off, when it is taken out and spread on wicker frames to dry. To give it the round granular form in which we find it come to this country, it is passed through a colander, then rubbed into little balls, and dried. The tree is not fit for felling until it has attained a growth of seven years, when a single trunk will yield 600 lbs. weight; and, as an acre of ground will grow 430 of these trees, a large return of flour is the result. The best quality has a slightly reddish hue, and easily dissolves to a jelly, in hot water. As a restorative diet, it is much used.



**SEMOLINA SOUP.**

153. INGREDIENTS.—5 oz. of semolina, 2 quarts of boiling stock, No. 105, or 106.

*Mode*.—Drop the semolina into the boiling stock, and keep stirring, to prevent its burning. Simmer gently for half an hour, and serve.

*Time*.—1/2 an hour. *Average cost*, 10d. per quart, or 4d.

*Seasonable* all the year.

*Sufficient* for 8 persons.

SEMOLINA.—This is the heart of the *grano duro* wheat of Italy, which is imported for the purpose of making the best vermicelli. It has a coarse appearance, and may be purchased at the Italian warehouses. It is also called *soojee*; and *semoletta* is another name for a finer sort.

**SOUP A LA SOLFERINO (Sardinian Recipe).**

154. INGREDIENTS.—4 eggs, 1/2 pint of cream, 2 oz. of fresh butter, salt and pepper to taste, a little flour to thicken, 2 quarts of bouillon, No. 105.

*Mode*.—Beat the eggs, put them into a stewpan, and add the cream, butter, and seasoning; stir in as much flour as will bring it to the consistency of dough; make it into balls, either round or egg-shaped, and fry them in butter; put them in the tureen, and pour the boiling bouillon over them.

*Time*.—1 hour. *Average cost*, 1s. 3d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

*Note*.—This recipe was communicated to the Editress by an English gentleman, who was present at the battle of Solferino, on June 24, 1859, and who was requested by some of Victor Emmanuel's troops, on the day before the battle, to partake of a portion of their *potage*. He willingly enough consented, and found that these clever campaigners had made a most palatable dish from very easily-procured materials. In sending the recipe for insertion in this work, he has, however, Anglicised, and somewhat, he thinks, improved it.

**SPINACH SOUP (French Recipe).**

155. INGREDIENTS.—As much spinach as, when boiled, will half fill a vegetable-dish, 2 quarts of very clear medium stock, No. 105.

*Mode*.—Make the cooked spinach into balls the size of an egg, and slip them into the soup-tureen. This is a very elegant soup, the green of the spinach forming a pretty contrast to the brown gravy.

*Time*.—1 hour. *Average cost*, 1s. per quart.

*Seasonable* from October to June.



SPINACH.—This plant was unknown by the ancients, although it was cultivated in the monastic gardens of the continent in the middle of the 14th century. Some say, that it was originally brought from Spain; but there is a wild species growing in England, and cultivated in Lincolnshire, in preference to the other. There are three varieties in use; the round-leaved, the triangular-leaved, and Flanders spinach, known by its large leaves. They all form a useful ingredient in soup; but the leaves are sometimes boiled alone, mashed, and eaten as greens.

### TAPIOCA SOUP.

156. **INGREDIENTS**.—5 oz. of tapioca, 2 quarts of stock No. 105 or 106.

*Mode*.—Put the tapioca into cold stock, and bring it gradually to a boil. Simmer gently till tender, and serve.

*Time*.—Rather more than 1 hour. *Average cost*. 1s. or 6d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

TAPIOCA.—This excellent farinaceous food is the produce of the pith of the cassava-tree, and is made in the East Indies, and also in Brazil. It is, by washing, procured as a starch from the tree, then dried, either in the sun or on plates of hot iron, and afterwards broken into grains, in which form it is imported into this country. Its nutritive properties are large, and as a food for persons of delicate digestion, or for children, it is in great estimation. "No amylaceous substance," says Dr. Christison, "is so much relished by infants about the time of weaning; and in them it is less apt to become sour during digestion than any other farinaceous food, even arrowroot not excepted."

### TURNIP SOUP.

157. **INGREDIENTS**.—3 oz. of butter, 9 good-sized turnips, 4 onions, 2 quarts of stock No. 106, seasoning to taste.

*Mode*.—Melt the butter in the stewpan, but do not let it boil; wash, drain, and slice the turnips and onions very thin; put them in the butter, with a teacupful of stock, and stew very gently for an hour. Then add the remainder of the stock, and simmer another hour. Rub it through a tammy, put it back into the stewpan, but do not let it boil. Serve very hot.

*Time*.—2-1/2 hours. *Average cost*, 8d. per quart.

*Seasonable* from October to March.

*Sufficient* for 8 persons.

*Note.*—By adding a little cream, this soup will be much improved.

THE TURNIP.—Although turnips grow wild in England, they are not the original of the cultivated vegetable made use of in this country. In ancient times they were grown for cattle by the Romans, and in Germany and the Low Countries they have from time immemorial been raised for the same purpose. In their cultivated state, they are generally supposed to have been introduced to England from Hanover, in the time of George I.; but this has been doubted, as George II. caused a description of the Norfolk system to be sent to his Hanoverian subjects, for their enlightenment in the art of turnip culture. As a culinary vegetable, it is excellent, whether eaten alone, mashed, or mixed with soups and stews. Its nutritious matter, however, is small, being only 42 parts in 1,000.



TURNIP.

### VEGETABLE-MARROW SOUP.

158. **INGREDIENTS.**—4 young vegetable marrows, or more, if very small, 1/2 pint of cream, salt and white pepper to taste, 2 quarts of white stock, No. 107.

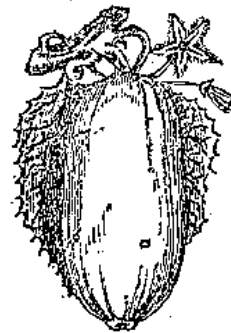
*Mode.*—Pare and slice the marrows, and put them in the stock boiling. When done almost to a mash, press them through a sieve, and at the moment of serving, add the boiling cream and seasoning.

*Time.*—1 hour. *Average cost*, 1s. 2d. per quart.

*Seasonable* in summer.

*Sufficient* for 8 persons.

THE VEGETABLE MARROW.—This is a variety of the gourd family, brought from Persia by an East-India ship, and only recently introduced to Britain. It is already cultivated to a considerable extent, and, by many, is highly esteemed when fried with butter. It is, however, dressed in different ways, either by stewing or boiling, and, besides, made into pies.



VEGETABLE MARROW.

### VEGETABLE SOUP.

#### I.

159. **INGREDIENTS.**—7 oz. of carrot, 10 oz. of parsnip, 10 oz. of potato, cut into thin slices; 1-1/4 oz. of butter, 5 teaspoonfuls of flour, a teaspoonful of made mustard, salt and pepper to taste, the yolks of 2 eggs, rather more than 2 quarts of water.

*Mode.*—Boil the vegetables in the water 2-1/2 hours; stir them often, and if the water boils away too quickly, add more, as there should be 2 quarts of soup when done. Mix up in a basin the butter and flour, mustard, salt, and pepper, with a teacupful of cold water; stir in the soup, and boil 10 minutes. Have ready the yolks of the eggs in the tureen; pour on, stir well, and serve.

*Time.*—3 hours. *Average cost*, 4d. per quart.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Seasonable* in winter.

*Sufficient* for 8 persons.

### II.

160. INGREDIENTS.—Equal quantities of onions, carrots, turnips; 1/4 lb. of butter, a crust of toasted bread, 1 of celery, a faggot of herbs, salt and pepper to taste, 1 teaspoonful of powdered sugar, 2 quarts of common stock or boiling water. Allow 3/4 lb. of vegetables to 2 quarts of stock, No. 105.

*Mode*.—Cut up the onions, carrots, and turnips; wash and drain them well, and put them in the stewpan with the butter and powdered sugar. Toss the whole over a sharp fire for 10 minutes, but do not let them brown, or you will spoil the flavour of the soup. When done, pour the stock or boiling water on them; add the bread, celery, herbs, and seasoning; stew for 3 hours; skim well and strain it off. When ready to serve, add a little sliced carrot, celery, and turnip, and flavour with a spoonful of Harvey's sauce, or a little ketchup.

*Time*.—3-1/2 hours. *Average cost*, 6d. per quart.

*Seasonable* all the year. *Sufficient* for 8 persons.

### III.

*(Good and Cheap, made without Meat.)*

161. INGREDIENTS.—6 potatoes, 4 turnips, or 2 if very large; 2 carrots, 2 onions; if obtainable, 2 mushrooms; 1 of celery, 1 large slice of bread, 1 small saltspoonful of salt, 1/4 saltspoonful of ground black pepper, 2 teaspoonfuls of Harvey's sauce, 6 quarts of water.

*Mode*.—Peel the vegetables, and cut them up into small pieces; toast the bread rather brown, and put all into a stewpan with the water and seasoning. Simmer gently for 3 hours, or until all is reduced to a pulp, and pass it through a sieve in the same way as pea-soup, which it should resemble in consistence; but it should be a dark brown colour. Warm it up again when required; put in the Harvey's sauce, and, if necessary, add to the flavouring.

*Time*.—3 hours, or rather more. *Average cost*, 1d. per quart.

*Seasonable* at any time. *Sufficient* for 16 persons.

*Note*.—This recipe was forwarded to the Editress by a lady in the county of Durham, by whom it was strongly recommended.

**VERMICELLI SOUP.**

I.

162. **INGREDIENTS.**—1-1/2 lb. of bacon, stuck with cloves; 1/2 oz. of butter, worked up in flour; 1 small fowl, trussed for boiling; 2 oz. of vermicelli, 2 quarts of white stock, No. 107.

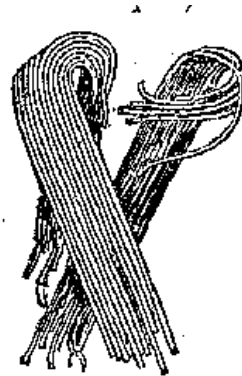
*Mode.*—Put the stock, bacon, butter, and fowl into the stewpan, and stew for 3/4 of an hour. Take the vermicelli, add it to a little of the stock, and set it on the fire, till it is quite tender. When the soup is ready, take out the fowl and bacon, and put the bacon on a dish. Skim the soup as clean as possible; pour it, with the vermicelli, over the fowl. Cut some bread thin, put in the soup, and serve.

*Time.*—2 hours. *Average cost*, exclusive of the fowl and bacon, 10d. per quart.

*Seasonable* in winter.

*Sufficient* for 4 persons.

VERMICELLI.—This is a preparation of Italian origin, and is made in the same way as macaroni, only the yolks of eggs, sugar, saffron, and cheese, are added to the paste.



VERMICELLI.

II.

163. **INGREDIENTS.**—1/4 lb. of vermicelli, 2 quarts of clear gravy stock, No. 169.

*Mode.*—Put the vermicelli in the soup, boiling; simmer very gently for 1/2 an hour, and stir frequently.

*Time*—1/2 an hour. *Average cost*, 1s. 3d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

**WHITE SOUP.**

164. **INGREDIENTS.**—1/4 lb. of sweet almonds, 1/4 lb. of cold veal or poultry, a thick slice of stale bread, a piece of fresh lemon-peel, 1 blade of mace, pounded, 3/4 pint of cream, the yolks of 2 hard-boiled eggs, 2 quarts of white stock, No. 107.

*Mode.*—Reduce the almonds in a mortar to a paste, with a spoonful of water, and add to them the meat, which should be previously pounded with the bread. Beat all together, and add the lemon-peel, very finely chopped, and the mace. Pour the boiling stock on the whole, and simmer for an hour. Rub the eggs in the cream, put in the soup, bring it to a boil, and serve immediately.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time.*—1-1/2 hour. *Average cost*, 1s. 6d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

*Note.*—A more economical white soup may be made by using common veal stock, and thickening with rice, flour, and milk. Vermicelli should be served with it.

*Average cost*, 5d. per quart.

### USEFUL SOUP FOR BENEVOLENT PURPOSES.

165. **INGREDIENTS.**—An ox-cheek, any pieces of trimmings of beef, which may be bought very cheaply (say 4 lbs.), a few bones, any pot-liquor the larder may furnish, 1/4 peck of onions, 6 leeks, a large bunch of herbs, 1/2 lb. of celery (the outside pieces, or green tops, do very well); 1/2 lb. of carrots, 1/2 lb. of turnips, 1/2 lb. of coarse brown sugar, 1/2 a pint of beer, 4 lbs. of common rice, or pearl barley; 1/2 lb. of salt, 1 oz. of black pepper, a few raspings, 10 gallons of water.

*Mode.*—Cut up the meat in small pieces, break the bones, put them in a copper, with the 10 gallons of water, and stew for 1/2 an hour. Cut up the vegetables, put them in with the sugar and beer, and boil for 4 hours. Two hours before the soup is wanted, add the rice and raspings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

*Time.*—6-1/2 hours. *Average cost*, 1-1/2d. per quart.

*Note.*—The above recipe was used in the winter of 1858 by the Editress, who made, each week, in her copper, 8 or 9 gallons of this soup, for distribution amongst about a dozen families of the village near which she lives. The cost, as will be seen, was not great; but she has reason to believe that the soup was very much liked, and gave to the members of those families, a dish of warm, comforting food, in place of the cold meat and piece of bread which form, with too many cottagers, their usual meal, when, with a little more knowledge of the "cooking" art, they might have, for less expense, a warm dish, every day.

### Meat, Poultry, and Game Soups.

#### BRILLA SOUP.

166. **INGREDIENTS.**—4 lbs. of shin of beef, 3 carrots, 2 turnips, a large sprig of thyme, 2 onions, 1 of celery, salt and pepper to taste, 4 quarts water.

*Mode.*—Take the beef, cut off all the meat from the bone, in nice square pieces, and boil the bone for 4 hours. Strain the liquor, let it cool, and take off the fat; then put the pieces of meat in the cold liquor; cut small the carrots, turnips, and celery; chop the onions, add them with the thyme and seasoning, and simmer till the meat is tender. If not brown enough, colour it with browning.



*Time.*—6 hours. *Average cost*, 5d. per quart.

*Seasonable* all the year.

*Sufficient* for 10 persons.

THYME.—This sweet herb was known to the Romans, who made use of it in culinary preparations, as well as in aromatic liqueurs. There are two species of it growing wild in Britain, but the garden thyme is a native of the south of Europe, and is more delicate in its perfume than the others. Its young leaves give an agreeable flavour to soups and sauces; they are also used in stuffings.

### **CALF'S-HEAD SOUP.**

167. **INGREDIENTS.**—1/2 a calf's head, 1 onion stuck with cloves, a very small bunch of sweet herbs, 2 blades of mace, salt and white pepper to taste, 6 oz. of rice-flour, 3 tablespoonfuls of ketchup, 3 quarts of white stock, No. 107, or pot-liquor, or water.

*Mode.*—Rub the head with salt, soak it for 6 hours, and clean it thoroughly; put it in the stewpan, and cover it with the stock, or pot-liquor, or water, adding the onion and sweet herbs. When well skimmed and boiled for 1-1/2 hour, take out the head, and skim and strain the soup. Mix the rice-flour with the ketchup, thicken the soup with it, and simmer for 5 minutes. Now cut up the into pieces about two inches long, and simmer them in the soup till the meat and fat are quite tender. Season with white pepper and mace finely pounded, and serve very hot. When the calf's head is taken out of the soup, cover it up, or it will discolour.

*Time.*—2-1/2 hours. *Average cost*, 1s. 9d. per quart, with stock No. 107.

*Seasonable* from May to October.

*Sufficient* for 10 persons.

*Note.*—Force-meat balls can be added, and the soup may be flavoured with a little lemon-juice, or a glass of sherry or Madeira. The bones from the head may be stewed down again, with a few fresh vegetables, and it will make a very good common stock.

### **GIBLET SOUP.**

168. **INGREDIENTS.**—3 sets of goose or duck giblets, 2 lbs. of shin of beef, a few bones, 1 ox-tail, 2 mutton-shanks, 2 large onions, 2 carrots, 1 large faggot of herbs, salt and pepper to taste, 1/4 pint of cream, 1 oz. of butter mixed with a dessert-spoonful of flour, 3 quarts of water.

*Mode.*—Scald the giblets, cut the gizzards in 8 pieces, and put them in a stewpan with the beef, bones, ox-tail, mutton-shanks, onions, herbs, pepper, and salt; add the 3 quarts of water, and simmer till the giblets are tender, taking care to skim well. When the giblets are done, take them out, put them in your tureen, strain the soup through a sieve, add the cream and butter, mixed with a dessert-spoonful of flour, boil it up a

few minutes, and pour it over the giblets. It can be flavoured with port wine and a little mushroom ketchup, instead of cream. Add salt to taste.

*Time.*—3 hours. *Average cost*, 9d. per quart.

*Seasonable* all the year.

*Sufficient* for 10 persons.

### GRAVY SOUP.

169. **INGREDIENTS.**—6 lbs. of shin of beef, a knuckle of veal weighing 5 lbs., a few pieces or trimmings, 2 slices of nicely-flavoured lean, ham; 1/4 lb. of butter, 2 onions, 2 carrots, 1 turnip, nearly a of celery, 1 blade of mace, 6 cloves, a hunch of savoury herb with endive, seasoning of salt and pepper to taste, 3 lumps of sugar, 5 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce (*see* SAUCES), Harvey's sauce, and a little soy.

*Mode.*—Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, and as the scum rises, take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours without stirring it any more from the bottom; take it off, and let it settle; skim off all the fat you can, and pass it through a tammy. When perfectly cold, you can remove all the fat, and leave the sediment untouched, which serves very nicely for thick gravies, hashes, &c.

*Time.*—7 hours. *Average cost*, 1s. per quart.

*Seasonable* all the year.

*Sufficient* for 14 persons.

**ENDIVE.**—This plant belongs to the acetarious tribe of vegetables, and is supposed to have originally come from China and Japan. It was known to the ancients; but was not introduced to England till about the middle of the 16th century. It is consumed in large quantities by the French, and in London,—in the neighbourhood of which it is grown in abundance;—it is greatly used as a winter salad, as well as in soups and stews.



**ENDIVE.**

### HARE SOUP.

#### I.

170. **INGREDIENTS.**—A hare fresh-killed, 1 lb. of lean gravy-beef, a slice of ham, 1 carrot, 2 onions, a faggot of savoury herbs, 1/4 oz. of whole black pepper, a little browned flour, 1/4 pint of port wine, the crumb of two French rolls, salt and cayenne to taste, 3 quarts of water.

*Mode*.—Skin and paunch the hare, saving the liver and as much blood as possible. Cut it in pieces, and put it in a stewpan with all the ingredients, and simmer gently for 8 hours. This soup should be made the day before it is wanted. Strain through a sieve, put the best parts of the hare in the soup, and serve.

OR,

II.

Proceed as above; but, instead of putting the joints of the hare in the soup, pick the meat from the bones, pound it in a mortar, and add it, with the crumb of two French rolls, to the soup. Rub all through a sieve; heat slowly, but do not let it boil. Send it to table immediately.

*Time*.—8 hours. *Average cost*, 1s. 9d. per quart.

*Seasonable* from September to February.

*Sufficient* for 10 persons.



**HARE.**

THE COMMON HARE.—This little animal is found throughout Europe, and, indeed, in most of the northern parts of the world; and as it is destitute of natural weapons of defence, Providence has endowed it with an extraordinary amount of the passion of fear. As if to awaken the vigilance of this passion, too, He has furnished it with long and tubular ears, in order that it may catch the remotest sounds; and with full, prominent eyes, which enable it to see, at one and the same time, both before and behind it. The hare feeds in the evenings, and sleeps, in its form, during the day; and, as it generally lies on the ground, its feet, both below and above, are protected with a thick covering of hair. Its flesh, though esteemed by the Romans, was forbidden by the Druids and by the earlier Britons. It is now, though very dark and dry, and devoid of fat, much esteemed by

Europeans, on account of the peculiarity of its flavour. In purchasing this animal, it ought to be remembered that both hares and rabbits, when old, have their claws rugged and blunt, their haunches thick, and their ears dry and tough. The ears of a young hare easily tear, and it has a narrow cleft in the lip; whilst its claws are both smooth and sharp.

### HESSIAN SOUP.

171. **INGREDIENTS**.—Half an ox's , 1 pint of split peas, 3 carrots, 6 turnips, 6 potatoes, 6 onions, 1 of celery, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of mace, a little allspice, 4 cloves, the crumb of a French roll, 6 quarts of water.

*Mode*.—Clean the , rub it with salt and water, and soak it for 5 hours in warm water. Simmer it in the water till tender, put it into a pan and let it cool; skim off all the fat; take out the , and add the vegetables cut up small, and the peas which have been previously soaked; simmer them without the meat, till they are done enough to pulp through a sieve. Add the seasoning, with pieces of the meat cut up; give one boil, and serve.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time*.—4 hours. *Average cost*, 6d. per quart.

*Seasonable* in winter.

*Sufficient* for 16 persons.

*Note*.—An excellent hash or *ragoût* can be made by cutting up the nicest parts of the , thickening and seasoning more highly a little of the soup, and adding a glass of port wine and 2 tablespoonfuls of ketchup.

### MOCK TURTLE.

#### I.

172. **INGREDIENTS**.—1/2 a calf's head, 1/4 lb. of butter, 1/4 lb. of lean ham, 2 tablespoonfuls of minced parsley, a little minced lemon thyme, sweet marjoram, basil, 2 onions, a few chopped mushrooms (when obtainable), 2 shallots, 2 tablespoonfuls of flour, 1/4 bottle of Madeira or sherry, force-meat balls, cayenne, salt and mace to taste, the juice of 1 lemon and 1 Seville orange, 1 dessert-spoonful of pounded sugar, 3 quarts of best stock, No. 104.

*Mode*.—Scald the head with the skin on, remove the brain, tie the up in a cloth, and let it boil for 1 hour. Then take the meat from the bones, cut it into small square pieces, and throw them into cold water. Now take the meat, put it into a stewpan, and cover with stock; let it boil gently for an hour, or rather more, if not quite tender, and set it on one side. Melt the butter in another stewpan, and add the ham, cut small, with the herbs, parsley, onions, shallots, mushrooms, and nearly a pint of stock; let these simmer slowly for 2 hours, and then dredge in as much flour as will dry up the butter. Fill up with the remainder of the stock, add the wine, let it stew gently for 10 minutes, rub it through a tammy, and put it to the calf's head; season with cayenne, and, if required, a little salt; add the juice of the orange and lemon; and when liked, 1/4 teaspoonful of pounded mace, and the sugar. Put in the force-meat balls, simmer 5 minutes, and serve very hot.

*Time*.—4-1/2 hours. *Average cost*, 3s. 6d. per quart, or 2s. 6d. without wine or force-meat balls.

*Seasonable* in winter.

*Sufficient* for 10 persons.

*Note*.—The bones of the should be well stewed in the liquor it was first boiled in, and will make good white stock, flavoured with vegetables, etc.

#### II.

(*More Economical.*)

173. **INGREDIENTS**.—A knuckle of veal weighing 5 or 6 lbs., 2 cow-heels, 2 large onions stuck with cloves, 1 bunch of sweet herbs, 3 blades of mace, salt to taste, 12

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peppercorns, 1 glass of sherry, 24 force-meat balls, a little lemon-juice, 4 quarts of water.

*Mode*.—Put all the ingredients, except the force-meat balls and lemon-juice, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place it on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls and lemon-juice, into the soup, and serve. It can be flavoured with a tablespoonful of anchovy, or Harvey's sauce.

*Time*.—6 hours. *Average cost*, 1s. 4d. per quart.

*Seasonable* in winter.

*Sufficient* for 10 persons.

THE CALF—The flesh of this animal is called veal, and when young, that is, under two months old, yields a large quantity of soluble extract, and is, therefore, much employed for soups and broths. The Essex farmers have obtained a celebrity for fattening calves better than any others in England, where they are plentifully supplied with milk, a thing impossible to be done in the immediate neighbourhood of London.

MARJORAM.—There are several species of this plant; but that which is preferred for cookery is a native of Portugal, and is called sweet or knotted marjoram. When its leaves are dried, they have an agreeable aromatic flavour; and hence are used for soups, stuffings, &c.

BASIL.—This is a native of the East Indies, and is highly aromatic, having a perfume greatly resembling that of cloves. It is not much employed in English cookery, but is a favourite with French cooks, by whom its leaves are used in soups and salads.

MULLAGATAWNY SOUP.

174. *INGREDIENTS*.—2 tablespoonfuls of curry powder, 6 onions, 1 clove of garlic, 1 oz. of pounded almonds, a little lemon-pickle, or mango-juice, to taste; 1 fowl or rabbit, 4 slices of lean bacon; 2 quarts of medium stock, or, if wanted very good, best stock.

*Mode*.—Slice and fry the onions of a nice colour; line the stewpan with the bacon; cut up the rabbit or fowl into small joints, and slightly brown them; put in the fried onions, the garlic, and stock, and simmer gently till the meat is tender; skim very carefully, and when the meat is done, rub the curry powder to a smooth batter; add it to the soup with the almonds, which must be first pounded with a little of the stock. Put in seasoning and lemon-pickle or mango-juice to taste, and serve boiled rice with it.

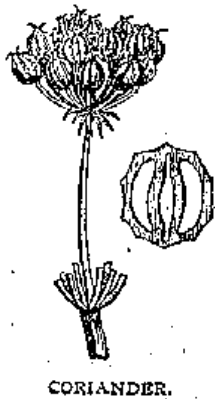
*Time*.—2 hours. *Average cost*, 1s. 6d. per quart, with stock No. 105.

*Seasonable* in winter.

*Sufficient* for 8 persons.

*Note*.—This soup can also be made with breast of veal, or calf's head. Vegetable Mullagatawny is made with veal stock, by boiling and pulping chopped vegetable

marrow, cucumbers, onions, and tomatoes, and seasoning with curry powder and cayenne. Nice pieces of meat, good curry powder, and strong stock, are necessary to make this soup good.



CORIANDER.—This plant, which largely enters into the composition of curry powder with turmeric, originally comes from the East; but it has long been cultivated in England, especially in Essex, where it is reared for the use of confectioners and druggists. In private gardens, it is cultivated for the sake of its tender leaves, which are highly aromatic, and are employed in soups and salads. Its seeds are used in large quantities for the purposes of distillation.

### A GOOD MUTTON SOUP.

175. INGREDIENTS.—A neck of mutton about 5 or 6 lbs., 3 carrots, 3 turnips, 2 onions, a large bunch of sweet herbs, including parsley; salt and pepper to taste; a little sherry, if liked; 3 quarts of water.

*Mode.*—Lay the ingredients in a covered pan before the fire, and let them remain there the whole day, stirring occasionally. The next day put the whole into a stewpan, and place it on a brisk fire. When it commences to boil, take the pan off the fire, and put it on one side to simmer until the meat is done. When ready for use, take out the meat, dish it up with carrots and turnips, and send it to table; strain the soup, let it cool, skim off all the fat, season and thicken it with a tablespoonful, or rather more, of arrowroot; flavour with a little sherry, simmer for 5 minutes, and serve.

*Time.*—15 hours. *Average cost*, including the meat, 1s. 3d. per quart.

*Seasonable* at any time.

*Sufficient* for 8 persons.

THE SHEEP.—This animal formed the principal riches of the patriarchs, in the days of old, and, no doubt, multiplied, until its species were spread over the greater part of Western Asia; but at what period it was introduced to Britain is not known. It is now found in almost every part of the globe, although, as a domestic animal, it depends almost entirely upon man for its support. Its value, however, amply repays him for whatever care and kindness he may bestow upon it; for, like the ox, there is scarcely a part of it that he cannot convert to some useful purpose. The fleece, which serves it for a covering, is appropriated by man, to serve the same end to himself, whilst its skin is also applied to various purposes in civilized life. Its entrails are used as strings for musical instruments, and its bones are calcined, and employed as tests in the trade of the refiner. Its milk, being thicker than that of the cow, yields a greater quantity of butter and cheese, and its flesh is among the most wholesome and nutritive that can be eaten. Thomson has beautifully described the appearance of the sheep, when bound to undergo the operation of being shorn of its wool.

"Behold, where bound, and of its robe bereft  
By needy man, that all-depending lord,  
How meek, how patient, the mild creature lies!  
What softness in his melancholy face,  
What dumb complaining innocence appears!"

### OX-CHEEK SOUP.

176. **INGREDIENTS.**—An ox-cheek, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 parsnip, 3 carrots, 2 onions, 3 heads of celery, 3 blades of mace, 4 cloves, a faggot of savoury herbs, 1 bay-leaf, a teaspoonful of salt, half that of pepper, 1 of celery, browning, the crust of a French roll, 6 quarts of water.

*Mode.*—Lay the ham in the bottom of the stewpan, with the butter; break the bones of the cheek, wash it clean, and put it on the ham. Cut the vegetables small, add them to the other ingredients, and set the whole over a slow fire for 1/4 of an hour. Now put in the water, and simmer gently till it is reduced to 4 quarts; take out the fleshy part of the cheek, and strain the soup into a clean stewpan; thicken with flour, put in a of sliced celery, and simmer till the celery is tender. If not a good colour, use a little browning. Cut the meat into small square pieces, pour the soup over, and serve with the crust of a French roll in the tureen. A glass of sherry much improves this soup.

*Time.*—3 to 4 hours. *Average cost*, 8d. per quart.

*Seasonable* in winter.

*Sufficient* for 12 persons.

THE OX.—Of the quadrupedal animals, the flesh of those that feed upon herbs is the most wholesome and nutritious for human food. In the early ages, the ox was used as a religious sacrifice, and, in the eyes of the Egyptians was deemed so sacred as to be worthy of exaltation to represent Taurus, one of the twelve signs of the zodiac. To this day, the Hindoos venerate the cow, whose flesh is forbidden to be eaten, and whose fat, supposed to have been employed to grease the cartridges of the Indian army, was one of the proximate causes of the great Sepoy rebellion of 1857. There are no animals of greater use to man than the tribe to which the ox belongs. There is hardly a part of them that does not enter into some of the arts and purposes of civilized life. Of their horns are made combs, knife-handles, boxes, spoons, and drinking-cups. They are also made into transparent plates for lanterns; an invention ascribed, in England, to King Alfred. Glue is made from their gristles, cartilages, and portions of their hides. Their bones often form a substitute for ivory; their skins, when calves, are manufactured into vellum; their blood is the basis of Prussian blue; their sinews furnish fine and strong threads, used by saddlers; their hair enters into various manufactures; their tallow is made into candles; their flesh is eaten, and the utility of the milk and cream of the cow is well known.

### OX-TAIL SOUP.

177. **INGREDIENTS.**—2 ox-tails, 2 slices of ham, 1 oz. of butter, 2 carrots, 2 turnips, 3 onions, 1 leek, 1 of celery, 1 bunch of savoury herbs, 1 bay-leaf, 12 whole peppercorns, 4 cloves, a tablespoonful of salt, 2 tablespoonfuls of ketchup, 1/2 glass of port wine, 3 quarts of water.

*Mode.*—Cut up the tails, separating them at the joints; wash them, and put them in a stewpan, with the butter. Cut the vegetables in slices, and add them, with the peppercorns and herbs. Put in 1/2 pint of water, and stir it over a sharp fire till the juices are drawn. Fill up the stewpan with the water, and, when boiling, add the salt. Skim well, and simmer very gently for 4 hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavour with the ketchup and port wine. Put back the tails, simmer for 5 minutes, and serve.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time.*—4-1/2 hours. *Average cost*, 1s. 3d. per quart.

*Seasonable* in winter.

*Sufficient* for 10 persons.

### PARTRIDGE SOUP.

178. **INGREDIENTS.**—2 partridges, 3 slices of lean ham, 2 shred onions, 1 of celery, 1 large carrot, and 1 turnip cut into any fanciful shapes, 1 small lump of sugar, 2 oz. of butter, salt and pepper to taste, 2 quarts of stock No. 105, or common, No. 106.

*Mode.*—Cut the partridges into pieces, and braise them in the butter and ham until quite tender; then take out the legs, wings, and breast, and set them by. Keep the backs and other trimmings in the braise, and add the onions and celery; any remains of cold game can be put in, and 3 pints of stock. Simmer slowly for 1 hour, strain it, and skim the fat off as clean as possible; put in the pieces that were taken out, give it one boil, and skim again to have it quite clear, and add the sugar and seasoning. Now simmer the cut carrot and turnip in 1 pint of stock; when quite tender, put them to the partridges, and serve.

*Time.*—2 hours. *Average cost*, 2s. or 1s. 6d. per quart.

*Seasonable* from September to February.

*Sufficient* for 8 persons.

*Note.*—The meat of the partridges may be pounded with the crumb of a French roll, and worked with the soup through a sieve. Serve with stewed celery cut in slices, and put in the tureen.

THE PARTRIDGE.—This is a timorous bird, being easily taken. It became known to the Greeks and Romans, whose tables it helped to furnish with food. Formerly, the Red was scarce in Italy, but its place was supplied by the White, which, at considerable expense, was frequently procured from the Alps. The Athenians trained this bird for fighting, and Severus used to lighten the cares of royalty by witnessing the spirit of its combats. The Greeks esteemed its leg most highly, and rejected the other portions as unfashionable to be eaten. The Romans, however, ventured a little further, and ate the breast, whilst we consider the bird as wholly palatable. It is an inhabitant of all the temperate countries of Europe, but, on account of the geniality of the climate, it abounds most in the Ukraine.

### PHEASANT SOUP.

179. **INGREDIENTS.**—2 pheasants, 1/4 lb. of butter, 2 slices of ham, 2 large onions sliced, 1/2 of celery, the crumb of two French rolls, the yolks of 2 eggs boiled hard, salt and cayenne to taste, a little pounded mace, if liked; 3 quarts of stock No. 105.

*Mode.*—Cut up the pheasants, flour and braise them in the butter and ham till they are of a nice brown, but not burnt. Put them in a stewpan, with the onions, celery, and seasoning, and simmer for 2 hours. Strain the soup; pound the breasts with the crumb



of the roll previously soaked, and the yolks of the eggs; put it to the soup, give one boil, and serve.

*Time.*—2-1/2 hours. *Average cost*, 2s. 10d. per quart, or, if made with fragments of gold game, 1s.

*Seasonable* from October to February.

*Sufficient* for 10 persons.

*Note.*—Fragments, pieces and bones of cold game, may be used to great advantage in this soup, and then 1 pheasant will suffice.

### PORTABLE SOUP.

180. **INGREDIENTS.**—2 knuckles of veal, 3 shins of beef, 1 large faggot of herbs, 2 bay-leaves, 2 heads of celery, 3 onions, 3 carrots, 2 blades of mace, 6 cloves, a teaspoonful of salt, sufficient water to cover all the ingredients.

*Mode.*—Take the marrow from the bones; put all the ingredients in a stock-pot, and simmer slowly for 12 hours, or more, if the meat be not done to rags; strain it off, and put it in a very cool place; take off all the fat, reduce the liquor in a shallow pan, by setting it over a sharp fire, but be particular that it does not burn; boil it fast and uncovered for 8 hours, and keep it stirred. Put it into a deep dish, and set it by for a day. Have ready a stewpan of boiling water, place the dish in it, and keep it boiling; stir occasionally, and when the soup is thick and ropy, it is done. Form it into little cakes by pouring a small quantity on to the bottom of cups or basins; when cold, turn them out on a flannel to dry. Keep them from the air in tin canisters.

*Average cost* of this quantity, 16s.

*Note.*—Soup can be made in 5 minutes with this, by dissolving a small piece, about the size of a walnut, in a pint of warm water, and simmering for 2 minutes. Vermicelli, macaroni, or other Italian pastes, may be added.

THE LAUREL or BAY.—The leaves of this tree frequently enter into the recipes of cookery; but they ought not to be used without the greatest caution, and not at all unless the cook is perfectly aware of their effects. It ought to be known, that there are two kinds of bay-trees,—the Classic laurel, whose leaves are comparatively harmless, and the Cherry-laurel, which is the one whose leaves are employed in cookery. They have a kernel-like flavour, and are used in blanc-mange, puddings, custards &c.; but when acted upon by water, they develop prussic acid, and, therefore, but a small number of the leaves should be used at a time.

### RABBIT SOUP.

181. **INGREDIENTS.**—2 large rabbits, or 3 small ones; a faggot of savoury herbs, 1/2 of celery, 2 carrots, 1 onion, 1 blade of mace, salt and white pepper to taste, a little pounded mace, 1/2 pint of cream, the yolks of 2 eggs boiled hard, the crumb of a French roll, nearly 3 quarts of water.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Make the soup with the legs and shoulders of the rabbit, and keep the nice pieces for a dish or *entrée*. Put them into warm water, and draw the blood; when quite clean, put them in a stewpan, with a faggot of herbs, and a teacupful, or rather more, of veal stock or water. Simmer slowly till done through, and add the 3 quarts of water, and boil for an hour. Take out the rabbit, pick the meat from the bones, covering it up to keep it white; put the bones back in the liquor, add the vegetables, and simmer for 2 hours; skim and strain, and let it cool. Now pound the meat in a mortar, with the yolks of the eggs, and the crumb of the roll previously soaked; rub it through a tammy, and gradually add it to the strained liquor, and simmer for 15 minutes. Mix arrowroot or rice-flour with the cream (say 2 dessert-spoonfuls), and stir in the soup; bring it to a boil, and serve. This soup must be very white, and instead of thickening it with arrowroot or rice-flour, vermicelli or pearl barley can be boiled in a little stock, and put in 5 minutes before serving.

*Time.*—Nearly 4 hours. *Average cost*, 1s. per quart.

*Seasonable* from September to March.

*Sufficient* for 10 persons.

### REGENCY SOUP.

182. *Ingredients.*—Any bones and remains of any cold game, such as of pheasants, partridges, &c.; 2 carrots, 2 small onions, 1 of celery, 1 turnip, 1/4 lb. of pearl barley, the yolks of 3 eggs boiled hard, 1/4 pint of cream, salt to taste, 2 quarts of stock No. 105, or common stock, No. 106.

*Mode.*—Place the bones or remains of game in the stewpan, with the vegetables sliced; pour over the stock, and simmer for 2 hours; skim off all the fat, and strain it. Wash the barley, and boil it in 2 or 3 waters before putting it to the soup; finish simmering in the soup, and when the barley is done, take out half, and pound the other half with the yolks of the eggs. When you have finished pounding, rub it through a clean tammy, add the cream, and salt if necessary; give one boil, and serve very hot, putting in the barley that was taken out first.

*Time.*—2-1/2 hours. *Average cost*, 1s. per quart, if made with medium stock, or 6d. per quart, with common stock.

*Seasonable* from September to March.

*Sufficient* for 8 persons.

### SOUP A LA REINE.

#### I.

183. *INGREDIENTS.*—1 large fowl, 1 oz. of sweet almonds, the crumb of 1 1/2 French roll, 1/2 pint of cream, salt to taste, 1 small lump of sugar, 2 quarts of good white veal stock, No. 107.

*Mode.*—Boil the fowl gently in the stock till quite tender, which will be in about an hour, or rather more; take out the fowl, pull the meat from the bones, and put it into a mortar with the almonds, and pound very fine. When beaten enough, put the meat back in the stock, with the crumb of the rolls, and let it simmer for an hour; rub it through a tammy, add the sugar, 1/2 pint of cream that has boiled, and, if you prefer, cut the crust of the roll into small round pieces, and pour the soup over it, when you serve.

*Time.*—2 hours, or rather more. *Average cost*, 2s. 7d. per quart.

*Seasonable* all the year.

*Sufficient* for 8 persons.

*Note.*—All white soups should be warmed in a vessel placed in another of boiling water. (See BAIN MARIE, No. 87.)

## II.

(*Economical.*)

184. INGREDIENTS.—Any remains of roast chickens, 1/2 teacupful of rice, salt and pepper to taste, 1 quart of stock No. 106.

*Mode.*—Take all the white meat and pound it with the rice, which has been slightly cooked, but not much. When it is all well pounded, dilute with the stock, and pass through a sieve. This soup should neither be too clear nor too thick.

*Time.*—1 hour. *Average cost*, 4d. per quart.

*Seasonable* all the year.

*Sufficient* for 4 persons.

*Note.*—If stock is not at hand, put the chicken-bones in water, with an onion, carrot, a few sweet herbs, a blade of mace, pepper and salt, and stew for 3 hours.

## STEW SOUP OF SALT MEAT.

185. INGREDIENTS.—Any pieces of salt beef or pork, say 2 lbs.; 4 carrots, 4 parsnips, 4 turnips, 4 potatoes, 1 cabbage, 2 oz. of oatmeal or ground rice, seasoning of salt and pepper, 2 quarts of water.

*Mode.*—Cut up the meat small, add the water, and let it simmer for 2 3/4 hours. Now add the vegetables, cut in thin small slices; season, and boil for 1 hour. Thicken with the oatmeal, and serve.

*Time.*—2 hours. *Average cost*, 3d. per quart without the meat.

*Seasonable* in winter.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Sufficient* for 6 persons.

*Note.*—If rice is used instead of oatmeal, put it in with the vegetables.

### STEW SOUP.

#### I.

186. INGREDIENTS.—2 lbs. of beef, 5 onions, 5 turnips, 3/4 lb. of *rice*, a large bunch of parsley, a few sweet herbs, pepper and salt, 2 quarts of water.

*Mode.*—Cut the beef up in small pieces, add the other ingredients, and boil gently for 2 1/2 hours. Oatmeal or potatoes would be a great improvement.

*Time.*—2 1/2 hours. *Average cost*, 6d. per quart.

*Seasonable* in winter.

*Sufficient* for 6 persons.

#### II.

187. INGREDIENTS.—1/2 lb. of beef, mutton, or pork; 1/2 pint of split peas, 4 turnips, 8 potatoes, 2 onions, 2 oz. of oatmeal or 3 oz. of rice, 2 quarts of water.

*Mode.*—Cut the meat in small pieces, as also the vegetables, and add them, with the peas, to the water. Boil gently for 3 hours; thicken with the oatmeal, boil for another 1/4 hour, stirring all the time, and season with pepper and salt.

*Time.*—3-1/4 hours. *Average cost*, 4d. per quart.

*Seasonable* in winter.

*Sufficient* for 8 persons.

*Note.*—This soup may be made of the liquor in which tripe has been boiled, by adding vegetables, seasoning, rice, &c.

### TURKEY SOUP

(a Seasonable Dish at Christmas).

188. INGREDIENTS.—2 quarts of medium stock, No. 105, the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce or mushroom ketchup.

*Mode.*—Cut up the turkey in small pieces, and put it in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cool, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup. Give one boil, and serve.

*Time*.—4 hours. *Average cost*, 10d. per quart.

*Seasonable* at Christmas.

*Sufficient* for 8 persons.

*Note*.—Instead of thickening this soup, vermicelli or macaroni may be served in it.

THE TURKEY.—The common turkey is a native of North America, and was thence introduced to England, in the reign of Henry VIII. According to Tusser's "Five Hundred Points of Good Husbandry," about the year 1585 it begun to form a dish at our rural Christmas feasts.

"Beef, mutton, and pork, shred pies of the best,  
Pig, veal, goose, and capon, and turkey well dress'd,  
Cheese, apples, and nuts, jolly carols to hear,  
As then in the country is counted good cheer."

It is one of the most difficult birds to rear, of any that we have; yet, in its wild state, is found in great abundance in the forests of Canada, where, it might have been imagined that the severity of the climate would be unfavourable to its ever becoming plentiful. They are very fond of the seeds of nettles, and the seeds of the foxglove poison them.

### TURTLE SOUP

(founded on M. Ude's Recipe).

189. *INGREDIENTS*.—A turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 4 blades of mace, 1/4 lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar. For the *Quenelles à Tortue*, 1 lb. of veal, 1 lb. of bread crumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

*Mode*.—To make this soup with less difficulty, cut off the of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, whilst you cut this off all round. Turn it upright on its end, that all the water, &c. may run out, when the flesh should be cut off along the spine, with the knife sloping towards the bones, for fear of touching the gall, which sometimes might escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire, a large vessel full of boiling water, into which put the shells; and when you perceive that they come easily off, take them out of the water, and prick them all, with those of the back, belly, fins, , &c. Boil the back and belly till the bones can be taken off, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

All the flesh of the interior parts, the four legs and , must be drawn down in the following manner:—Lay the slices of ham on the bottom of a very large stewpan, over them the knuckles of veal, according to the size of the turtle; then the inside flesh of the turtle, and over the whole the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. It may now be ascertained if it be thoroughly done by thrusting a knife into the fleshy part of the meat. If no blood

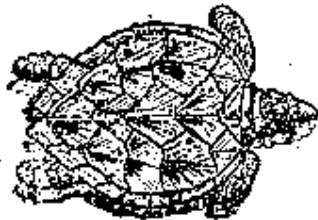
appears, it is time to moisten it again with the liquor in which the bones, &c. have been boiling. Put in a large bunch of all such sweet herbs as are used in the cooking of a turtle,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see whether they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is absolutely completed. When the flesh is also completely done, strain it through a silk sieve, and make a very thin white *roux*; for turtle soup must not be much thickened. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire till it boils. Ascertain that the sauce is neither too thick nor too thin; then draw the stewpan on the side of the stove, to skim off the white scum, and all the fat and oil that rise to the surface of the sauce. By this time all the softer parts will be sufficiently cold; when they must be cut to about the size of one or two inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few blades of mace. Put these in a stewpan, with about 1/4 lb. of fresh butter, and let it simmer on a slow fire till quite melted, when pour in 1 bottle of good Madeira, adding a small bit of sugar, and let it boil gently for 1 hour. When done, rub it through a tammy, and add it to the soup. Let this boil, till no white scum rises; then take with a skimmer all the bits of turtle out of the sauce, and put them in a clean stewpan: when you have all out, pour the soup over the bits of turtle, through a tammy, and proceed as follows:—

QUENELLES À TORTUE.—Make some *quenelles à tortue*, which being substitutes for eggs, do not require to be very delicate. Take out the fleshy part of a leg of veal, about 1 lb., scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt, and spices, and pound the whole very fine; then thicken the mixture with 2 whole eggs, and the yolk of another. Next try this *farce* or stuffing in boiling-hot water, to ascertain its consistency: if it is too thin, add the yolk of an egg. When the *farce* is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in salt and boiling water, and when very hard, drain on a sieve, and put it into the turtle. Before you send up, squeeze the juice of 2 or 3 lemons, with a little cayenne pepper, and pour that into the soup. THE FINES may be served as a *plat d'entrée* with a little turtle sauce; if not, on the following day you may warm the turtle *au bain marie*, and serve the members entire, with a *matelote* sauce, garnished with mushrooms, cocks' combs, *quenelles*, &c. When either lemon-juice or cayenne pepper has been introduced, no boiling must take place.

*Note.*—It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat (be cautious not to study a very brown colour,—the natural green of the fish is preferred by every epicure and true connoisseur) in a separate stewpan, and likewise when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for many reasons: first, it will be long in cooling; secondly, when you

take some out, it will break all the rest into rags. If you warm in a *bain marie*, the turtle will always retain the same taste; but if you boil it often, it becomes strong, and loses the delicacy of its flavour.

**THE COST OF TURTLE SOUP.**—This is the most expensive soup brought to table. It is sold by the quart,—one guinea being the standard price for that quantity. The price of live turtle ranges from 8d. to 2s. per lb., according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put in hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lbs., is about £2, and for a small one, containing the green fat, 7s. 6d. From these about 6 quarts of good soup may be made.



THE TURTLE.

**THE GREEN TURTLE.**—This reptile is found in large numbers on the coasts of all the islands and continents within the tropics, in both the old and new worlds. Their length is often five feet and upwards, and they range in weight from 50 to 500 or 600 lbs. As turtles find a constant supply of food on the coasts which they frequent, they are not of a quarrelsome disposition, as the submarine meadows in which they pasture, yield plenty for them all. Like other species of amphibia, too, they have the power of living many months without food; so that they live harmlessly and peaceably together, notwithstanding that they seem to have

no common bond of association, but merely assemble in the same places as if entirely by accident. England is mostly supplied with them from the West Indies, whence they are brought alive and in tolerable health. The green turtle is highly prized on account of the delicious quality of its flesh, the fat of the upper and lower shields of the animal being esteemed the richest and most delicate parts. The soup, however, is apt to disagree with weak stomachs. As an article of luxury, the turtle has only come into fashion within the last 100 years, and some hundreds of tureens of turtle soup are served annually at the lord mayor's dinner in Guildhall.

### A GOOD FAMILY SOUP.

**190. INGREDIENTS.**—Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 of celery, 4 quarts of water, 1/2 teacupful of rice; salt and pepper to taste.

**Mode.**—Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

**Time.**—5 hours. **Average cost,** 3d. per quart.

**Seasonable** at any time.

**Sufficient** for 12 persons.

### HODGE-PODGE.

191. INGREDIENTS.—2 lbs. of shin of beef, 3 quarts of water, 1 pint of table-beer, 2 onions, 2 carrots, 2 turnips, 1 of celery; pepper and salt to taste; thickening of butter and flour.

*Mode*.—Put the meat, beer, and water in a stewpan; simmer for a few minutes, and skim carefully. Add the vegetables and seasoning; stew gently till the meat is tender. Thicken with the butter and flour, and serve with turnips and carrots, or spinach and celery.

*Time*.—3 hours, or rather more. *Average cost*, 3d. per quart.

*Seasonable* at any time. *Sufficient* for 12 persons.

TABLE BEER.—This is nothing more than a weak ale, and is not made so much with a view to strength, as to transparency of colour and an agreeable bitterness of taste. It is, or ought to be, manufactured by the London professional brewers, from the best pale malt, or amber and malt. Six barrels are usually drawn from one quarter of malt, with which are mixed 4 or 5 lbs. of hops. As a beverage, it is agreeable when fresh; but it is not adapted to keep long.

### Fish Soups.

#### FISH STOCK.

192. INGREDIENTS.—2 lbs. of beef or veal (these can be omitted), any kind of white fish trimmings, of fish which are to be dressed for table, 2 onions, the rind of 1/2 a lemon, a bunch of sweet herbs, 2 carrots, 2 quarts of water.

*Mode*.—Cut up the fish, and put it, with the other ingredients, into the water. Simmer for 2 hours; skim the liquor carefully, and strain it. When a richer stock is wanted, fry the vegetables and fish before adding the water.

*Time*.—2 hours. *Average cost*, with meat, 10d. per quart; without, 3d.

*Note*.—Do not make fish stock long before it is wanted, as it soon turns sour.

#### CRAYFISH SOUP.

193. INGREDIENTS.—50 crayfish, 1/4 lb. of butter, 6 anchovies, the crumb of 1 French roll, a little lobster-spawn, seasoning to taste, 2 quarts of medium stock, No. 105, or fish stock, No. 192.

*Mode*.—Shell the crayfish, and put the fish between two plates until they are wanted; pound the shells in a mortar, with the butter and anchovies; when well beaten, add a pint of stock, and simmer for 3/4 of an hour. Strain it through a hair sieve, put the remainder of the stock to it, with the crumb of the rolls; give it one boil, and rub it through a tammy, with the lobster-spawn. Put in the fish, but do not let the soup boil, after it has been rubbed through the tammy. If necessary, add seasoning.

*Time*.—1-1/2 hour. *Average cost*, 2s. 3d. or 1s. 9d. per quart.



*Seasonable* from January to July.

*Sufficient* for 8 persons.



**THE CRAYFISH.**—This is one of those fishes that were highly esteemed by the ancients. The Greeks preferred it when brought from Alexandria, and the Romans ate it boiled with cumin, and seasoned with pepper and other condiments. A recipe tells us, that crayfish can be preserved several days in baskets with fresh grass, such as the nettle, or in a bucket with about three-eighths of an inch of water. More water would kill them, because the large quantity of air they require necessitates the water in which they are kept, to be continually renewed.

### **EEL SOUP.**

**194. INGREDIENTS.**—3 lbs. of eels, 1 onion, 2 oz. of butter, 3 blades of mace, 1 bunch of sweet herbs, 1/4 oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, 1/4 pint of cream, 2 quarts of water.

*Mode.*—Wash the eels, cut them into thin slices, and put them in the stewpan with the butter; let them simmer for a few minutes, then pour the water to them, and add the onion, cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but do not break the fish. Take them out carefully, mix the flour smoothly to a batter with the cream, bring it to a boil, pour over the eels, and serve.

*Time.*—1 hour, or rather more. *Average cost*, 10d. per quart.

*Seasonable* from June to March.

*Sufficient* for 8 persons.

*Note.*—This soup may be flavoured differently by omitting the cream, and adding a little ketchup or Harvey's sauce.

### **LOBSTER SOUP.**

**195. INGREDIENTS.**—3 large lobsters, or 6 small ones; the crumb of a French roll, 2 anchovies, 1 onion, 1 small bunch of sweet herbs, 1 strip of lemon-peel, 2 oz. of butter, a little nutmeg, 1 teaspoonful of flour, 1 pint of cream, 1 pint of milk; forcemeat balls, mace, salt and pepper to taste, bread crumbs, 1 egg, 2 quarts of water.

*Mode.*—Pick the meat from the lobsters, and beat the fins, chine, and small claws in a mortar, previously taking away the brown fin and the bag in the . Put it in a stewpan, with the crumb of the roll, anchovies, onions, herbs, lemon-peel, and the water; simmer gently till all the goodness is extracted, and strain it off. Pound the spawn in a mortar, with the butter, nutmeg, and flour, and mix with it the cream and milk. Give one boil up, at the same time adding the tails cut in pieces. Make the forcemeat balls with the remainder of the lobster, seasoned with mace, pepper, and salt, adding a little

flour, and a few bread crumbs; moisten them with the egg, heat them in the soup, and serve.

*Time*.—2 hours, or rather more. *Average cost*, 3s 6d per quart.

*Seasonable* from April to October.

*Sufficient* for 8 persons.

## OYSTER SOUP.

### I.

196. **INGREDIENTS**.—6 dozen of oysters, 2 quarts of white stock, 1/2 pint of cream, 2 oz. of butter, 1-1/2 oz. of flour; salt, cayenne, and mace to taste.

*Mode*.—Scald the oysters in their own liquor; take them out, beard them, and put them in a tureen. Take a pint of the stock, put in the beards and the liquor, which must be carefully strained, and simmer for 1/2 an hour. Take it off the fire, strain it again, and add the remainder of the stock with the seasoning and mace. Bring it to a boil, add the thickening of butter and flour, simmer for 5 minutes, stir in the boiling cream, pour it over the oysters, and serve.

*Time*.—1 hour. *Average cost*, 2s. 8d. per quart.

*Seasonable* from September to April.

*Sufficient* for 8 persons.

*Note*.—This soup can be made less rich by using milk instead of cream, and thickening with arrowroot instead of butter and flour.

### II.

197. **INGREDIENTS**.—2 quarts of good mutton broth, 6 dozen oysters, 2 oz. butter, 1 oz. of flour.

*Mode*.—Beard the oysters, and scald them in their own liquor; then add it, well strained, to the broth; thicken with the butter and flour, and simmer for 1/4 of an hour. Put in the oysters, stir well, but do not let it boil, and serve very hot.

*Time*.—3/4 hour. *Average cost*, 2s. per quart.

*Seasonable* from September to April.

*Sufficient* for 8 persons.

SEASON OF OYSTERS.—From April and May to the end of July, oysters are said to be sick; but by the end of August they become healthy, having recovered from the effects of spawning. When they are not in season, the males have a black, and the females a milky substance in the

gill. From some lines of Oppian, it would appear that the ancients were ignorant that the oyster is generally found adhering to rocks. The starfish is one of the most deadly enemies of these bivalves. The poet says:—

The prickly star creeps on with full deceit  
To force the oyster from his close retreat.  
When gaping lids their widen'd void display,  
The watchful star thrusts in a pointed ray,  
Of all its treasures spoils the rifled case,  
And empty shells the sandy hillock grace.

### PRAWN SOUP.

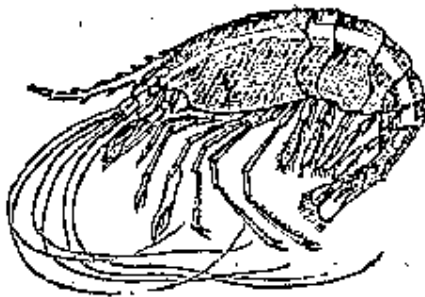
198. **INGREDIENTS.**—2 quarts of fish stock or water, 2 pints of prawns, the crumbs of a French roll, anchovy sauce or mushroom ketchup to taste, 1 blade of mace, 1 pint of vinegar, a little lemon-juice.

*Mode.*—Pick out the tails of the prawns, put the bodies in a stewpan with 1 blade of mace, 1/2 pint of vinegar, and the same quantity of water; stew them for 1/4 hour, and strain off the liquor. Put the fish stock or water into a stewpan; add the strained liquor, pound the prawns with the crumb of a roll moistened with a little of the soup, rub them through a tammy, and mix them by degrees with the soup; add ketchup or anchovy sauce to taste, with a little lemon-juice. When it is well cooked, put in a few picked prawns; let them get thoroughly hot, and serve. If not thick enough, put in a little butter and flour.

*Time.*—hour. *Average cost*, 1s. 1d. per quart, if made with water.

*Seasonable* at any time. *Sufficient* for 8 persons.

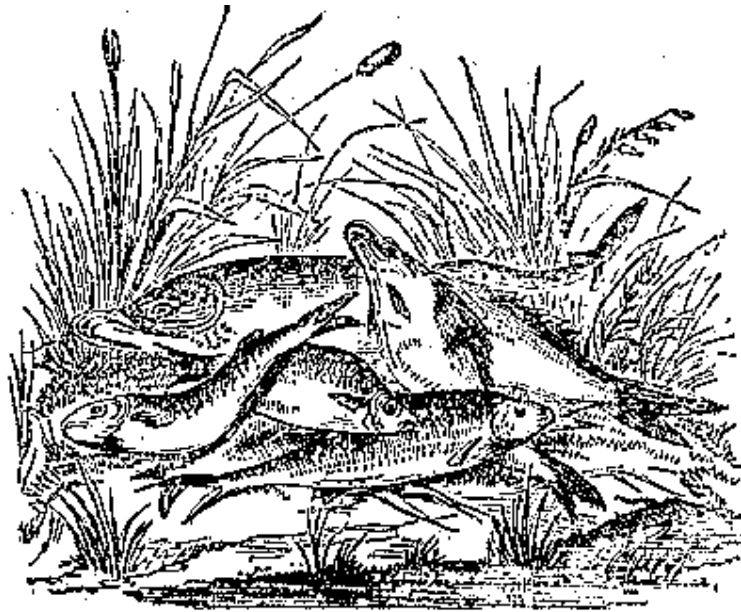
*Note.*—This can be thickened with tomatoes, and vermicelli served in it, which makes it a very tasteful soup.



**THE PRAWN.**

**THE PRAWN.**—This little fish bears a striking resemblance to the shrimp, but is neither so common nor so small. It is to be found on most of the sandy shores of Europe. The Isle of Wight is famous for shrimps, where they are potted; but both the prawns and the shrimps vended in London, are too much salted for the excellence of their natural flavour to be preserved. They are extremely lively little animals, as seen in their native retreats.

**CHAPTER VII—The natural history of fishes.**



199. IN NATURAL HISTORY, FISHES form the fourth class in the system of Linnaeus, and are described as having long under-jaws, eggs without white, organs of sense, fins for supporters, bodies covered with concave scales, gills to supply the place of lungs for respiration, and water for the natural element of their existence. Had mankind no other knowledge of animals than of such as inhabit the land and breathe their own atmosphere, they would listen with incredulous wonder, if told that there were other kinds of beings which existed only in the waters, and which would die almost as soon as they were taken from them. However strongly these facts might be attested, they would hardly believe them, without the operation of their own senses, as they would recollect the effect produced on their own bodies when immersed in water, and the impossibility of their sustaining life in it for any lengthened period of time. Experience, however, has taught them, that the "great deep" is crowded with inhabitants of various sizes, and of vastly different constructions, with modes of life entirely distinct from those which belong to the animals of the land, and with peculiarities of design, equally wonderful with those of any other works which have come from the hand of the Creator. The history of these races, however, must remain for ever, more or less, in a state of darkness, since the depths in which they live, are beyond the power of human exploration, and since the illimitable expansion of their domain places them almost entirely out of the reach of human accessibility.

200. IN STUDYING THE CONFORMATION OF FISHES, we naturally conclude that they are, in every respect, well adapted to the element in which they have their existence. Their shape has a striking resemblance to the lower part of a ship; and there is no doubt that the form of the fish originally suggested the form of the ship. The body is in general slender, gradually diminishing towards each of its extremities, and flattened on each of its sides. This is precisely the form of the lower part of the hull of a ship; and it enables both the animal and the vessel, with comparative ease, to

penetrate and divide the resisting medium for which they have been adapted. The velocity of a ship, however, in sailing before the wind, is by no means to be compared to that of a fish. It is well known that the largest fishes will, with the greatest ease, overtake a ship in full sail, play round it without effort, and shoot ahead of it at pleasure. This arises from their great flexibility, which, to compete with mocks the labours of art, and enables them to migrate thousands of miles in a season, without the slightest indications of languor or fatigue.

201. THE PRINCIPAL INSTRUMENTS EMPLOYED BY FISHES to accelerate their motion, are their air-bladder, fins, and tail. By means of the air-bladder they enlarge or diminish the specific gravity of their bodies. When they wish to sink, they compress the muscles of the abdomen, and eject the air contained in it; by which, their weight, compared with that of the water, is increased, and they consequently descend. On the other hand, when they wish to rise, they relax the compression of the abdominal muscles, when the air-bladder fills and distends, and the body immediately ascends to the surface. How simply, yet how wonderfully, has the Supreme Being adapted certain means to the attainment of certain ends! Those fishes which are destitute of the air-bladder are heavy in the water, and have no great "alacrity" in rising. The larger proportion of them remain at the bottom, unless they are so formed as to be able to strike their native element downwards with sufficient force to enable them to ascend. When the air-bladder of a fish is burst, its power of ascending to the surface has for ever passed away. From a knowledge of this fact, the fishermen of cod are enabled to preserve them alive for a considerable time in their well-boats. The means they adopt to accomplish this, is to perforate the sound, or air-bladder, with a needle, which disengages the air, when the fishes immediately descend to the bottom of the well, into which they are thrown. Without this operation, it would be impossible to keep the cod under water whilst they had life. In swimming, the *fins* enable fishes to preserve their upright position, especially those of the belly, which act like two feet. Without those, they would swim with their bellies upward, as it is in their backs that the centre of gravity lies. In ascending and descending, these are likewise of great assistance, as they contract and expand accordingly. The *tail* is an instrument of great muscular force, and largely assists the fish in all its motions. In some instances it acts like the rudder of a ship, and enables it to turn sideways; and when moved from side to side with a quick vibratory motion, fishes are made, in the same manner as the "screw" propeller makes a steamship, to dart forward with a celerity proportioned to the muscular force with which it is employed.

202. THE BODIES OF FISHES are mostly covered with a kind of horny scales; but some are almost entirely without them, or have them so minute as to be almost invisible; as is the case with the eel. The object of these is to preserve them from injury by the pressure of the water, or the sudden contact with pebbles, rocks, or seaweeds. Others, again, are enveloped in a fatty, oleaginous substance, also intended as a defence against the friction of the water; and those in which the scales are small, are supplied with a larger quantity of slimy matter.

203. THE RESPIRATION OF FISHES is effected by means of those comb-like organs which are placed on each side of the neck, and which are called gills. It is curious to watch the process of breathing as it is performed by the finny tribes. It seems to be so continuous, that it might almost pass for an illustration of the vexed problem which conceals the secret of perpetual motion. In performing it, they fill their

mouths with water, which they drive backwards with a force so great as to open the large flap, to allow it to escape behind. In this operation all, or a great portion, of the air contained in the water, is left among the feather-like processes of the gills, and is carried into the body, there to perform its part in the animal economy. In proof of this, it has been ascertained that, if the water in which fishes are put, is, by any means, denuded of its air, they immediately seek the surface, and begin to gasp for it. Hence, distilled water is to them what a vacuum made by an air-pump, is to most other animals. For this reason, when a fishpond, or other aqueous receptacle in which fishes are kept, is entirely frozen over, it is necessary to make holes in the ice, not so especially for the purpose of feeding them, as for that of giving them air to breathe.

204. THE POSITIONS OF THE TEETH OF FISHES are well calculated to excite our amazement; for, in some cases, these are situated in the jaws, sometimes on the tongue or palate, and sometimes even in the throat. They are in general sharp-pointed and immovable; but in the carp they are obtuse, and in the pike so easily moved as to seem to have no deeper hold than such as the mere skin can afford. In the herring, the tongue is set with teeth, to enable it the better, it is supposed, to retain its food.

205. ALTHOUGH NATURALISTS HAVE DIVIDED FISHES into two great tribes, the *osseous* and the *cartilaginous*, yet the distinction is not very precise; for the first have a great deal of cartilage, and the second, at any rate, a portion of calcareous matter in their bones. It may, therefore, be said that the bones of fishes form a kind of intermediate substance between true bones and cartilages. The backbone extends through the whole length of the body, and consists of vertebrae, strong and thick towards the , but weaker and more slender as it approaches the tail. Each species has a determinate number of vertebrae, which are increased in size in proportion with the body. The ribs are attached to the processes of the vertebrae, and inclose the breast and abdomen. Some kinds, as the rays, have no ribs; whilst others, as the sturgeon and eel, have very short ones. Between the pointed processes of the vertebrae are situated the bones which support the dorsal (back) and the anal (below the tail) fins, which are connected with the processes by a ligament. At the breast are the sternum or breastbone, clavicles or collar-bones, and the scapulae or shoulder-blades, on which the pectoral or breast fins are placed. The bones which support the ventral or belly fins are called the *ossa pelvis*. Besides these principal bones, there are often other smaller ones, placed between the muscles to assist their motion.

206. SOME OF THE ORGANS OF SENSE IN FISHES are supposed to be possessed by them in a high degree, and others much more imperfectly. Of the latter kind are the senses of touch and taste, which are believed to be very slightly developed. On the other hand, those of hearing, seeing, and smelling, are ascertained to be acute, but the first in a lesser degree than both the second and third. Their possession of an auditory organ was long doubted, and even denied by some physiologists; but it has been found placed on the sides of the skull, or in the cavity which contains the brain. It occupies a position entirely distinct and detached from the skull, and, in this respect, differs in the local disposition of the same sense in birds and quadrupeds. In some fishes, as in those of the ray kind, the organ is wholly encompassed by those parts which contain the cavity of the skull; whilst in the cod and salmon kind it is in the part within the skull. Its structure is, in every way, much more simple than that of the same sense in those animals which live entirely in the air; but there is no doubt that they have the adaptation suitable to their condition. In some genera, as in the rays, the external

orifice or ear is very small, and is placed in the upper surface of the ; whilst in others there is no visible external orifice whatever. However perfect the *sight* of fishes may be, experience has shown that this sense is of much less use to them than that of smelling, in searching for their food. The optic nerves in fishes have this peculiarity,—that they are not confounded with one another in their middle progress between their origin and their orbit. The one passes over the other without any communication; so that the nerve which comes from the left side of the brain goes distinctly to the right eye, and that which comes from the right goes distinctly to the left. In the greater part of them, the eye is covered with the same transparent skin that covers the rest of the . The object of this arrangement, perhaps, is to defend it from the action of the water, as there are no eyelids. The globe in front is somewhat depressed, and is furnished behind with a muscle, which serves to lengthen or flatten it, according to the necessities of the animal. The crystalline humour, which in quadrupeds is flattened, is, in fishes, nearly globular. The organ of *smelling* in fishes is large, and is endued, at its entry, with a dilating and contracting power, which is employed as the wants of the animal may require. It is mostly by the acuteness of their smell that fishes are enabled to discover their food; for their tongue is not designed for nice sensation, being of too firm a cartilaginous substance for this purpose.

207. WITH RESPECT TO THE FOOD OF FISHES, this is almost universally found in their own element. They are mostly carnivorous, though they seize upon almost anything that comes in their way: they even devour their own offspring, and manifest a particular predilection for all living creatures. Those, to which Nature has meted out mouths of the greatest capacity, would seem to pursue everything with life, and frequently engage in fierce conflicts with their prey. The animal with the largest mouth is usually the victor; and he has no sooner conquered his foe than he devours him. Innumerable shoals of one species pursue those of another, with a ferocity which draws them from the pole to the equator, through all the varying temperatures and depths of their boundless domain. In these pursuits a scene of universal violence is the result; and many species must have become extinct, had not Nature accurately proportioned the means of escape, the production, and the numbers, to the extent and variety of the danger to which they are exposed. Hence the smaller species are not only more numerous, but more productive than the larger; whilst their instinct leads them in search of food and safety near the shores, where, from the shallowness of the waters, many of their foes are unable to follow them.

208. THE FECUNDITY OF FISHES has been the wonder of every natural philosopher whose attention has been attracted to the subject. They are in general oviparous, or egg-producing; but there are a few, such as the eel and the blenny, which are viviparous, or produce their young alive. The males have the *milt* and the females the *roe*; but some individuals, as the sturgeon and the cod tribes, are said to contain both. The greater number deposit their spawn in the sand or gravel; but some of those which dwell in the depths of the ocean attach their eggs to sea-weeds. In every instance, however, their fruitfulness far surpasses that of any other race of animals. According to Lewenhoeck, the cod annually spawns upwards of nine millions of eggs, contained in a single roe. The flounder produces one million; the mackerel above five hundred thousand; a herring of a moderate size at least ten thousand; a carp fourteen inches in length, according to Petit, contained two hundred and sixty-two thousand two hundred and twenty-four; a perch deposited three hundred and eighty thousand six hundred and forty; and a female sturgeon seven millions six

hundred and fifty-three thousand two hundred. The viviparous species are by no means so prolific; yet the blenny brings forth two or three hundred at a time, which commence sporting together round their parent the moment they have come into existence.

209. IN REFERENCE TO THE LONGEVITY OF FISHES, it is affirmed to surpass that of all other created beings; and it is supposed they are, to a great extent, exempted from the diseases to which the flesh of other animals is heir. In place of suffering from the rigidity of age, which is the cause of the natural decay of those that "live and move and have their being" on the land, their bodies continue to grow with each succeeding supply of food, and the conduits of life to perform their functions unimpaired. The age of fishes has not been properly ascertained, although it is believed that the most minute of the species has a longer lease of life than man. The mode in which they die has been noted by the Rev. Mr. White, the eminent naturalist of Selbourne. As soon as the fish sickens, it sinks lower and lower, till the animal, as it were, stands upon it. After this, as it becomes weaker, it loses its poise, till the tail turns over, when it comes to the surface, and floats with its belly upwards. The reason for its floating in this manner is on account of the body being no longer balanced by the fins of the belly, and the broad muscular back preponderating, by its own gravity, over the belly, from this latter being a cavity, and consequently lighter.

210. FISHES ARE EITHER SOLITARY OR GREGARIOUS, and some of them migrate to great distances, and into certain rivers, to deposit their spawn. Of sea-fishes, the cod, herring, mackerel, and many others, assemble in immense shoals, and migrate through different tracts of the ocean; but, whether considered in their solitary or gregarious capacity, they are alike wonderful to all who look through Nature up to Nature's God, and consider, with due humility, yet exalted admiration, the sublime variety, beauty, power, and grandeur of His productions, as manifested in the Creation.

#### **Fish as an article of human food.**

211. AS THE NUTRITIVE PROPERTIES OF FISH are deemed inferior to those of what is called butchers' meat, it would appear, from all we can learn, that, in all ages, it has held only a secondary place in the estimation of those who have considered the science of gastronomy as a large element in the happiness of mankind. Among the Jews of old it was very little used, although it seems not to have been entirely interdicted, as Moses prohibited only the use of such as had neither scales nor fins. The Egyptians, however, made fish an article of diet, notwithstanding that it was rejected by their priests. Egypt, however, is not a country favourable to the production of fish, although we read of the people, when hungry, eating it raw; of epicures among them having dried it in the sun; and of its being salted and preserved, to serve as a repast on days of great solemnity.

The modern Egyptians are, in general, extremely temperate in regard to food. Even the richest among them take little pride, and, perhaps, experience as little delight, in the luxuries of the table. Their dishes mostly consist of pilaus, soups, and stews, prepared principally of onions, cucumbers, and other cold vegetables, mixed with a little meat cut into small pieces. On special occasions, however, a whole sheep is placed on the festive board; but during several of the hottest months of the year, the



richest restrict themselves entirely to a vegetable diet. The poor are contented with a little oil or sour milk, in which they may dip their bread.

212. PASSING FROM AFRICA TO EUROPE, we come amongst a people who have, almost from time immemorial, occupied a high place in the estimation of every civilized country; yet the Greeks, in their earlier ages, made very little use of fish as an article of diet. In the eyes of the heroes of Homer it had little favour; for Menelaus complained that "hunger pressed their digestive organs," and they had been obliged to live upon fish. Subsequently, however, fish became one of the principal articles of diet amongst the Hellenes; and both Aristophanes and Athenaeus allude to it, and even satirize their countrymen for their excessive partiality to the turbot and mullet.

So infatuated were many of the Greek gastronomes with the love of fish, that some of them would have preferred death from indigestion to the relinquishment of the precious dainties with which a few of the species supplied them. Philoxenes of Cythera was one of these. On being informed by his physician that he was going to die of indigestion, on account of the quantity he was consuming of a delicious fish, "Be it so," he calmly observed; "but before I die, let me finish the remainder."

213. THE GEOGRAPHICAL SITUATION OF GREECE was highly favourable for the development of a taste for the piscatory tribes; and the skill of the Greek cooks was so great, that they could impart every variety of relish to the dish they were called upon to prepare. Athenaeus has transmitted to posterity some very important precepts upon their ingenuity in seasoning with salt, oil, and aromatics.

At the present day the food of the Greeks, through the combined influence of poverty and the long fasts which their religion imposes upon them, is, to a large extent, composed of fish, accompanied with vegetables and fruit. Caviare, prepared from the roes of sturgeons, is the national ragout, which, like all other fish dishes, they season with aromatic herbs. Snails dressed in garlic are also a favourite dish.

214. AS THE ROMANS, in a great measure, took their taste in the fine arts from the Greeks, so did they, in some measure, their piscine appetites. The eel-pout and the lotas's liver were the favourite fish dishes of the Roman epicures; whilst the red mullet was esteemed as one of the most delicate fishes that could be brought to the table.

With all the elegance, taste, and refinement of Roman luxury, it was sometimes promoted or accompanied by acts of great barbarity. In proof of this, the mention of the red mullet suggests the mode in which it was sometimes treated for the, to us, *horrible* entertainment of the *fashionable* in Roman circles. It may be premised, that as England has, Rome, in her palmy days, had, her fops, who had, no doubt, through the medium of their cooks, discovered that when the scales of the red mullet were removed, the flesh presented a fine pink-colour. Having discovered this, it was further observed that at the death of the animal, this colour passed through a succession of beautiful shades, and, in order that these might be witnessed and enjoyed in their fullest perfection, the poor mullet was served alive in a glass vessel.

215. THE LOVE OF FISH among the ancient Romans rose to a real mania. Apicius offered a prize to any one who could invent a new brine compounded of the liver of red mullets; and Lucullus had a canal cut through a mountain, in the neighbourhood of

Naples, that fish might be the more easily transported to the gardens of his villa. Hortensius, the orator, wept over the death of a turbot which he had fed with his own hands; and the daughter of Druses adorned one that she had, with rings of gold. These were, surely, instances of misplaced affection; but there is no accounting for tastes. It was but the other day that we read in the "*Times*" of a wealthy *living* English hermit, who delights in the companionship of rats!

The modern Romans are merged in the general name of Italians, who, with the exception of macaroni, have no specially characteristic article of food.

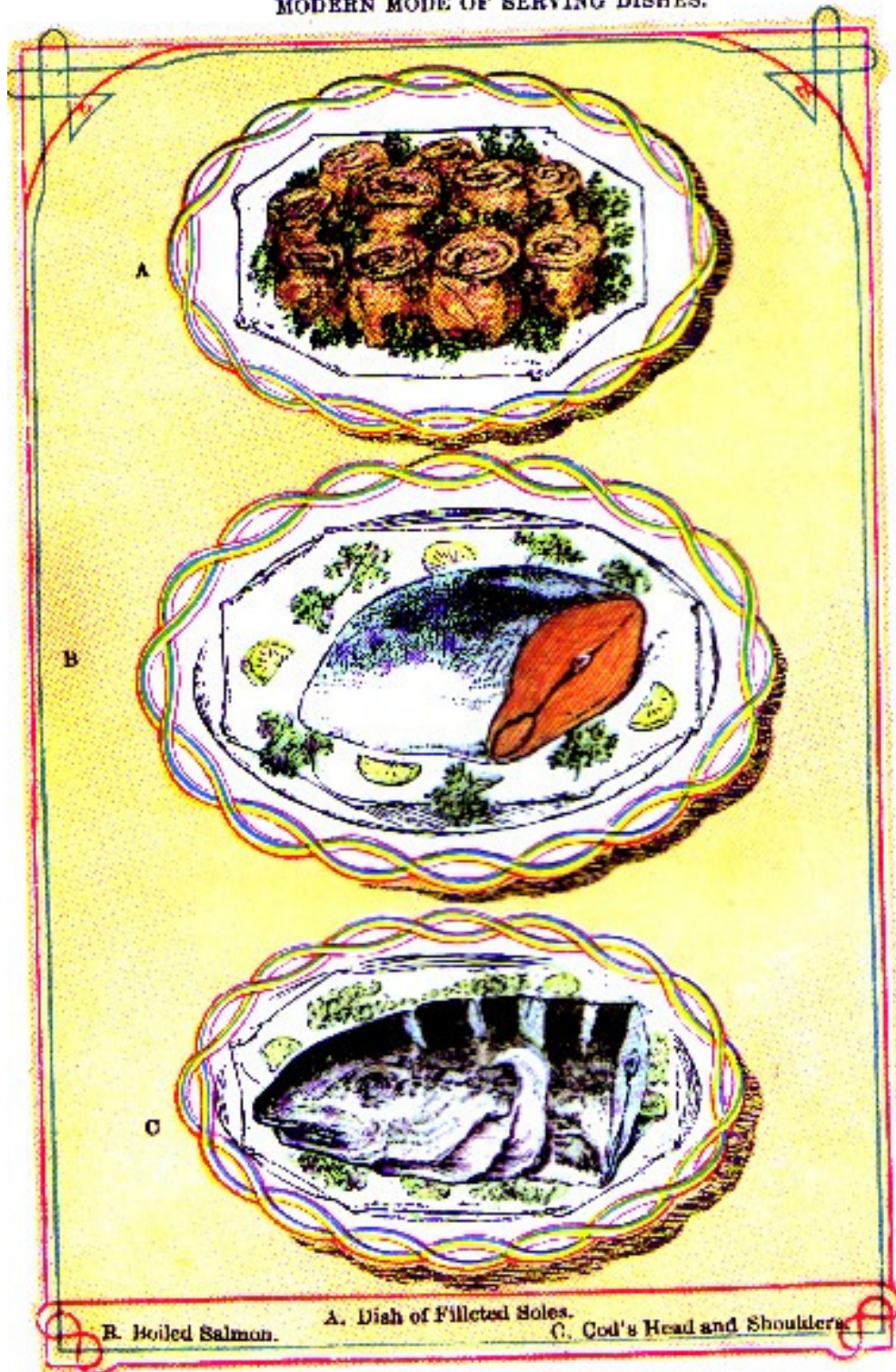
216. FROM ROME TO GAUL is, considering the means of modern locomotion, no great way; but the ancient sumptuary laws of that kingdom give us little information regarding the ichthyophagous propensities of its inhabitants. Louis XII. engaged six fishmongers to furnish his board with fresh-water animals, and Francis I. had twenty-two, whilst Henry the Great extended his requirements a little further, and had twenty-four. In the time of Louis XIV. the cooks had attained to such a degree of perfection in their art, that they could convert the form and flesh of the trout, pike, or carp, into the very shape and flavour of the most delicious game.

The French long enjoyed a European reputation for their skill and refinement in the preparing of food. In place of plain joints, French cookery delights in the marvels of what are called made dishes, ragouts, stews, and fricassees, in which no trace of the original materials of which they are compounded is to be found.

217. FROM GAUL WE CROSS TO BRITAIN, where it has been asserted, by, at least, one authority, that the ancient inhabitants ate no fish. However this may be, we know that the British shores, particularly those of the North Sea, have always been well supplied with the best kinds of fish, which we may reasonably infer was not unknown to the inhabitants, or likely to be lost upon them for the lack of knowledge as to how they tasted. By the time of Edward II., fish had, in England, become a dainty, especially the sturgeon, which was permitted to appear on no table but that of the king. In the fourteenth century, a decree of King John informs us that the people ate both seals and porpoises; whilst in the days of the Troubadours, whales were fished for and caught in the Mediterranean Sea, for the purpose of being used as human food.

Whatever checks the ancient British may have had upon their piscatory appetites, there are happily none of any great consequence upon the modern, who delight in wholesome food of every kind. Their taste is, perhaps, too much inclined to that which is accounted solid and substantial; but they really eat more moderately, even of animal food, than either the French or the Germans. Roast beef, or other viands cooked in the plainest manner, are, with them, a sufficient luxury; yet they delight in living *well*, whilst it is easy to prove how largely their affections are developed by even the prospect of a substantial cheer. In proof of this we will just observe, that if a great dinner is to be celebrated, it is not uncommon for the appointed stewards and committee to meet and have a preliminary dinner among themselves, in order to arrange the great one, and after that, to have another dinner to discharge the bill which the great one cost. This enjoyable disposition we take to form a very large item in the aggregate happiness of the nation.

MODERN MODE OF SERVING DISHES.



218. THE GENERAL USE OF FISH, as an article of human food among civilized nations, we have thus sufficiently shown, and will conclude this portion of our subject with the following hints, which ought to be remembered by all those who are fond of occasionally varying their dietary with a piscine dish:—

I. Fish shortly before they spawn are, in general, best in condition. When the spawning is just over, they are out of season, and unfit for human food.

II. When fish is out of season, it has a transparent, bluish tinge, however much it may be boiled; when it is in season, its muscles are firm, and boil white and curdy.

III. As food for invalids, white fish, such as the ling, cod, haddock, coal-fish, and whiting, are the best; flat fish, as soles, skate, turbot, and flounders, are also good.

IV. Salmon, mackerel, herrings, and trout soon spoil or decompose after they are killed; therefore, to be in perfection, they should be prepared for the table on the day they are caught. With flat fish, this is not of such consequence, as they will keep longer. The turbot, for example, is improved by being kept a day or two.

#### **General Directions for Dressing Fish.**

219. IN DRESSING FISH, of any kind, the first point to be attended to, is to see that it be perfectly clean. It is a common error to wash it too much; as by doing so the flavour is diminished. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Cod-fish, whiting, and haddock, are far better if a little salted, and kept a day; and if the weather be not very hot, they will be good for two days.

220. WHEN FISH IS CHEAP AND PLENTIFUL, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled, or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish, having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed.

221. FISH SHOULD BE PUT INTO COLD WATER, and set on the fire to do very gently, or the outside will break before the inner part is done. Unless the fishes are small, they should never be put into warm water; nor should water, either hot or cold, be poured *on* to the fish, as it is liable to break the skin: if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a clean cloth over the fish, to prevent its losing its colour.

222. IN GARNISHING FISH, great attention is required, and plenty of parsley, horseradish, and lemon should be used. If fried parsley be used, it must be washed and

picked, and thrown into fresh water. When the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice. When well done, and with very good sauce, fish is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe will be appended the proper mode of serving and garnishing.

223. IF FISH IS TO BE FRIED OR BROILED, it must be dried in a nice soft cloth, after it is well cleaned and washed. If for frying, brush it over with egg, and sprinkle it with some fine crumbs of bread. If done a second time with the egg and bread, the fish will look so much the better. If required to be very nice, a sheet of white blotting-paper must be placed to receive it, that it may be free from all grease. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter gives a bad colour; lard and clarified dripping are most frequently used; but oil is the best, if the expense be no objection. The fish should be put into the lard when boiling, and there should be a sufficiency of this to cover it.

224. WHEN FISH IS BROILED, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched.

225. IN CHOOSING FISH, it is well to remember that it is possible it may be *fresh*, and yet not *good*. Under the of each particular fish in this work, are appended rules for its choice and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good; as if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

## CHAPTER VIII.—Fish recipes.

*[Nothing is more difficult than to give the average prices of Fish, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot for instance—which may be bought today for six or seven shillings, will, tomorrow, be, in the London markets, worth, perhaps, almost as many pounds. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish, when the market is supplied upon an average, and when the various sorts are of an average size and quality.]*

GENERAL RULE IN CHOOSING FISH.—*A proof of freshness and goodness in most fishes, is their being covered with scales; for, if deficient in this respect, it is a sign of their being stale, or having been ill-used.]*

### FRIED ANCHOVIES.

226. INGREDIENTS.—1 tablespoonful of oil, 1/2 a glass of white wine, sufficient flour to thicken; 12 anchovies.

*Mode.*—Mix the oil and wine together, with sufficient flour to make them into a thickish paste; cleanse the anchovies, wipe them, dip them in the paste, and fry of a nice brown colour.

*Time.*—1/2 hour. *Average cost* for this quantity, 9d.

*Seasonable* all the year.

*Sufficient* for 2 persons.

THE ANCHOVY.—In his book of "British Fishes," Mr. Yarrell states that "the anchovy is a common fish in the Mediterranean, from Greece to Gibraltar, and was well known to the Greeks and Romans, by whom the liquor prepared from it, called *garum*, was in great estimation. Its extreme range is extended into the Black Sea. The fishing for them is carried on during the night, and lights are used with the nets. The anchovy is common on the coasts of Portugal, Spain, and France. It occurs, I have no doubt, at the Channel Islands, and has been taken on the Hampshire coast, and in the Bristol Channel."

Other fish, of inferior quality, but resembling the real Gorgona anchovy, are frequently sold for it, and passed off as genuine.



THE ANCHOVY.

### ANCHOVY BUTTER OR PASTE.

227. INGREDIENTS.—2 dozen anchovies, 1/2 lb. of fresh butter.

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*Mode*.—Wash the anchovies thoroughly; bone and dry them, and pound them in a mortar to a paste. Mix the butter gradually with them, and rub the whole through a sieve. Put it by in small pots for use, and carefully exclude the air with a bladder, as it soon changes the colour of anchovies, besides spoiling them.

*Average cost* for this quantity, 2s.

**POTTED ANCHOVIES.**

POTTED ANCHOVIES are made in the same way, by adding pounded mace, cayenne, and nutmeg to taste.

**ANCHOVY TOAST.**

228. **INGREDIENTS**.—Toast 2 or 3 slices of bread, or, if wanted very savoury, fry them in clarified butter, and spread on them the paste, No. 227. Made mustard, or a few grains of cayenne, may be added to the paste before laying it on the toast.

ANCHOVY PASTE.—"When some delicate zest," says a work just issued on the adulterations of trade, "is required to make the plain English breakfast more palatable, many people are in the habit of indulging in what they imagine to be anchovies. These fish are preserved in a kind of pickling-bottle, carefully corked down, and surrounded by a red-looking liquor, resembling in appearance diluted clay. The price is moderate, one shilling only being demanded for the luxury. When these anchovies are what is termed potted, it implies that the fish have been pounded into the consistency of a paste, and then placed in flat pots, somewhat similar in shape to those used for pomatum. This paste is usually eaten spread upon toast, and is said to form an excellent *bonne bouche*, which enables gentlemen at wine-parties to enjoy their port with redoubled gusto. Unfortunately, in six cases out of ten, the only portion of these preserved delicacies, that contains anything indicative of anchovies, is the paper label pasted on the bottle or pot, on which the word itself is printed.... All the samples of anchovy paste, analyzed by different medical men, have been found to be highly and vividly coloured with very large quantities of bole Armenian." The anchovy itself, when imported, is of a dark dead colour, and it is to make it a bright "handsome-looking sauce" that this red earth is used.

**BARBEL.**

229. **INGREDIENTS**.—1/2 pint of port wine, a saltspoonful of salt, 2 tablespoonfuls of vinegar, 2 sliced onions, a faggot of sweet herbs, nutmeg and mace to taste, the juice of a lemon, 2 anchovies; 1 or 2 barbels, according to size.

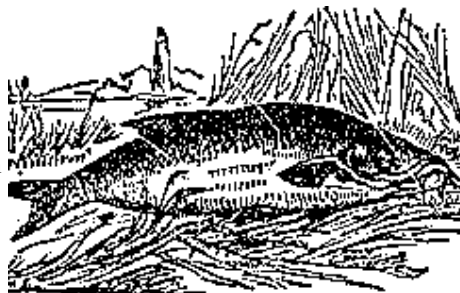
*Mode*.—Boil the barbels in salt and water till done; pour off some of the water, and, to the remainder, put the ingredients mentioned above. Simmer gently for 1/2 hour, or rather more, and strain. Put in the fish; heat it gradually; but do not let it boil, or it will be broken.

*Time*.—Altogether 1 hour. *Sufficient* for 4 persons.

*Seasonable* from September to November.



**THE BARBEL.**—This fish takes its name from the barbs or wattels at its mouth; and, in England, is esteemed as one of the worst of the fresh-water fish. It was, however, formerly, if not now, a favourite with the Jews, excellent cooks of fish. Others would boil with it a piece of bacon, that it might have a relish. It is to be met with from two to three or four feet long, and is said to live to a great age. From Putney upwards, in the Thames, some are found of large size; but they are valued only as affording sport to the brethren of the angle.



**THE BARBEL.**

### **BRILL.**

**230. INGREDIENTS.**—1/4 lb. of salt to each gallon of water; a little vinegar.

*Mode.*—Clean the brill, cut off the fins, and rub it over with a little lemon-juice, to preserve its whiteness. Set the fish in sufficient cold water to cover it; throw in salt, in the above proportions, and a little vinegar, and bring it gradually to boil; simmer very gently till the fish is done, which will be in about 10 minutes; but the time for boiling, of course, depends entirely on the size of the fish. Serve it on a hot napkin, and garnish with cut lemon, parsley, horseradish, and a little lobster coral sprinkled over the fish. Send lobster or shrimp sauce and plain melted butter to table with it.

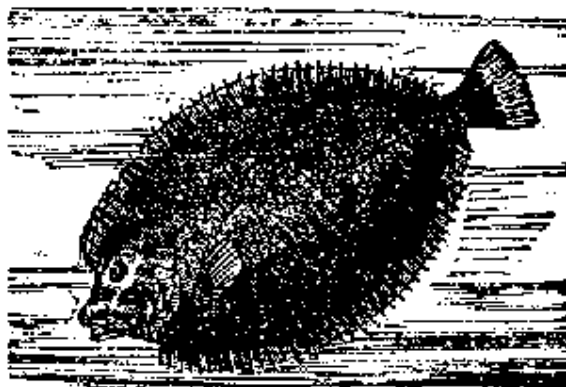
*Time.*—After the water boils, a small brill, 10 minutes; a large brill, 15 to 20 minutes.

*Average cost,* from 4s. to 8s.

*Seasonable* from August to April.

**THE BRILL.**—This fish resembles the sole, but is broader, and when large, is esteemed by many in a scarcely less degree than the turbot, whilst it is much cheaper. It is a fine fish, and is abundant in the London market.

**TO CHOOSE BRILL.**—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.



**THE BRILL.**

### **CODFISH.**

**231.** Cod may be boiled whole; but a large and shoulders are quite sufficient for a dish, and contain all that is usually helped, because, when the thick part is done, the tail is insipid and overdone. The latter, cut in slices, makes a very good dish for frying; or it may be salted down and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery; salting a little, renders it firmer.





THE COD.

THE COD TRIBE.—The Jugular, characterized by bony gills, and ventral fins before the pectoral ones, commences the second of the Linnaean orders of fishes, and is a numerous tribe, inhabiting only the depths of the ocean, and seldom visiting the fresh waters. They have a smooth , and the gill membrane has seven rays. The body is oblong, and covered with deciduous scales. The fins are all inclosed in skin, whilst their rays are unarmed. The ventral fins are slender, and terminate in a point. Their habits are gregarious, and they feed on smaller fish and other marine animals.

### COD'S HEAD AND SHOULDERS.

232. INGREDIENTS.—Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

*Mode.*—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish, 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient cold water to cover it. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in the above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, horseradish, the roe and liver.

*Time.*—According to size, 1/2 an hour, more or less. *Average cost*, from 3s. to 6s.

*Sufficient* for 6 or 8 persons.

*Seasonable* from November to March.

*Note.*—Oyster sauce and plain melted butter should be served with this.

TO CHOOSE COD.—The cod should be chosen for the table when it is plump and round near the tail, when the hollow behind the is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the lose their delicate flavour, after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; and, although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately, the fish is good; if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a bronze appearance, like the silver side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes, codfish, though exhibiting signs of rough usage, will eat much better than those with red gills, so strongly recommended by many cookery-books.

## THE BOOK OF HOUSEHOLD MANAGEMENT

This appearance is generally caused by the fish having been knocked about at sea, in the well-boats, in which they are conveyed from the fishing-grounds to market.

### **SALT COD, COMMONLY CALLED "SALT-FISH."**

233. INGREDIENTS.—Sufficient water to cover the fish.

*Mode.*—Wash the fish, and lay it all night in water, with a 1/4 pint of vinegar. When thoroughly soaked, take it out, see that it is perfectly clean, and put it in the fish-kettle with sufficient cold water to cover it. Heat it gradually, but do not let it boil much, or the fish will be hard. Skim well, and when done, drain the fish and put it on a napkin garnished with hard-boiled eggs cut in rings.

*Time.*—About 1 hour. *Average cost*, 6d. per lb.

*Seasonable* in the spring.

*Sufficient* for each person, 1/4 lb.

*Note.*—Serve with egg sauce and parsnips. This is an especial dish on Ash Wednesday.

PRESERVING COD.—Immediately as the cod are caught, their heads are cut off. They are then opened, cleaned, and salted, when they are stowed away in the hold of the vessel, in beds of five or six yards square, to tail, with a layer of salt to each layer of fish. When they have lain in this state three or four days, in order that the water may drain from them, they are shifted into a different part of the vessel, and again salted. Here they remain till the vessel is loaded, when they are sometimes cut into thick pieces and packed in barrels for the greater convenience of carriage.

### **COD SOUNDS.**

Should be well soaked in salt and water, and thoroughly washed before dressing them. They are considered a great delicacy, and may either be broiled, fried, or boiled: if they are boiled, mix a little milk with the water.

### **COD SOUNDS, EN POULE.**

234. INGREDIENTS.—For forcemeat, 12 chopped oysters, 3 chopped anchovies, 1/4 lb. of bread crumbs, 1 oz. of butter, 2 eggs; seasoning of salt, pepper, nutmeg, and mace to taste; 4 cod sounds.

*Mode.*—Make the forcemeat by mixing the ingredients well together. Wash the sounds, and boil them in milk and water for 1/2 an hour; take them out and let them cool. Cover each with a layer of forcemeat, roll them up in a nice form, and skewer them. Rub over with lard, dredge with flour, and cook them gently before the fire in a Dutch oven.

*Time.*—1 hour. *Average cost*, 6d. per lb.

*Seasonable* from November to March. *Sufficient* for 4 persons.

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THE SOUNDS IN CODFISH.—These are the air or swimming bladders, by means of which the fishes are enabled to ascend or descend in the water. In the Newfoundland fishery they are taken out previous to incipient putrefaction, washed from their slime and salted for exportation. The tongues are also cured and packed up in barrels; whilst, from the livers, considerable quantities of oil are extracted, this oil having been found possessed of the most nourishing properties, and particularly beneficial in cases of pulmonary affections.

**COD PIE.**  
(*Economical.*)

I.

235. INGREDIENTS.—Any remains of cold cod, 12 oysters, sufficient melted butter to moisten it; mashed potatoes enough to fill up the dish.

*Mode.*—Flake the fish from the bone, and carefully take away all the skin. Lay it in a pie-dish, pour over the melted butter and oysters (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for 1/2 an hour, and send to table of a nice brown colour.

*Time.*—1/2 hour.

*Seasonable* from November to March.

II.

236. INGREDIENTS.—2 slices of cod; pepper and salt to taste; 1/2 a teaspoonful of grated nutmeg, 1 large blade of pounded mace, 2 oz. of butter, 1/2 pint of stock No. 107, a paste crust (*see* Pastry). For sauce, 1 tablespoonful of stock, 1/4 pint of cream or milk, thickening of flour or butter; lemon-peel chopped very fine to taste; 12 oysters.

*Mode.*—Lay the cod in salt for 4 hours, then wash it and place it in a dish; season, and add the butter and stock; cover with the crust, and bake for 1 hour, or rather more. Now make the sauce, by mixing the ingredients named above; give it one boil, and pour it into the pie by a hole made at the top of the crust, which can easily be covered by a small piece of pastry cut and baked in any fanciful shape—such as a leaf, or otherwise.

*Time.*—1-1/2 hour. *Average cost*, with fresh fish, 2s. 6d.

*Seasonable* from November to March.

*Sufficient* for 6 persons.

*Note.*—The remains of cold fish may be used for this pie.

**CURRIED COD.**

237. **INGREDIENTS.**—2 slices of large cod, or the remains of any cold fish; 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 small teaspoonful of curry-powder, 1/4 pint of cream, salt and cayenne to taste.

*Mode.*—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock and thickening, and simmer for 10 minutes. Stir the curry-powder into the cream; put it, with the seasoning, to the other ingredients; give one boil, and serve.

*Time.*—3/4 hour. *Average cost*, with fresh fish, 3s.

*Seasonable* from November to March.

*Sufficient* for 4 persons.

THE FOOD OF THE COD.—This chiefly consists of the smaller species of the scaly tribes, shell-fish, crabs, and worms. Their voracity is very great, and they will bite at any small body they see moved by the water, even stones and pebbles, which are frequently found in their stomachs. They sometimes attain a great size, but their usual weight is from 14 to 40 lbs.

**COD A LA CREME.**

238. **INGREDIENTS.**—1 large slice of cod, 1 oz. of butter, 1 chopped shalot, a little minced parsley, 1/4 teacupful of white stock, 1/4 pint of milk or cream, flour to thicken, cayenne and lemon-juice to taste, 1/4 teaspoonful of powdered sugar.

*Mode.*—Boil the cod, and while hot, break it into flakes; put the butter, shalot, parsley, and stock into a stewpan, and let them boil for 5 minutes. Stir in sufficient flour to thicken, and pour to it the milk or cream. Simmer for 10 minutes, add the cayenne and sugar, and, when liked, a little lemon-juice. Put the fish in the sauce to warm gradually, but do not let it boil. Serve in a dish garnished with croûtons.

*Time.*—Rather more than 1/2 hour. *Average cost*, with cream, 2s.

*Seasonable* from November to March.

*Sufficient* for 3 persons.

*Note.*—The remains of fish from the preceding day answer very well for this dish.

**COD A LA BECHAMEL.**

239. **INGREDIENTS.**—Any remains of cold cod, 4 tablespoonfuls of béchamel (*see* Sauces), 2 oz. butter; seasoning to taste of pepper and salt; fried bread, a few bread crumbs.

*Mode.*—Flake the cod carefully, leaving out all skin and bone; put the béchamel in a stewpan with the butter, and stir it over the fire till the latter is melted; add seasoning, put in the fish, and mix it well with the sauce. Make a border of fried bread round the

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dish, lay in the fish, sprinkle over with bread crumbs, and baste with butter. Brown either before the fire or with a salamander, and garnish with toasted bread cut in fanciful shapes.

*Time.*—1/2 hour.

*Average cost*, exclusive of the fish, 6d.

THE HABITAT OF THE COD.—This fish is found only in the seas of the northern parts of the world, between the latitudes of 45° and 66°. Its great rendezvous are the sandbanks of Newfoundland, Nova Scotia, Cape Breton, and New England. These places are its favourite resorts; for there it is able to obtain great quantities of worms, a food peculiarly grateful to it. Another cause of its attachment to these places has been said to be on account of the vicinity to the Polar seas, where it returns to spawn. Few are taken north of Iceland, and the shoals never reach so far south as the Straits of Gibraltar. Many are taken on the coasts of Norway, in the Baltic, and off the Orkneys, which, prior to the discovery of Newfoundland, formed one of the principal fisheries. The London market is supplied by those taken between the Dogger Bank, the Well Bank, and Cromer, on the east coast of England.

**COD A LA MAITRE D'HOTEL.**

240. **INGREDIENTS.**—2 slices of cod, 1/4 lb. of butter, a little chopped shalot and parsley; pepper to taste, 1/4 teaspoonful of grated nutmeg, or rather less, when the flavour is not liked; the juice of 1/4 lemon.

*Mode.*—Boil the cod, and either leave it whole, or, what is still better, flake it from the bone, and take off the skin. Put it into a stewpan with the butter, parsley, shalot, pepper, and nutmeg. Melt the butter gradually, and be very careful that it does not become like oil. When all is well mixed and thoroughly hot, add the lemon-juice, and serve.

*Time.*—1/2 hour. *Average cost*, 2s. 6d.; with remains of cold fish, 5d.

*Seasonable* from November to March.

*Sufficient* for 4 persons.

*Note.*—Cod that has been left will do for this.

THE SEASON FOR FISHING COD.—The best season for catching cod is from the beginning of February to the end of April; and although each fisherman engaged in taking them, catches no more than one at a time, an expert hand will sometimes take four hundred in a day. The employment is excessively fatiguing, from the weight of the fish as well as from the coldness of the climate.

**COD A L'ITALIENNE.**

241. **INGREDIENTS.**—2 slices of crimped cod, 1 shalot, 1 slice of ham minced very fine, 1/2 pint of white stock, No. 107; when liked, 1/2 teacupful of cream; salt to taste; a few drops of garlic vinegar, a little lemon-juice, 1/2 teaspoonful of powdered sugar.

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*Mode.*—Chop the shalots, mince the ham very fine, pour on the stock, and simmer for 15 minutes. If the colour should not be good, add cream in the above proportion, and strain it through a fine sieve; season it, and put in the vinegar, lemon-juice, and sugar. Now boil the cod, take out the middle bone, and skin it; put it on the dish without breaking, and pour the sauce over it.

*Time.*—3/4 hour. *Average cost*, 3s. 6d., with fresh fish.

*Seasonable* from November to March.

*Sufficient* for 4 persons.

THE FECUNDITY OF THE COD.—In our preceding remarks on the natural history of fishes, we have spoken of the amazing fruitfulness of this fish; but in this we see one more instance of the wise provision which Nature has made for supplying the wants of man. So extensive has been the consumption of this fish, that it is surprising that it has not long ago become extinct; which would certainly have been the case, had it not been for its wonderful powers of reproduction. "So early as 1368," says Dr. Cloquet, "the inhabitants of Amsterdam had dispatched fishermen to the coast of Sweden; and in the first quarter of 1792, from the ports of France only, 210 vessels went out to the cod-fisheries. Every year, however, upwards of 10,000 vessels, of all nations, are employed in this trade, and bring into the commercial world more than 40,000,000 of salted and dried cod. If we add to this immense number, the havoc made among the legions of cod by the larger scaly tribes of the great deep, and take into account the destruction to which the young are exposed by sea-fowls and other inhabitants of the seas, besides the myriads of their eggs destroyed by accident, it becomes a miracle to find that such mighty multitudes of them are still in existence, and ready to continue the exhaustless supply. Yet it ceases to excite our wonder when we remember that the female can every year give birth to more than 9,000,000 at a time."

### BAKED CARP.

242. *INGREDIENTS*—1 carp, forcemeat, bread crumbs, 1 oz. butter, 1/2 pint of stock No. 105, 1/2 pint of port wine, 6 anchovies, 2 onions sliced, 1 bay-leaf, a faggot of sweet herbs, flour to thicken, the juice of 1 lemon; cayenne and salt to taste; 1/2 teaspoonful of powdered sugar.

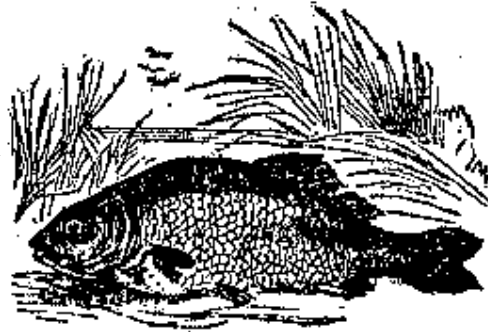
*Mode.*—Stuff the carp with a delicate forcemeat, after thoroughly cleansing it, and sew it up to prevent the stuffing from falling out. Rub it over with an egg, and sprinkle it with bread crumbs, lay it in a deep earthen dish, and drop the butter, oiled, over the bread crumbs. Add the stock, onions, bay-leaf, herbs, wine, and anchovies, and bake for 1 hour. Put 1 oz. of butter into a stewpan, melt it, and dredge in sufficient flour to dry it up; put in the strained liquor from the carp, stir frequently, and when it has boiled, add the lemon-juice and seasoning. Serve the carp on a dish garnished with parsley and cut lemon, and the sauce in a boat.

*Time.*—1-1/4 hour. *Average cost*. Seldom bought.

*Seasonable* from March to October.

*Sufficient* for 1 or 2 persons.

**THE CARP.**—This species of fish inhabit the fresh waters, where they feed on worms, insects, aquatic plants, small fish, clay, or mould. Some of them are migratory. They have very small mouths and no teeth, and the gill membrane has three rays. The body is smooth, and generally whitish. The carp both grows and increases very fast, and is accounted the most valuable of all fish for the stocking of ponds. It has been pronounced the queen of river-fish, and was first introduced to this country about three hundred years ago. Of its sound, or air-bladder, a kind of glue is made, and a green paint of its gall.



### **STEWED CARP.**

**243. INGREDIENTS.**—1 carp, salt, stock No. 105, 2 onions, 6 cloves, 12 peppercorns, 1 blade of mace, 1/4 pint of port wine, the juice of 1/2 lemon, cayenne and salt to taste, a faggot of savoury herbs.

*Mode.*—Scale the fish, clean it nicely, and, if very large, divide it; lay it in the stewpan, after having rubbed a little salt on it, and put in sufficient stock to cover it; add the herbs, onions, and spices, and stew gently for 1 hour, or rather more, should it be very large. Dish up the fish with great care, strain the liquor, and add to it the port wine, lemon-juice, and cayenne; give one boil, pour it over the fish, and serve.

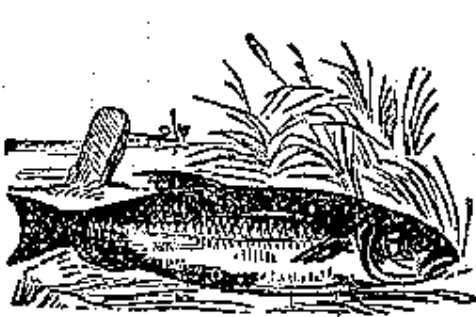
*Time.*—1-1/4 hour. *Average cost.* Seldom bought.

*Seasonable* from March to October.

*Sufficient* for 1 or 2 persons.

*Note.*—This fish can be boiled plain, and served with parsley and butter. Chub and Char may be cooked in the same manner as the above, as also Dace and Roach.

**THE AGE OF CARP.**—This fish has been found to live 150 years. The pond in the garden of Emmanuel College, Cambridge, contained one that had lived there 70 years, and Gesner mentions an instance of one 100 years old. They are, besides, capable of being tamed. Dr. Smith, in his "Tour on the Continent," says, in reference to the prince of Condé's seat at Chantilly, "The most pleasing things about it were the immense shoals of very large carp, silvered over with age, like silver-fish, and perfectly tame; so that, when any passengers approached their watery habitation, they used to come to the shore in such numbers as to heave each other out of the water, begging for bread, of which a quantity was always kept at hand, on purpose to feed them. They would even allow themselves to be handled."



**THE CHUB.**

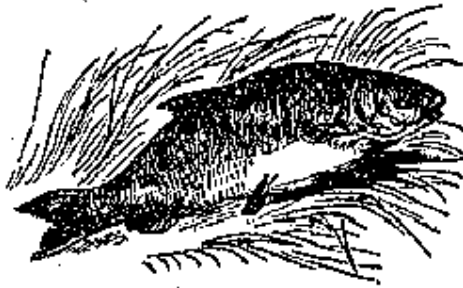


**THE CHAR.**

**THE CHUB.**—This fish takes its name from its , not only in England, but in other countries. It is a river-fish, and resembles the carp, but is somewhat longer. Its flesh is not in much esteem, being coarse, and, when out of season, full of small hairy bones. The head and throat are the best parts. The roe is also good.

**THE CHAR.**—This is one of the most delicious of fish, being esteemed by some superior to the salmon. It is an inhabitant of the deep lakes of mountainous countries. Its flesh is rich and red, and full of fat. The largest and best kind is found in the lakes of Westmoreland, and, as it is considered a rarity, it is often potted and preserved.

**THE DACE, OR DARE.**—This fish is gregarious, and is seldom above ten inches long; although, according to Linnaeus, it grows a foot and a half in length. Its haunts are in deep water, near piles of bridges, where the stream is gentle, over gravelly, sandy, or clayey bottoms; deep holes that are shaded, water-lily leaves, and under the foam caused by an eddy. In the warm months they are to be found in shoals on the shallows near to streams. They are in season about the end of April, and gradually improve till February, when they attain their highest condition. In that month, when just taken, scotched (crimped), and broiled, they are said to be more palatable than a fresh herring.



**THE DACE.**



**THE ROACH.**

**THE ROACH.**—This fish is found throughout Europe, and the western parts of Asia, in deep still rivers, of which it is an inhabitant. It is rarely more than a pound and a half in weight, and is in season from September till March. It is plentiful in England, and the finest are caught in the Thames. The proverb, "as sound as a roach," is derived from the French name of this fish being *roche*, which also means rock.

### **TO DRESS CRAB.**

244. **INGREDIENTS.**—1 crab, 2 tablespoonfuls of vinegar, 1 ditto of oil; salt, white pepper, and cayenne, to taste.



*Mode.*—Empty the shells, and thoroughly mix the meat with the above ingredients, and put it in the large shell. Garnish with slices of cut lemon and parsley. The quantity of oil may be increased when it is much liked. (See Coloured Plate I.)

*Average cost*, from 10d. to 2s.

*Seasonable* all the year; but not so good in May, June, and July.

*Sufficient* for 3 persons.

TO CHOOSE CRAB.—The middle-sized crab is the best; and the crab, like the lobster, should be judged by its weight; for if light, it is watery.

### HOT CRAB.

245. INGREDIENTS.—1 crab, nutmeg, salt and pepper to taste, 3 oz. of butter, 1/4 lb. of bread crumbs, 3 tablespoonfuls of vinegar.

*Mode.*—After having boiled the crab, pick the meat out from the shells, and mix with it the nutmeg and seasoning. Cut up the butter in small pieces, and add the bread crumbs and vinegar. Mix altogether, put the whole in the large shell, and brown before the fire or with a salamander.

*Time.*—1 hour. *Average cost*, from 10d. to 2s.

*Seasonable* all the year; but not so good in May, June, and July.

*Sufficient* for 3 persons.



THE CRAB.

THE CRAB TRIBE.—The whole of this tribe of animals have the body covered with a hard and strong shell, and they live chiefly in the sea. Some, however, inhabit fresh waters, and a few live upon land. They feed variously, on aquatic or marine plants, small fish, molluscae, or dead bodies. The *black-clawed* species is found on the rocky coasts of both Europe and India, and is the same that is introduced to our tables, being much more highly esteemed as a food than many others of the tribe. The most remarkable feature in their history, is the changing of their shells, and the reproduction of their broken claws. The former occurs once a year, usually between Christmas and

Easter, when the crabs retire to cavities in the rocks, or conceal themselves under great stones. Fishermen say that they will live confined in a pot or basket for several months together, without any other food than what is collected from the sea-water; and that, even in this situation, they will not decrease in weight. The *hermit* crab is another of the species, and has the peculiarity of taking possession of the deserted shell of some other animal, as it has none of its own. This circumstance was known to the ancients, and is alluded to in the following lines from Oppian:—

The hermit fish, unarm'd by Nature, left  
Helpless and weak, grow strong by harmless theft.  
Fearful they stroll, and look with panting wish  
For the cast crust of some new-cover'd fish;  
Or such as empty lie, and deck the shore,

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Whose first and rightful owners are no more.  
They make glad seizure of the vacant room,  
And count the borrow'd shell their native home;  
Screw their soft limbs to fit the winding case,  
And boldly herd with the crustaceous race.

### CRAYFISH.

246. Crayfish should be thrown into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in 1/4 hour, take them out and drain them. Let them cool, arrange them on a napkin, and garnish with plenty of double parsley.

*Note.*—This fish is frequently used for garnishing boiled turkey, boiled fowl, calf's head, turbot, and all kinds of boiled fish.

### POTTED CRAYFISH.

247. **INGREDIENTS.**—100 crayfish; pounded mace, pepper and salt to taste, 2 oz. butter.

*Mode.*—Boil the fish in salt and water; pick out all the meat and pound it in a mortar to a paste. Whilst pounding, add the butter gradually, and mix in the spice and seasoning. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

*Time.*—15 minutes to boil the crayfish. *Average cost*, 2s. 9d.

*Seasonable* all the year.

### JOHN DORY.

248. **INGREDIENTS.**—1/4 lb. of salt to each gallon of water.

*Mode.*—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly and cut off the fins; lay it in a fish-kettle, cover with cold water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for 1/4 hour, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

*Time.*—After the water boils, 1/4 to 1/2 hour, according to size.

*Average cost*, 3s. to 5s. *Seasonable* all the year, but best from September to January.

*Note.*—Small John Dorie are very good, baked.

THE DORU, or JOHN DORY.—This fish is of a yellowish golden colour, and is, in general, rare, although it is sometimes taken in abundance on the Devon and Cornish coasts. It is highly esteemed for the table, and its flesh, when dressed, is of a beautiful clear white. When fresh caught, it is tough, and, being a ground fish, it is not the worse for being kept two, or even three days before it is cooked.



THE JOHN DORY.

### BOILED EELS.

249. **INGREDIENTS.**—4 small eels, sufficient water to cover them; a large bunch of parsley.

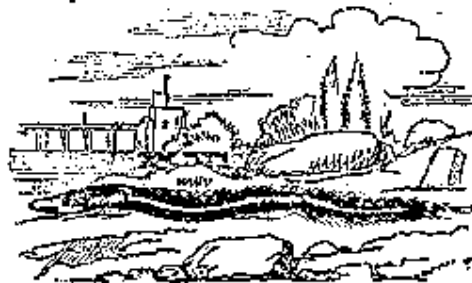
*Mode.*—Choose small eels for boiling; put them in a stewpan with the parsley, and just sufficient water to cover them; simmer till tender. Take them out, pour a little parsley and butter over them, and serve some in a tureen.

*Time.*—1/2 hour. *Average cost*, 6d. per lb.

*Seasonable* from June to March.

*Sufficient* for 4 persons.

THE EEL TRIBE.—The Apodal, or bony-gilled and ventral-finned fish, of which the eel forms the first Linnaean tribe, in their general aspect and manners, approach, in some instances, very nearly to serpents. They have a smooth and slippery skin, are in general naked, or covered with such small, soft, and distant scales, as are scarcely visible. Their bodies are long and slender, and they are supposed to subsist entirely on animal substances. There are about nine species of them, mostly found in the seas. One of them frequents our fresh waters, and three of the others occasionally pay a visit to our shores.



THE EEL.

### STEWED EELS.

#### I.

250. **INGREDIENTS.**—2 lbs. of eels, 1 pint of rich strong stock, No. 104, 1 onion, 3 cloves, a piece of lemon-peel, 1 glass of port or Madeira, 3 tablespoonfuls of cream; thickening of flour; cayenne and lemon-juice to taste.

*Mode.*—Wash and skin the eels, and cut them into pieces about 3 inches long; pepper and salt them, and lay them in a stewpan; pour over the stock, add the onion stuck

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with cloves, the lemon-peel, and the wine. Stew gently for 1/2 hour, or rather more, and lift them carefully on a dish, which keep hot. Strain the gravy, stir to the cream sufficient flour to thicken; mix altogether, boil for 2 minutes, and add the cayenne and lemon-juice; pour over the eels and serve.

*Time.*—3/4 hour. *Average cost* for this quantity, 2s. 3d.

*Seasonable* from June to March.

*Sufficient* for 5 or 6 persons.

THE COMMON EEL.—This fish is known frequently to quit its native element, and to set off on a wandering expedition in the night, or just about the close of day, over the meadows, in search of snails and other prey. It also, sometimes, betakes itself to isolated ponds, apparently for no other pleasure than that which may be supposed to be found in a change of habitation. This, of course, accounts for eels being found in waters which were never suspected to contain them. This rambling disposition in the eel has been long known to naturalists, and, from the following lines, it seems to have been known to the ancients:—

"Thus the mail'd tortoise, and the wand'ring eel,  
Oft to the neighbouring beach will silent steal."

### II.

251. INGREDIENTS.—2 lbs. of middling-sized eels, 1 pint of medium stock, No. 105, 1/4 pint of port wine; salt, cayenne, and mace to taste; 1 teaspoonful of essence of anchovy, the juice of 1/2 a lemon.

*Mode.*—Skin, wash, and clean the eels thoroughly; cut them into pieces 3 inches long, and put them into strong salt and water for 1 hour; dry them well with a cloth, and fry them brown. Put the stock on with the heads and tails of the eels, and simmer for 1/2 hour; strain it, and add all the other ingredients. Put in the eels, and stew gently for 1/2 hour, when serve.

*Time.*—2 hours. *Average cost*, 1s. 9d.

*Seasonable* from June to March.

*Sufficient* for 5 or 6 persons.

### FRIED EELS.

252. INGREDIENTS.—1 lb. of eels, 1 egg, a few bread crumbs, hot lard.

*Mode.*—Wash the eels, cut them into pieces 3 inches long, trim and wipe them very dry; dredge with flour, rub them over with egg, and cover with bread crumbs; fry of a nice brown in hot lard. If the eels are small, curl them round, instead of cutting them up. Garnish with fried parsley.

*Time.*—20 minutes, or rather less. *Average cost*, 6d. per lb.

*Seasonable* from June to March.

*Note.*—Garfish may be dressed like eels, and either broiled or baked.

THE PRODUCTIVENESS OF THE EEL.—"Having occasion," says Dr. Anderson, in the *Bee*, "to be once on a visit to a friend's house on Dee-side, in Aberdeenshire, I frequently delighted to walk by the banks of the river. I, one day, observed something like a black string moving along the edge of the water where it was quite shallow. Upon closer inspection, I discovered that this was a shoal of young eels, so closely joined together as to appear, on a superficial view, on continued body, moving briskly up against the stream. To avoid the retardment they experienced from the force of the current, they kept close along the water's edge the whole of the way, following all the bendings and sinuosities of the river. Where they were embayed, and in still water, the shoal dilated in breadth, so as to be sometimes nearly a foot broad; but when they turned a cape, where the current was strong, they were forced to occupy less space and press close to the shore, struggling very hard till they passed it. This shoal continued to move on, night and day without interruption for several weeks. Their progress might be at the rate of about a mile an hour. It was easy to catch the animals, though they were very active and nimble. They were eels perfectly well formed in every respect, but not exceeding two inches in length. I conceive that the shoal did not contain, on an average, less than from twelve to twenty in breadth; so that the number that passed, on the whole, must have been very great. Whence they came or whither they went, I know not; but the place where I saw this, was six miles from the sea."

### EEL PIE.

253. INGREDIENTS.—1 lb. of eels, a little chopped parsley, 1 shalot; grated nutmeg; pepper and salt to taste; the juice of 1/2 a lemon, small quantity of forcemeat, 1/4 pint of béchamel (see Sauces); puff paste.

*Mode.*—Skin and wash the eels, cut them into pieces 2 inches long, and line the bottom of the pie-dish with forcemeat. Put in the eels, and sprinkle them with the parsley, shalots, nutmeg, seasoning, and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the béchamel hot, and pour it into the pie.

*Time.*—Rather more than 1 hour.

*Seasonable* from August to March.

### COLLARED EEL.

254. INGREDIENTS.—1 large eel; pepper and salt to taste; 2 blades of mace, 2 cloves, a little allspice very finely pounded, 6 leaves of sage, and a small bunch of herbs minced very small.

*Mode.*—Bone the eel and skin it; split it, and sprinkle it over with the ingredients, taking care that the spices are very finely pounded, and the herbs chopped very small. Roll it up and bind with a broad piece of tape, and boil it in water, mixed with a little salt and vinegar, till tender. It may either be served whole or cut in slices; and when cold, the eel should be kept in the liquor it was boiled in, but with a little more vinegar put to it.

*Time.*—2 hours. *Average cost*, 6d. per lb.

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*Seasonable* from August to March.

HAUNTS OF THE EEL.—These are usually in mud, among weeds, under roots or stumps of trees, or in holes in the banks or the bottoms of rivers. Here they often grow to an enormous size, sometimes weighing as much as fifteen or sixteen pounds. They seldom come forth from their hiding-places except in the night; and, in winter, bury themselves deep in the mud, on account of their great susceptibility of cold.

### EELS A LA TARTARE.

255. INGREDIENTS.—2 lbs. of eels, 1 carrot, 1 onion, a little flour, 1 glass of sherry; salt, pepper, and nutmeg to taste; bread crumbs, 1 egg, 2 tablespoonfuls of vinegar.

*Mode*.—Rub the butter on the bottom of the stewpan; cut up the carrot and onion, and stir them over the fire for 5 minutes; dredge in a little flour, add the wine and seasoning, and boil for 1/2 an hour. Skin and wash the eels, cut them into pieces, put them to the other ingredients, and simmer till tender. When they are done, take them out, let them get cold, cover them with egg and bread crumbs, and fry them of a nice brown. Put them on a dish, pour sauce piquante over, and serve them hot.

*Time*.—1-1/2 hour. *Average cost*, 1s. 8d., exclusive of the sauce piquante.

*Seasonable* from August to March. *Sufficient* for 5 or 6 persons.

VORACITY OF THE EEL.—We find in a note upon Isaac Walton, by Sir John Hawkins, that he knew of eels, when kept in ponds, frequently destroying ducks. From a canal near his house at Twickenham he himself missed many young ducks; and on draining, in order to clean it, great numbers of large eels were caught in the mud. When some of these were opened, there were found in their stomachs the undigested heads of the quacking tribe which had become their victims.

### EELS EN MATELOTE.

256. INGREDIENTS.—5 or 6 young onions, a few mushrooms, when obtainable; salt, pepper, and nutmeg to taste; 1 laurel-leaf, 1/2 pint of port wine, 1/2 pint of medium stock, No. 105; butter and flour to thicken; 2 lbs. of eels.

*Mode*.—Rub the stewpan with butter, dredge in a little flour, add the onions cut very small, slightly brown them, and put in all the other ingredients. Wash, and cut up the eels into pieces 3 inches long; put them in the stewpan, and simmer for 1/2 hour. Make round the dish, a border of croutons, or pieces of toasted bread; arrange the eels in a pyramid in the centre, and pour over the sauce. Serve very hot.

*Time*.—3/4 hour. *Average cost*, 1s. 9d. for this quantity.

*Seasonable* from August to March. *Sufficient* for 5 or 6 persons.

TENACITY OF LIFE IN THE EEL.—There is no fish so tenacious of life as this. After it is skinned and cut in pieces, the parts will continue to move for a considerable time, and no fish will live so long out of water.

**THE LAMPREY.**—With the Romans, this fish occupied a respectable rank among the piscine tribes, and in Britain it has at various periods stood high in public favour. It was the cause of the death of Henry I. of England, who ate so much of them, that it brought on an attack of indigestion, which carried him off. It is an inhabitant of the sea, ascending rivers, principally about the end of winter, and, after passing a few months in fresh water, returning again to its oceanic residence. It is most in season in March, April, and May, but is, by some, regarded as an unwholesome food, although looked on by others as a great delicacy. They are dressed as eels.



**THE LAMPREY.**

### **FISH AND OYSTER PIE.**

**257. INGREDIENTS.**—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread crumbs sufficient for the quantity of fish; 1/2 teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley.

*Mode.*—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread crumbs, oysters, nutmeg, and chopped parsley. Repeat this till the dish is quite full. You may form a covering either of bread crumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish, with a line of the paste first laid round the edge. Before putting on the top, pour in some made melted butter, or a little thin white sauce, and the oyster-liquor, and bake.

*Time.*—If made of cooked fish, 1/4 hour; if made of fresh fish and puff-paste, 3/4 hour.

*Average cost,* 1s. 6d.

*Seasonable* from September to April.

*Note.*—A nice little dish may be made by flaking any cold fish, adding a few oysters, seasoning with pepper and salt, and covering with mashed potatoes; 1/4 hour will bake it.

### **FISH CAKE.**

**258. INGREDIENTS.**—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread crumbs and cold potatoes, 1/2 teaspoonful of parsley, 1 egg, bread crumbs.

*Mode.*—Pick the meat from the bones of the fish, which latter put, with the and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread crumbs and cold potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread crumbs, and fry of a light

brown; strain the gravy, pour it over, and stew gently for 1/4 hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley.

*Time*—1/2 hour, after the gravy is made.

### BOILED FLOUNDERS.

259. **INGREDIENTS.**—Sufficient water to cover the flounders, salt in the proportion of 6 oz. to each gallon, a little vinegar.

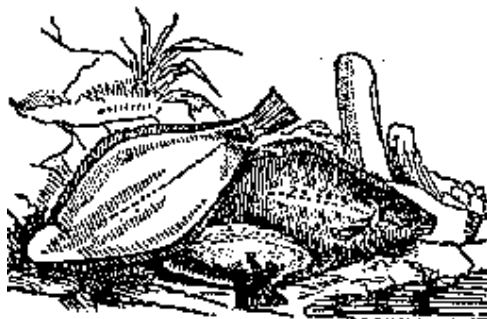
*Mode.*—Pat on a kettle with enough water to cover the flounders, lay in the fish, add salt and vinegar in the above proportions, and when it boils, simmer very gently for 5 minutes. They must not boil fast, or they will break. Serve with plain melted butter, or parsley and butter.

*Time.*—After the water boils, 5 minutes.

*Average cost*, 3d. each.

*Seasonable* from August to November.

THE FLOUNDER.—This comes under the tribe usually denominated Flat-fish, and is generally held in the smallest estimation of any among them. It is an inhabitant of both the seas and the rivers, while it thrives in ponds. On the English coasts it is very abundant, and the London market consumes it in large quantities. It is considered easy of digestion, and the Thames flounder is esteemed a delicate fish.



FLOUNDERS.

### FRIED FLOUNDERS.

260. **INGREDIENTS.**—Flounders, egg, and bread crumbs; boiling lard.

*Mode.*—Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt, to render them firm; wash and wipe them very dry, dip them into egg, and sprinkle over with bread crumbs; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

*Time.*—From 5 to 10 minutes, according to size.

*Average cost*, 3d. each.

*Seasonable* from August to November.

*Sufficient*, 1 for each person.



**GUDGEONS.**

261. **INGREDIENTS.**—Egg and bread crumbs sufficient for the quantity of fish; hot lard.

*Mode.*—Do not scrape off the scales, but take out the gills and inside, and cleanse thoroughly; wipe them dry, flour and dip them into egg, and sprinkle over with bread crumbs. Fry of a nice brown.

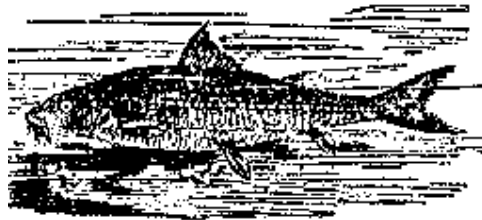
*Time.*—3 or 4 minutes.

*Average cost.* Seldom bought.

*Seasonable* from March to July.

*Sufficient*, 3 for each person.

**THE GUDGEON.**—This is a fresh-water fish, belonging to the carp genus, and is found in placid streams and lakes. It was highly esteemed by the Greeks, and was, at the beginning of supper, served fried at Rome. It abounds both in France and Germany; and is both excellent and numerous in some of the rivers of England. Its flesh is firm, well-flavoured, and easily digested.



**THE GUDGEON.**

**GURNET, or GURNARD.**

262. **INGREDIENTS.**—1 gurnet, 6 oz. of salt to each gallon of water.

*Mode.*—Cleanse the fish thoroughly, and cut off the fins; have ready some boiling water, with salt in the above proportion; put the fish in, and simmer very gently for 1/2 hour. Parsley and butter, or anchovy sauce, should be served with it.

*Time.*—1/2 hour.

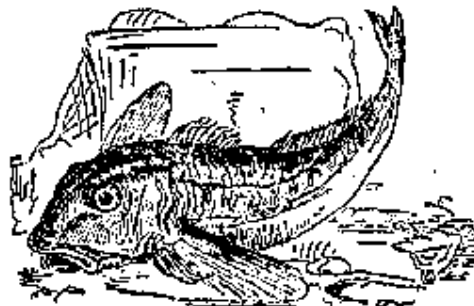
*Average cost.* Seldom bought.

*Seasonable* from October to March, but in perfection in October.

*Sufficient*, a middling sized one for 2 persons.

*Note.*—This fish is frequently stuffed with forcemeat and baked.

**THE GURNET.**—"If I be not ashamed of my soldiers, I am a souced gurnet," says Falstaff; which shows that this fish has been long known in England. It is very common on the British coasts, and is an excellent fish as food.



**THE GURNET.**

### BAKED HADDOCKS.

263. **INGREDIENTS.**—A nice forcemeat (*see* Forcemeats), butter to taste, egg and bread crumbs.

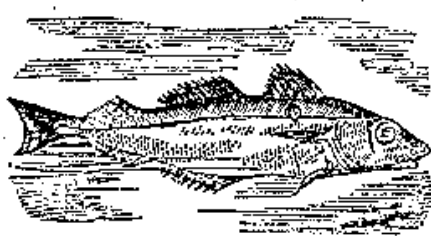
*Mode.*—Scale and clean the fish, without cutting it open much; put in a nice delicate forcemeat, and sew up the slit. Brush it over with egg, sprinkle over bread crumbs, and baste frequently with butter. Garnish with parsley and cut lemon, and serve with a nice brown gravy, plain melted butter, or anchovy sauce. The egg and bread crumbs can be omitted, and pieces of butter placed over the fish.

*Time.*—Large haddock, 3/4 hour; moderate size, 1/4 hour.

*Seasonable* from August to February.

*Average cost*, from 9d. upwards.

*Note.*—Haddocks may be filleted, rubbed over with egg and bread crumbs, and fried a nice brown; garnish with crisped parsley.



THE HADDOCK.

THE HADDOCK.—This fish migrates in immense shoals, and arrives on the Yorkshire coast about the middle of winter. It is an inhabitant of the northern seas of Europe, but does not enter the Baltic, and is not known in the Mediterranean. On each side of the body, just beyond the gills, it has a dark spot, which superstition asserts to be the impressions of the finger and thumb of St. Peter, when taking the tribute money out of a fish of this species.

### BOILED HADDOCK.

264. **INGREDIENTS.**—Sufficient water to cover the fish; 1/4 lb. of salt to each gallon of water.

*Mode.*—Scrape the fish, take out the inside, wash it thoroughly, and lay it in a kettle, with enough water to cover it and salt in the above proportion. Simmer gently from 15 to 20 minutes, or rather more, should the fish be very large. For small haddocks, fasten the tails in their mouths, and put them into boiling water. 10 to 15 minutes will cook them. Serve with plain melted butter, or anchovy sauce.

*Time.*—Large haddock, 1/2 hour; small, 1/4 hour, or rather less.

*Average cost*, from 9d. upwards.

*Seasonable* from August to February.

**WEIGHT OF THE HADDOCK.**—The haddock seldom grows to any great size. In general, they do not weigh more than two or three pounds, or exceed ten or twelve inches in size. Such

are esteemed very delicate eating; but they have been caught three feet long, when their flesh is coarse.

### **DRIED HADDOCK.**

#### **I.**

265. Dried haddock should be gradually warmed through, either before or over a nice clear fire. Rub a little piece of butter over, just before sending it to table.

#### **II.**

266. **INGREDIENTS.**—1 large thick haddock, 2 bay-leaves, 1 small bunch of savoury herbs, not forgetting parsley, a little butter and pepper; boiling water.

*Mode.*—Cut up the haddock into square pieces, make a basin hot by means of hot water, which pour out. Lay in the fish, with the bay-leaves and herbs; cover with boiling water; put a plate over to keep in the steam, and let it remain for 10 minutes. Take out the slices, put them in a hot dish, rub over with butter and pepper, and serve.

*Time.*—10 minutes. *Seasonable* at any time, but best in winter.

**THE FINNAN HADDOCK.**—This is the common haddock cured and dried, and takes its name from the fishing-village of Findhorn, near Aberdeen, in Scotland, where the art has long attained to perfection. The haddocks are there hung up for a day or two in the smoke of peat, when they are ready for cooking, and are esteemed, by the Scotch, a great delicacy. In London, an imitation of them is made by washing the fish over with pyroligneous acid, and hanging it up in a dry place for a few days.

### **RED HERRINGS, or YARMOUTH BLOATERS.**

267. The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast. If very dry, soak in warm water 1 hour before dressing.

**THE RED HERRING.**—*Red* herrings lie twenty-four hours in the brine, when they are taken out and hung up in a smoking-house formed to receive them. A brushwood fire is then kindled beneath them, and when they are sufficiently smoked and dried, they are put into barrels for carriage.

### **BAKED WHITE HERRINGS.**

268. **INGREDIENTS.**—12 herrings, 4 bay-leaves, 12 cloves, 12 allspice, 2 small blades of mace, cayenne pepper and salt to taste, sufficient vinegar to fill up the dish.

*Mode.*—Take the herrings, cut off the heads, and gut them. Put them in a pie-dish, heads and tails alternately, and, between each layer, sprinkle over the above ingredients. Cover the fish with the vinegar, and bake for 1/2 hour, but do not use it till quite cold. The herrings may be cut down the front, the backbone taken out, and closed again. Sprats done in this way are very delicious.

*Time.*—1/2 an hour.

*Average cost*, 1d. each.

**TO CHOOSE THE HERRING.**—The more scales this fish has, the surer the sign of its freshness. It should also have a bright and silvery look; but if red about the , it is a sign that it has been dead for some time.

**THE HERRING.**—The herring tribe are found in the greatest abundance in the highest northern latitudes, where they find a quiet retreat, and security from their numerous enemies. Here they multiply beyond expression, and, in shoals, come forth from their icy region to visit other portions of the great deep. In June they are found about Shetland, whence they proceed down to the Orkneys, where they divide, and surround the islands of Great Britain and Ireland. The principal British herring-fisheries are off the Scotch and Norfolk coasts; and the fishing is always carried on by means of nets, which are usually laid at night; for, if stretched by day, they are supposed to frighten the fish away. The moment the herring is taken out of the water it dies. Hence the origin of the common saying, "dead as a herring."



**THE HERRING.**

### **KEGEREE.**

**269. INGREDIENTS.**—Any cold fish, 1 teacupful of boiled rice, 1 oz. of butter, 1 teaspoonful of mustard, 2 soft-boiled eggs, salt and cayenne to taste.

*Mode.*—Pick the fish carefully from the bones, mix with the other ingredients, and serve very hot. The quantities may be varied according to the amount of fish used.

*Time.*—1/4 hour after the rice is boiled.

*Average cost*, 5d., exclusive of the fish.

### **TO BOIL LOBSTERS.**

**270. INGREDIENTS.**—1/4 lb. of salt to each gallon of water.

*Mode.*—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is incrustated, it is a sign they are old: medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the above proportion; put in the lobster, and keep it boiling quickly from 20 minutes to 3/4 hour, according to its size, and do not forget to skim well. If it boils too long, the meat becomes thready, and if not done enough, the spawn is not red: this must be obviated by great attention. Hub the shell over with a little butter or sweet oil, which wipe off again.

*Time.*—Small lobster, 20 minutes to 1/2 hour; large ditto, 1/2 to 1/3 hour.

*Average cost*, medium size, 1s. 6d. to 2s. 6d.

*Seasonable* all the year, but best from March to October.

**TO CHOOSE LOBSTERS.**—This shell-fish, if it has been cooked alive, as it ought to have been, will have a stiffness in the tail, which, if gently raised, will return with a spring. Care, however, must be taken in thus proving it; for if the tail is pulled straight out, it will not return; when the fish might be pronounced inferior, which, in reality, may not be the case. In order to be good, lobsters should be weighty for their bulk; if light, they will be watery; and those of the medium size, are always the best. Small-sized lobsters are cheapest, and answer very well for sauce. In boiling lobsters, the appearance of the shell will be much improved by rubbing over it a little butter or salad-oil on being immediately taken from the pot.



**THE LOBSTER.**

**THE LOBSTER.**—This is one of the crab tribe, and is found on most of the rocky coasts of Great Britain. Some are caught with the hand, but the larger number in pots, which serve all the purposes of a trap, being made of osiers, and baited with garbage. They are shaped like a wire mousetrap; so that when the lobsters once enter them, they cannot get out again. They are fastened to a cord and sunk in the sea, and their place marked by a buoy. The fish is very prolific, and deposits of its eggs in the sand, where they are soon hatched. On the coast of Norway, they are very abundant, and it is from there that the English metropolis is mostly supplied. They are rather indigestible, and, as a food, not

so nutritive as they are generally supposed to be.

### **HOT LOBSTER.**

**271. INGREDIENTS.**—1 lobster, 2 oz. of butter, grated nutmeg; salt, pepper, and pounded mace, to taste; bread crumbs, 2 eggs.

*Mode.*—Pound the meat of the lobster to a smooth paste with the butter and seasoning, and add a few bread crumbs. Beat the eggs, and make the whole mixture into the form of a lobster; pound the spawn, and sprinkle over it. Bake 1/4 hour, and just before serving, lay over it the tail and body shell, with the small claws underneath, to resemble a lobster.

*Time.*—1/4 hour. *Average cost*, 2s. 6d.

*Seasonable* at any time.

*Sufficient* for 4 or 5 persons.

### **LOBSTER SALAD.**

**272. INGREDIENTS.**—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing, equal quantities of oil and vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs; cayenne and salt to taste; 3 teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy-looking sauce.

*Mode.*—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly throw in the small salad.

## THE BOOK OF HOUSEHOLD MANAGEMENT

Mix all well together with the pickings from the body of the lobster; pick the meat from the shell, cut it up into nice square pieces, put half in the salad, the other half reserve for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs; chop the whites very fine, and rub the yolks through a sieve, and afterwards the coral from the inside. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral, and beetroot placed alternately, and arranged in small separate bunches, so that the colours contrast nicely.

*Average cost, 3s. 6d. Sufficient for 4 or 5 persons.*

*Seasonable* from April to October; may be had all the year, but salad is scarce and expensive in winter.

*Note.*—A few crayfish make a pretty garnishing to lobster salad.

THE SHELL OF THE LOBSTER.—Like the others of its tribe, the lobster annually casts its shell. Previously to its throwing off the old one, it appears sick, languid, and restless, but in the course of a few days it is entirely invested in its new coat of armour. Whilst it is in a defenceless state, however, it seeks some lonely place, where it may lie undisturbed, and escape the horrid fate of being devoured by some of its own species who have the advantage of still being encased in their mail.

### LOBSTER

(a la Mode Francaise).

273. INGREDIENTS.—1 lobster, 4 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pounded mace, and cayenne to taste; bread crumbs.

*Mode.*—Pick the meat from the shell, and cut it up into small square pieces; put the stock, cream, and seasoning into a stewpan, add the lobster, and let it simmer gently for 6 minutes. Serve it in the shell, which must be nicely cleaned, and have a border of puff-paste; cover it with bread crumbs, place small pieces of butter over, and brown before the fire, or with a salamander.

*Time.*—1/4 hour. *Average cost, 2s. 6d.*

*Seasonable* at any time.

CELERITY OF THE LOBSTER.—In its element, the lobster is able to run with great speed upon its legs, or small claws, and, if alarmed, to spring, tail foremost, to a considerable distance, "even," it is said, "with the swiftness of a bird flying." Fishermen have seen some of them pass about thirty feet with a wonderful degree of swiftness. When frightened, they will take their spring, and, like a chamois of the Alps, plant themselves upon the very spot upon which they designed to hold themselves.

### LOBSTER CURRY

(an Entree).

274. INGREDIENTS.—1 lobster, 2 onions, 1 oz. butter, 1 tablespoonful of curry-powder, 1/2 pint of medium stock, No. 105, the juice of 1/2 lemon.

*Mode*.—Pick the meat from the shell, and cut it into nice square pieces; fry the onions of a pale brown in the butter, stir in the curry-powder and stock, and simmer till it thickens, when put in the lobster; stew the whole slowly for 1/2 hour, and stir occasionally; and just before sending to table, put in the lemon-juice. Serve boiled rice with it, the same as for other curries.

*Time*.—Altogether, 3/4 hour. *Average cost*, 3s.

*Seasonable* at any time.

### **LOBSTER CUTLETS**

(an Entree).

275. **INGREDIENTS**.—1 large hen lobster, 1 oz. fresh butter, 1/2 saltspoonful of salt, pounded mace, grated nutmeg, cayenne and white pepper to taste, egg, and bread crumbs.

*Mode*.—Pick the meat from the shell, and pound it in a mortar with the butter, and gradually add the mace and seasoning, well mixing the ingredients; beat all to a smooth paste, and add a little of the spawn; divide the mixture into pieces of an equal size, and shape them like cutlets. They should not be very thick. Brush them over with egg, and sprinkle with bread crumbs, and stick a short piece of the small claw in the top of each; fry them of a nice brown in boiling lard, and drain them before the fire, on a sieve reversed; arrange them nicely on a dish, and pour béchamel in the middle, but not over the cutlets.

*Time*.—About 8 minutes after the cutlets are made.

*Average cost* for this dish, 2s. 9d.

*Seasonable* all the year. *Sufficient* for 5 or 6 persons.

ANCIENT MODE OF COOKING THE LOBSTER.—When this fish was to be served for the table, among the ancients, it was opened lengthwise, and filled with a gravy composed of coriander and pepper. It was then put on the gridiron and slowly cooked, whilst it was being basted with the same kind of gravy with which the flesh had become impregnated.

### **TO DRESS LOBSTERS.**

276. When the lobster is boiled, rub it over with a little salad-oil, which wipe off again; separate the body from the tail, break off the great claws, and crack them at the joints, without injuring the meat; split the tail in halves, and arrange all neatly in a dish, with the body upright in the middle, and garnish with parsley.

### **LOBSTER PATTIES (an Entree).**

277. **INGREDIENTS**.—Minced lobster, 4 tablespoonfuls of béchamel, 6 drops of anchovy sauce, lemon-juice, cayenne to taste.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Line the patty-pans with puff-paste, and put into each a small piece of bread: cover with paste, brush over with egg, and bake of a light colour. Take as much lobster as is required, mince the meat very fine, and add the above ingredients; stir it over the fire for 6 minutes; remove the lids of the patty-cases, take out the bread, fill with the mixture, and replace the covers.

*Seasonable* at any time.

LOCAL ATTACHMENT OF THE LOBSTER.—It is said that the attachment of this animal is strong to some particular parts of the sea, a circumstance celebrated in the following lines:—

"Nought like their home the constant lobsters prize,  
And foreign shores and seas unknown despise.  
Though cruel hands the banish'd wretch expel,  
And force the captive from his native cell,  
He will, if freed, return with anxious care,  
Find the known rock, and to his home repair;  
No novel customs learns in different seas,  
But wonted food and home-taught manners please."

### POTTED LOBSTER.

278. INGREDIENTS.—2 lobsters; seasoning to taste, of nutmeg, pounded mace, white pepper, and salt; 1/4 lb. of butter, 3 or 4 bay-leaves.

*Mode.*—Take out the meat carefully from the shell, but do not cut it up. Put some butter at the bottom of a dish, lay in the lobster as evenly as possible, with the bay-leaves and seasoning between. Cover with butter, and bake for 3/4 hour in a gentle oven. When done, drain the whole on a sieve, and lay the pieces in potting-jars, with the seasoning about them. When cold, pour over it clarified butter, and, if very highly seasoned, it will keep some time.

*Time.*—3/4 hour. *Average cost* for this quantity, 4s. 4d.

*Seasonable* at any time.

*Note.*—Potted lobster may be used cold, or as *fricassee* with cream sauce.

How the Lobster Feeds.—The pincers of the lobster's large claws are furnished with nobs, and those of the other, are always serrated. With the former, it keeps firm hold of the stalks of submarine plants, and with the latter, it cuts and minces its food with great dexterity. The knobbed, or numb claw, as it is called by fishermen, is sometimes on the right and sometimes on the left, indifferently.

### BAKED MACKEREL.

279. INGREDIENTS.—4 middling-sized mackerel, a nice delicate forcemeat (*see* Forcemeats), 3 oz. of butter; pepper and salt to taste.



MRS. ISABELLA BEETON

*Mode*.—Clean the fish, take out the roes, and fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for 1/2 an hour, and either serve with plain melted butter or a *maître d'hôtel* sauce.

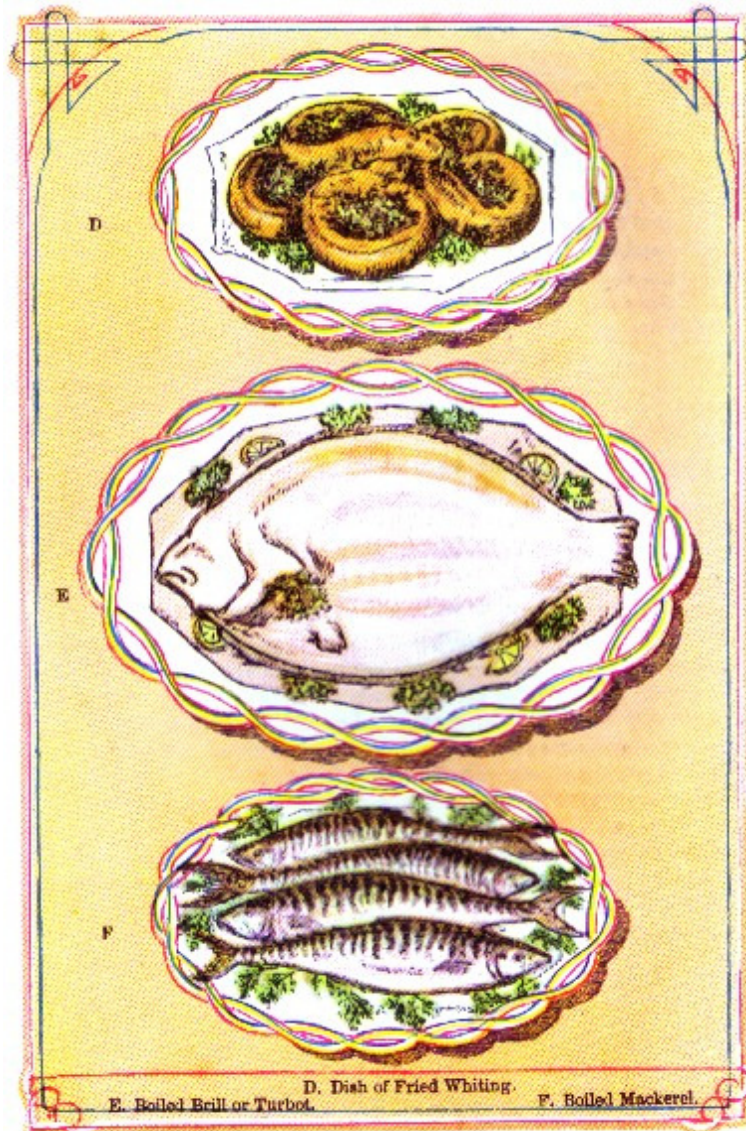
*Time*.—1/2 hour. *Average cost* for this quantity, 1s. 10d.

*Seasonable* from April to July.

*Sufficient* for 6 persons.

*Note*.—Baked mackerel may be dressed in the same way as baked herrings (*see* No. 268), and may also be stewed in wine.

WEIGHT OF THE MACKEREL.—The greatest weight of this fish seldom exceeds 2 lbs., whilst their ordinary length runs between 14 and 20 inches. They die almost immediately after they are taken from their element, and, for a short time, exhibit a phosphoric light.



### BOILED MACKEREL.

280. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

*Mode*.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover it with salt as above; bring it gradually to boil, skim well, and simmer gently till done; dish them on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is sometimes served with it.

*Time*.—After the water boils, 10 minutes; for large mackerel, allow more time.

*Average cost*, from 4d.

*Seasonable* from April to July.

*Note.*—When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this, besides, in a tureen.

#### BROILED MACKEREL.

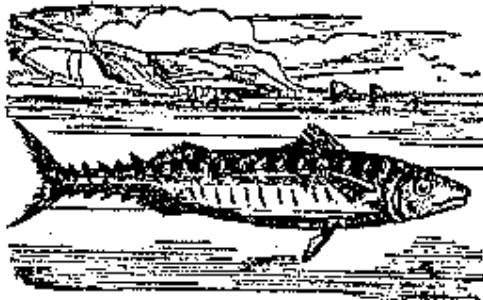
281. INGREDIENTS.—Pepper and salt to taste, a small quantity of oil.

*Mode.*—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and insides. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 15 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maître d'hôtel* sauce in a tureen.

*Time.*—Small mackerel 15 minutes. *Average cost*, from 4d.

*Seasonable* from April to July.

THE MACKEREL.—This is not only one of the most elegantly-formed, but one of the most beautifully-coloured fishes, when taken out of the sea, that we have. Death, in some degree, impairs the vivid splendour of its colours; but it does not entirely obliterate them. It visits the shores of Great Britain in countless shoals, appearing about March, off the Land's End; in the bays of Devonshire, about April; off Brighton in the beginning of May; and on the coast of Suffolk about the beginning of June. In the Orkneys they are seen till August; but the greatest fishery is on the west coasts of England.



THE MACKEREL.

TO CHOOSE MACKEREL.—In choosing this fish, purchasers should, to a great extent, be regulated by the brightness of its appearance. If it have a transparent, silvery hue, the flesh is good; but if it be red about the , it is stale.

#### FILLETS OF MACKEREL.

282. INGREDIENTS.—2 large mackerel, 1 oz. butter, 1 small bunch of chopped herbs, 3 tablespoonfuls of medium stock, No. 105, 3 tablespoonfuls of béchamel (*see* Sauces); salt, cayenne, and lemon-juice to taste.

*Mode.*—Clean the fish, and fillet it; scald the herbs, chop them fine, and put them with the butter and stock into a stewpan. Lay in the mackerel, and simmer very gently for 10 minutes; take them out, and put them on a hot dish. Dredge in a little flour, add the other ingredients, give one boil, and pour it over the mackerel.

*Time.*—20 minutes. *Average cost* for this quantity, 1s. 6d.

*Seasonable* from April to July.

*Sufficient* for 4 persons.

*Note*.—Fillets of mackerel may be covered with egg and bread crumbs, and fried of a nice brown. Serve with *maître d'hôtel* sauce and plain melted butter.

THE VORACITY OF THE MACKEREL.—The voracity of this fish is very great, and, from their immense numbers, they are bold in attacking objects of which they might, otherwise, be expected to have a wholesome dread. Pontoppidan relates an anecdote of a sailor belonging to a ship lying in one of the harbours on the coast of Norway, who, having gone into the sea to bathe, was suddenly missed by his companions; in the course of a few minutes, however, he was seen on the surface, with great numbers of mackerel clinging to him by their mouths. His comrades hastened in a boat to his assistance; but when they had struck the fishes from him and got him up, they found he was so severely bitten, that he shortly afterward expired.

### PICKLED MACKEREL.

283. INGREDIENTS.—12 peppercorns, 2 bay-leaves, 1/2 pint of vinegar, 4 mackerel.

*Mode*.—Boil the mackerel as in the recipe No. 282, and lay them in a dish; take half the liquor they were boiled in; add as much vinegar, peppercorns, and bay-leaves; boil for 10 minutes, and when cold, pour over the fish.

*Time*.—1/2 hour.

*Average cost*, 1s. 6d.

MACKEREL GARUM.—This brine, so greatly esteemed by the ancients, was manufactured from various kinds of fishes. When mackerel was employed, a few of them were placed in a small vase, with a large quantity of salt, which was well stirred, and then left to settle for some hours. On the following day, this was put into an earthen pot, which was uncovered, and placed in a situation to get the rays of the sun. At the end of two or three months, it was hermetically sealed, after having had added to it a quantity of old wine, equal to one third of the mixture.

### GREY MULLET.

284. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

*Mode*.—If the fish be very large, it should be laid in cold water, and gradually brought to a boil; if small, put it in boiling water, salted in the above proportion. Serve with anchovy sauce and plain melted butter.

*Time*.—According to size, 1/4 to 3/4 hour.

*Average cost*, 8d. per lb.

*Seasonable* from July to October.

THE GREY MULLET.—This is quite a different fish from the red mullet, is abundant on the sandy coasts of Great Britain, and ascends rivers for miles. On the south



THE GREY MULLET.

coast it is very plentiful, and is considered a fine fish. It improves more than any other salt-water fish when kept in ponds.

### RED MULLET.

285. **INGREDIENTS.**—Oiled paper, thickening of butter and flour, 1/2 teaspoonful of anchovy sauce, 1 glass of sherry; cayenne and salt to taste.

*Mode.*—Clean the fish, take out the gills, but leave the inside, fold in oiled paper, and bake them gently. When done, take the liquor that flows from the fish, add a thickening of butter kneaded with flour; put in the other ingredients, and let it boil for 2 minutes. Serve the sauce in a tureen, and the fish, either with or without the paper cases.

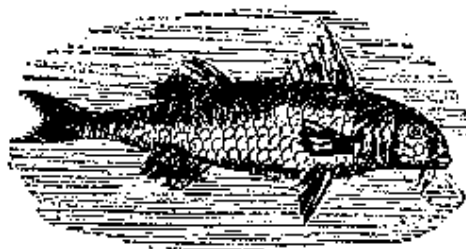
*Time.*—About 25 minutes.

*Average cost,* 1s. each.

*Seasonable* at any time, but more plentiful in summer.

*Note.*—Red mullet may be broiled, and should be folded in oiled paper, the same as in the preceding recipe, and seasoned with pepper and salt. They may be served without sauce; but if any is required, use melted *butter*, Italian or anchovy sauce. They should never be plain boiled.

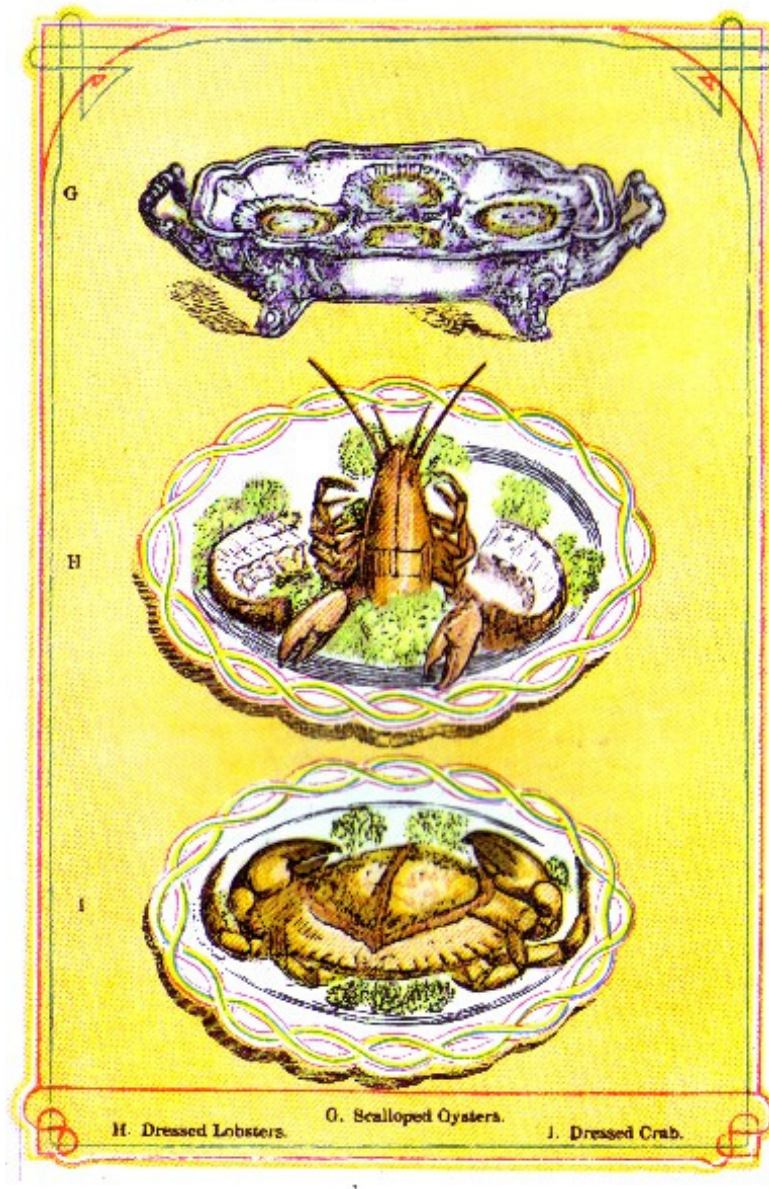
**THE STRIPED RED MULLET.**—This fish was very highly esteemed by the ancients, especially by the Romans, who gave the most extravagant prices for it. Those of 2 lbs. weight were valued at about £15 each; those of 4 lbs. at £60, and, in the reign of Tiberius, three of them were sold for £209. To witness the changing loveliness of their colour during their dying agonies, was one of the principal reasons that such a high price was paid for one of these fishes. It frequents our Cornish and Sussex coasts, and is in high request, the flesh being firm, white, and well flavoured.



**THE STRIPED RED MULLET.**



MODERN MODE OF SERVING DISHES.



**FRIED OYSTERS.**

286. **INGREDIENTS.**—3 dozen oysters, 2 oz. butter, 1 tablespoonful of ketchup, a little chopped lemon-peel, 1/2 teaspoonful of chopped parsley.

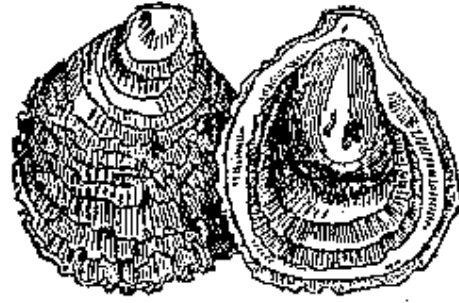
*Mode.*—Boil the oysters for 1 minute in their own liquor, and drain them; fry them with the butter, ketchup, lemon-peel, and parsley; lay them on a dish, and garnish with fried potatoes, toasted sippets, and parsley. This is a delicious delicacy, and is a favourite Italian dish.

*Time.*—5 minutes. *Average cost* for this quantity, 1s. 9d.

*Seasonable* from September to April.

*Sufficient* for 4 persons.

THE EDIBLE OYSTER:—This shell-fish is almost universally distributed near the shores of seas in all latitudes, and they especially abound on the coasts of France and Britain. The coasts most celebrated, in England, for them, are those of Essex and Suffolk. Here they are dredged up by means of a net with an iron scraper at the mouth, that is dragged by a rope from a boat over the beds. As soon as taken from their native beds, they are stored in pits, formed for the purpose, furnished with sluices, through which, at the spring tides, the water is suffered to flow. This water, being stagnant, soon becomes green in warm weather; and, in a few days afterwards, the oysters acquire the same tinge, which increases their value in the market. They do not, however, attain their perfection and become fit for sale till the end of six or eight weeks. Oysters are not considered proper for the table till they are about a year and a half old; so that the brood of one spring are not to be taken for sale, till, at least, the September twelvemonth afterwards.



THE EDIBLE OYSTER.

### SCALLOPED OYSTERS.

#### I.

287. INGREDIENTS.—Oysters, say 1 pint, 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter.

*Mode.*—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor free from grit. Put 1 oz. of batter into a stewpan; when melted, dredge in sufficient flour to dry it up; add the stock, cream, and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, but not boil. Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and serve quickly, and very hot.

*Time.*—Altogether, 1/4 hour.

*Average cost* for this quantity, 3s. 6d.

*Sufficient* for 5 or 6 persons.

#### II.

Prepare the oysters as in the preceding recipe, and put them in a scallop-shell or saucer, and between each layer sprinkle over a few bread crumbs, pepper, salt, and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient bread crumbs on the top to make a smooth surface, as the oysters should not be seen.

*Time.*—About 1/4 hour.

*Average cost*, 3s. 2d.

*Seasonable* from September to April.

### STEWED OYSTERS.

288. **INGREDIENTS.**—1 pint of oysters, 1 oz. of butter, flour, 1/3 pint of cream; cayenne and salt to taste; 1 blade of pounded mace.

*Mode.*—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor; put the butter into a stewpan, dredge in sufficient flour to dry it up, add the oyster-liquor and mace, and stir it over a sharp fire with a wooden spoon; when it comes to a boil, add the cream, oysters, and seasoning. Let all simmer for 1 or 2 minutes, but not longer, or the oysters would harden. Serve on a hot dish, and garnish with croutons, or toasted sippets of bread. A small piece of lemon-peel boiled with the oyster-liquor, and taken out before the cream is added, will be found an improvement.

*Time.*—Altogether 15 minutes.

*Average cost* for this quantity, 3s. 6d.

*Seasonable* from September to April.

*Sufficient* for 6 persons.

THE OYSTER AND THE SCALLOP.—The oyster is described as a bivalve shell-fish, having the valves generally unequal. The hinge is without teeth, but furnished with a somewhat oval cavity, and mostly with lateral transverse grooves. From a similarity in the structure of the hinge, oysters and scallops have been classified as one tribe; but they differ very essentially both in their external appearance and their habits. Oysters adhere to rocks, or, as in two or three species, to roots of trees on the shore; while the scallops are always detached, and usually lurk in the sand.

### OYSTER PATTIES

(an Entree).

289. **INGREDIENTS.**—2 dozen oysters, 2 oz. butter, 3 tablespoonfuls of cream, a little lemon-juice, 1 blade of pounded mace; cayenne to taste.

*Mode.*—Scald the oysters in their own liquor, beard them, and cut each one into 3 pieces. Put the butter into a stewpan, dredge in sufficient flour to dry it up; add the strained oyster-liquor with the other ingredients; put in the oysters, and let them heat gradually, but not boil fast. Make the patty-cases as directed for lobster patties, No. 277: fill with the oyster mixture, and replace the covers.

*Time.*—2 minutes for the oysters to simmer in the mixture.

*Average cost*, exclusive of the patty-cases, 1s. 1d.

*Seasonable* from September to April.



MRS. ISABELLA BEETON

THE OYSTER FISHERY.—The oyster fishery in Britain is esteemed of so much importance, that it is regulated by a Court of Admiralty. In the month of May, the fishermen are allowed to take the oysters, in order to separate the spawn from the cultch, the latter of which is thrown in again, to preserve the bed for the future. After this month, it is felony to carry away the cultch, and otherwise punishable to take any oyster, between the shells of which, when closed, a shilling will rattle.

**TO KEEP OYSTERS.**

290. Put them in a tub, and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out, and allowed to stand for another 12 hours without water. If left without water every alternate 12 hours, they will be much better than if constantly kept in it. Never put the same water twice to them.

**OYSTERS FRIED IN BATTER.**

291. INGREDIENTS.—1/2 pint of oysters, 2 eggs, 1/2 pint of milk, sufficient flour to make the batter; pepper and salt to taste; when liked, a little nutmeg; hot lard.

*Mode.*—Scald the oysters in their own liquor, beard them, and lay them on a cloth, to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning, and put the oysters in the batter. Make some lard hot in a deep frying-pan, put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread crumbs should be added to the flour.

*Time.*—5 or 6 minutes.

*Average cost* for this quantity, 1s. 10d.

*Seasonable* from September to April.

*Sufficient* for 3 persons.

EXCELLENCE OF THE ENGLISH OYSTER.—The French assert that the English oysters, which are esteemed the best in Europe, were originally procured from Canelle Bay, near St. Malo; but they assign no proof for this. It is a fact, however, that the oysters eaten in ancient Rome were nourished in the channel which then parted the Isle of Thanet from England, and which has since been filled up, and converted into meadows.

**BOILED PERCH.**

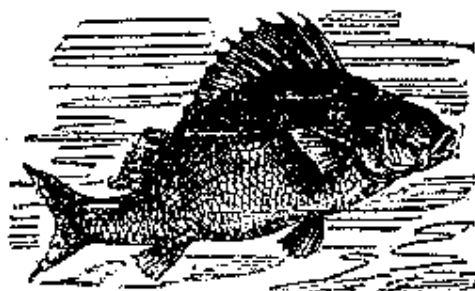
292. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

*Mode.*—Scale the fish, take out the gills and clean it thoroughly; lay it in boiling water, salted as above, and simmer gently for 10 minutes. If the fish is very large, longer time must be allowed. Garnish with parsley, and serve with plain melted butter, or Dutch sauce. Perch do not preserve so good a flavour when stewed as when dressed in any other way.

*Time.*—Middling-sized perch, 1/4 hour.

*Seasonable* from September to November.

*Note.*—Tench may be boiled the same way, and served with the same sauces.



THE PERCH.

THE PERCH.—This is one of the best, as it is one of the most common, of our fresh-water fishes, and is found in nearly all the lakes and rivers in Britain and Ireland, as well as through the whole of Europe within the temperate zone. It is extremely voracious, and it has the peculiarity of being gregarious, which is contrary to the nature of all fresh-water fishes of prey. The best season to angle for it is from the beginning of May to the middle of July. Large numbers of this fish are bred in the Hampton Court and Bushy Park ponds, all of which are well

supplied with running water and with plenty of food; yet they rarely attain a large size. In the Regent's Park they are also very numerous; but are seldom heavier than three quarters of a pound.

### FRIED PERCH.

293. INGREDIENTS.—Egg and bread crumbs, hot lard.

*Mode.*—Scale and clean the fish, brush it over with egg, and cover with bread crumbs. Have ready some boiling lard; put the fish in, and fry a nice brown. Serve with plain melted butter or anchovy sauce.

*Time.*—10 minutes.

*Seasonable* from September to November.

*Note.*—Fry tench in the same way.

### PERCH STEWED WITH WINE.

294. INGREDIENTS.—Equal quantities of stock No. 105 and sherry, 1 bay-leaf, 1 clove of garlic, a small bunch of parsley, 2 cloves, salt to taste; thickening of butter and flour, pepper, grated nutmeg, 1/2 teaspoonful of anchovy sauce.

*Mode.*—Scale the fish and take out the gills, and clean them thoroughly; lay them in a stewpan with sufficient stock and sherry just to cover them. Put in the bay-leaf, garlic, parsley, cloves, and salt, and simmer till tender. When done, take out the fish, strain the liquor, add a thickening of butter and flour, the pepper, nutmeg, and the anchovy sauce, and stir it over the fire until somewhat reduced, when pour over the fish, and serve.

*Time.*—About 20 minutes.

*Seasonable* from September to November.

### BOILED PIKE.

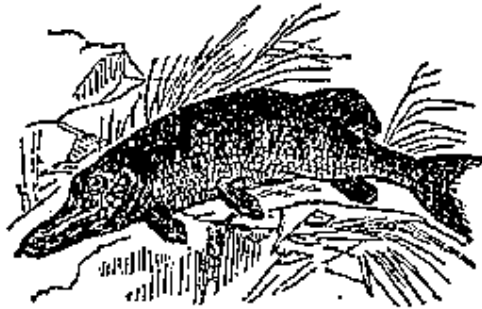
295. INGREDIENTS.—1/4 lb. of salt to each gallon of water; a little vinegar.

*Mode*.—Scale and clean the pike, and fasten the tail in its mouth by means of a skewer. Lay it in cold water, and when it boils, throw in the salt and vinegar. The time for boiling depends, of course, on the size of the fish; but a middling-sized pike will take about 1/2 an hour. Serve with Dutch or anchovy sauce, and plain melted butter.

*Time*.—According to size, 1/2 to 1 hour.—*Average cost*. Seldom bought.

*Seasonable* from September to March.

THE PIKE.—This fish is, on account of its voracity, termed the freshwater shark, and is abundant in most of the European lakes, especially those of the northern parts. It grows to an immense size, some attaining to the measure of eight feet, in Lapland and Russia. The smaller lakes, of this country and Ireland, vary in the kinds of fish they produce; some affording trout, others pike; and so on. Where these happen to be together, however, the trout soon becomes extinct. "Within a short distance of Castlebar," says a writer on sports, "there is a small bog-lake called Derreens. Ten years ago it was celebrated for its numerous well-sized trouts. Accidentally pike effected a passage into the lake from the Minola river, and now the trouts are extinct, or, at least, none of them are caught or seen. Previous to the intrusion of the pikes, half a dozen trouts would be killed in an evening in Derreens, whose collective weight often amounted to twenty pounds." As an eating fish, the pike is in general dry.



THE PIKE.

### BAKED PIKE.

296. INGREDIENTS.—1 or 2 pike, a nice delicate stuffing (*see* Force-meats), 1 egg, bread crumbs, 1/4 lb. butter.

*Mode*.—Scale the fish, take out the gills, wash, and wipe it thoroughly dry; stuff it with forcemeat, sew it up, and fasten the tail in the mouth by means of a skewer; brush it over with egg, sprinkle with bread crumbs, and baste with butter, before putting it in the oven, which must be well heated. When the pike is of a nice brown colour, cover it with buttered paper, as the outside would become too dry. If 2 are dressed, a little variety may be made by making one of them green with a little chopped parsley mixed with the bread crumbs. Serve anchovy or Dutch sauce, and plain melted butter with it.

*Time*.—According to size, 1 hour, more or less.

*Average cost*.—Seldom bought.

*Seasonable* from September to March.

*Note.*—Pike à la génévèse may be stewed in the same manner as salmon à la génévèse.

### FRIED PLAICE.

297. INGREDIENTS.—Hot lard, or clarified dripping; egg and bread crumbs.

*Mode.*—This fish is fried in the same manner as soles. Wash and wipe them thoroughly dry, and let them remain in a cloth until it is time to dress them. Brush them over with egg, and cover with bread crumbs mixed with a little flour. Fry of a nice brown in hot dripping or lard, and garnish with fried parsley and cut lemon. Send them to table with shrimp-sauce and plain melted butter.

*Time.*—About 5 minutes. *Average cost*, 3d. each.

*Seasonable* from May to November.

*Sufficient*, 4 plaice for 4 persons.

*Note.*—Plaice may be boiled plain, and served with melted butter. Garnish with parsley and cut lemon.

### STEWED PLAICE.

298. INGREDIENTS.—4 or 5 plaice, 2 onions, 1/2 oz. ground ginger, 1 pint of lemon-juice, 1/4 pint water, 6 eggs; cayenne to taste.

*Mode.*—Cut the fish into pieces about 2 inches wide, salt them, and let them remain 1/4 hour. Slice and fry the onions a light brown; put them in a stewpan, on the top of which put the fish without washing, and add the ginger, lemon-juice, and water. Cook slowly for 1/2 hour, and do not let the fish boil, or it will break. Take it out, and when the liquor is cool, add 6 well-beaten eggs; simmer till it thickens, when pour over the fish, and serve.

*Time.*—3/4 hour. *Average cost* for this quantity, 1s. 9d.

*Seasonable* from May to November.

*Sufficient* for 4 persons; according to size.

THE PLAICE.—This fish is found both in the Baltic and the Mediterranean, and is also abundant on the coast of England. It keeps well, and, like all ground-fish, is very tenacious of life. Its flesh is inferior to that of the sole, and, as it is a low-priced fish, it is generally bought by the poor. The best brought to the London market are called *Dowers plaice*, from their being caught in the Dowers, or flats, between Hastings and Folkstone.



THE PLAICE.

**TO BOIL PRAWNS OR SHRIMPS.**

299. **INGREDIENTS.**—1/4 lb. salt to each gallon of water.

*Mode.*—Prawns should be very red, and have no spawn under the tail; much depends on their freshness and the way in which they are cooked. Throw them into boiling water, salted as above, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way; but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not over-boiled, as they then become tasteless and indigestible.

*Time.*—Prawns, about 8 minutes; shrimps, about 5 minutes.

*Average cost*, prawns, 2s. per lb.; shrimps, 6d. per pint.

*Seasonable* all the year.

**TO DRESS PRAWNS.**

300. Cover a dish with a large cup reversed, and over that lay a small white napkin. Arrange the prawns on it in the form of a pyramid, and garnish with plenty of parsley.

**BOILED SALMON.**

301. **INGREDIENTS.**—6 oz. of salt to each gallon of water,—sufficient water to cover the fish.

*Mode.*—Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

*Time.*—8 minutes to each lb. for large thick salmon; 6 minutes for thin fish. *Average cost*, in full season, 1s. 3d. per lb.

*Seasonable* from April to August.

*Sufficient*, 1/2 lb., or rather less, for each person.

*Note.*—Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled

peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

**TO CHOOSE SALMON.**—To be good, the belly should be firm and thick, which may readily be ascertained by feeling it with the thumb and finger. The circumstance of this fish having red gills, though given as a standing rule in most cookery-books, as a sign of its goodness, is not at all to be relied on, as this quality can be easily given them by art.

### **SALMON AND CAPER SAUCE.**

**302. INGREDIENTS.**—2 slices of salmon, 1/4 lb. batter, 1/2 teaspoonful of chopped parsley, 1 shalot; salt, pepper, and grated nutmeg to taste.

*Mode.*—Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

*Time.*—About 3/4 hour. *Average cost*, 1s. 3d. per lb.

*Seasonable* from April to August.

*Sufficient* for 4 or 5 persons.

**THE MIGRATORY HABITS OF THE SALMON.**—The instinct with which the salmon revisits its native river, is one of the most curious circumstances in its natural history. As the swallow returns annually to its nest, so it returns to the same spot to deposit its ova. This fact would seem to have been repeatedly proved. M. De Lande fastened a copper ring round a salmon's tail, and found that, for three successive seasons, it returned to the same place. Dr. Bloch states that gold and silver rings have been attached by eastern princes to salmon, to prove that a communication existed between the Persian Gulf and the Caspian and Northern Seas, and that the experiment succeeded.

### **COLLARED SALMON.**

**303. INGREDIENTS.**—A piece of salmon, say 3 lbs., a high seasoning of salt, pounded mace, and pepper; water and vinegar, 3 bay-leaves.

*Mode.*—Split the fish; scale, bone, and wash it thoroughly clean; wipe it, and rub in the seasoning inside and out; roll it up, and bind firmly; lay it in a kettle, cover it with vinegar and water (1/3 vinegar, in proportion to the water); add the bay-leaves and a good seasoning of salt and whole pepper, and simmer till done. Do not remove the lid. Serve with melted butter or anchovy sauce. For preserving the collared fish, boil up the liquor in which it was cooked, and add a little more vinegar. Pour over when cold.

*Time.*—3/4 hour, or rather more.

**HABITAT OF THE SALMON.**—The salmon is styled by Walton the "king of fresh-water fish," and is found distributed over the north of Europe and Asia, from Britain to Kamschatka, but is never found in warm latitudes, nor has it ever been caught even so far south as the Mediterranean. It lives in fresh as well as in salt waters, depositing its spawn in the former,

hundreds of miles from the mouths of some of those rivers to which it has been known to resort. In 1859, great efforts were made to introduce this fish into the Australian colonies; and it is believed that the attempt, after many difficulties, which were very skilfully overcome, has been successful.

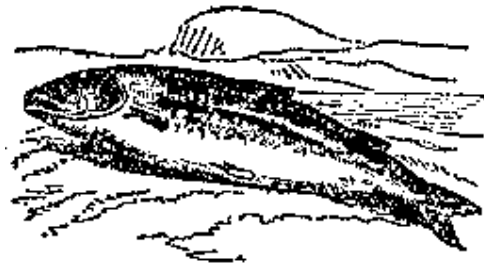
### CRIMPED SALMON.

304. Salmon is frequently dressed in this way at many fashionable tables, but must be very fresh, and cut into slices 2 or 3 inches thick. Lay these in cold salt and water for 1 hour; have ready some boiling water, salted, as in recipe No. 301, and well skimmed; put in the fish, and simmer gently for 1/4 hour, or rather more; should it be very thick, garnish the same as boiled salmon, and serve with the same sauces.

*Time.*—1/4 hour, more or less, according to size.

*Note.*—Never use vinegar with salmon, as it spoils the taste and colour of the fish.

THE SALMON TRIBE.—This is the Abdominal fish, forming the fourth of the orders of Linnaeus. They are distinguished from the other fishes by having two dorsal fins, of which the hindmost is fleshy and without rays. They have teeth both on the tongue and in the jaws, whilst the body is covered with round and minutely striated scales.



THE SALMON.

### CURRIED SALMON.

305. **INGREDIENTS.**—Any remains of boiled salmon, 3/4 pint of strong or medium stock (No. 105), 1 onion, 1 tablespoonful of curry-powder, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of anchovy sauce, 1 oz. of butter, the juice of 1/2 lemon, cayenne and salt to taste.

*Mode.*—Cut up the onions into small pieces, and fry them of a pale brown in the butter; add all the ingredients but the salmon, and simmer gently till the onion is tender, occasionally stirring the contents; cut the salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan, and let it gradually heat through; but do not allow it to boil long.

*Time.*—3/4 hour. *Average cost*, exclusive of the cold fish, 9d.

GROWTH OF THE SALMON.—At the latter end of the year—some as soon as November—salmon begin to press up the rivers as far as they can reach, in order to deposit their spawn, which they do in the sand or gravel, about eighteen inches deep. Here it lies buried till the spring, when, about the latter end of March, it begins to exclude the young, which gradually increase to four or five inches in length, and are then termed smelts or smouts. About the beginning of May, the river seems to be alive with them, and there is no forming an idea of their numbers without having seen them. A seasonable flood, however, comes, and hurries them to the "great deep;" whence, about the middle of June, they commence their return to the river again. By this time they are twelve or sixteen inches long, and progressively increase, both in number and size, till about the end of July, when they have become large enough to be denominated *grilse*. Early in August they become fewer in numbers, but of greater size,

## THE BOOK OF HOUSEHOLD MANAGEMENT

having advanced to a weight of from six to nine pounds. This rapidity of growth appears surprising, and realizes the remark of Walton, that "the salmlet becomes a salmon in as short a time as a gosling becomes a goose." Recent writers have, however, thrown considerable doubts on this quick growth of the salmon.

### SALMON CUTLETS.

306. Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

*Time.*—5 to 10 minutes.

### SALMON A LA GENEVESE.

307. **INGREDIENTS.**—2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, 1/2 pint of white stock (No. 107), thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

*Mode.*—Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace, and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for 1/2 hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

*Time.*—1-1/4 hour. *Average cost* for this quantity, 3s. 6d.

*Sufficient* for 4 or 5 persons.

### PICKLED SALMON.

308. **INGREDIENTS.**—Salmon, 1/2 oz. of whole pepper, 1/2 oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

*Mode.*—After the fish comes from table, lay it in a nice dish with a cover to it, as it should be excluded from the air, and take away the bone; boil the liquor and vinegar with the other ingredients for 10 minutes, and let it stand to get cold; pour it over the salmon, and in 12 hours this will be fit for the table.

*Time.*—10 minutes.

**TO CURE SALMON.**—This process consists in splitting the fish, rubbing it with salt, and then putting it into pickle in tubs provided for the purpose. Here it is kept for about six weeks, when it is taken out, pressed and packed in casks, with layers of salt.



### POTTED SALMON.

309. **INGREDIENTS.**—Salmon; pounded mace, cloves, and pepper to taste; 3 bay-leaves, 1/4 lb. butter.

*Mode.*—Skin the salmon, and clean it thoroughly by wiping with a cloth (water would spoil it); cut it into square pieces, which rub with salt; let them remain till thoroughly drained, then lay them in a dish with the other ingredients, and bake. When quite done, drain them from the gravy, press into pots for use, and, when cold, pour over it clarified butter.

*Time.*—1/2 hour.

**AN AVERSION IN THE SALMON.**—The salmon is said to have an aversion to anything red; hence, fishermen engaged in catching it do not wear jackets or caps of that colour. Pontoppidan also says, that it has an abhorrence of carrion, and if any happens to be thrown into the places it haunts, it immediately forsakes them. The remedy adopted for this in Norway, is to throw into the polluted water a lighted torch. As food, salmon, when in perfection, is one of the most delicious and nutritive of our fish.

### BAKED SEA-BREAM.

310. **INGREDIENTS.**—1 bream. Seasoning to taste of salt, pepper, and cayenne; 1/4 lb. of butter.

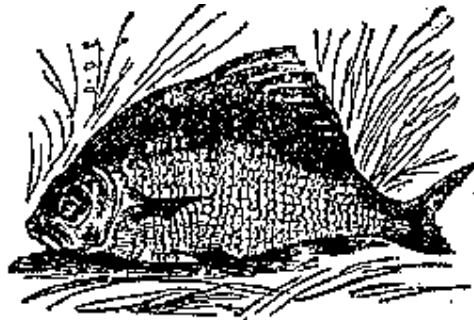
*Mode.*—Well wash the bream, but do not remove the scales, and wipe away all moisture with a nice dry cloth. Season it inside and out with salt, pepper, and cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than 1/2 an hour. To stuff this fish before baking, will be found a great improvement.

*Time.*—Rather more than 1/2 an hour.

*Seasonable* in summer.

*Note.*—This fish may be broiled over a nice clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

**THE SEA-BREAM.**—This is an abundant fish in Cornwall, and it is frequently found in the fish-market of Hastings during the summer months, but it is not in much esteem.



**THE SEA-BREAM.**

#### MR. YARRELL'S RECIPE.

"When thoroughly cleansed, the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty, and the muscle beneath, saturated in its own natural juices, which the outside covering has retained, will be of good flavour."

**TO DRESS SHAD.**

311. **INGREDIENTS.**—1 shad, oil, pepper, and salt.

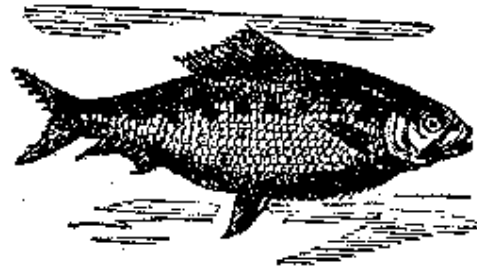
*Mode.*—Scale, empty and wash the fish carefully, and make two or three incisions across the back. Season it with pepper and salt, and let it remain in oil for 1/2 hour. Broil it on both sides over a clear fire, and serve with caper sauce. This fish is much esteemed by the French, and by them is considered excellent.

*Time.*—Nearly 1 hour.

*Average cost.*—Seldom bought.

*Seasonable* from April to June.

THE SHAD.—This is a salt-water fish, but is held in little esteem. It enters our rivers to spawn in May, and great numbers of them are taken opposite the Isle of Dogs, in the Thames.



THE SHAD.

**POTTED SHRIMPS.**

312. **INGREDIENTS.**—1 pint of shelled shrimps, 1/4 lb. of fresh butter, 1 blade of pounded mace, cayenne to taste; when liked, a little nutmeg.

*Mode.*—Have ready a pint of picked shrimps, and put them, with the other ingredients, into a stewpan; let them heat gradually in the butter, but do not let it boil. Pour into small pots, and when cold, cover with melted butter, and carefully exclude the air.

*Time.*—1/4 hour to soak in the butter.

*Average cost* for this quantity, 1s. 3d.

**BUTTERED PRAWNS OR SHRIMPS.**

313. **INGREDIENTS.**—1 pint of picked prawns or shrimps, 3/4 pint of stock No. 104, thickening of butter and flour; salt, cayenne, and nutmeg to taste.

*Mode.*—Pick the prawns or shrimps, and put them in a stewpan with the stock; add a thickening of butter and flour; season, and simmer gently for 3 minutes. Serve on a dish garnished with fried bread or toasted sippets. Cream sauce may be substituted for the gravy.

*Time.*—3 minutes.

*Average cost* for this quantity, 1s. 4d.

THE SHRIMP.—This shell-fish is smaller than the prawn, and is greatly relished in London as a delicacy. It inhabits most of the sandy shores of



THE SHRIMP.

Europe, and the Isle of Wight is especially famous for them.

### BOILED SKATE.

314. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

*Mode.*—Cleanse and skin the skate, lay it in a fish-kettle, with sufficient water to cover it, salted in the above proportion. Let it simmer very gently till done; then dish it on a hot napkin, and serve with shrimp, lobster, or caper sauce.

*Time.*—According to size, from 1/2 to 1 hour. *Average cost*, 4d. per lb.

*Seasonable* from August to April.

### CRIMPED SKATE.

315. INGREDIENTS.—1/8 lb. of salt to each gallon of water.

*Mode.*—Clean, skin, and cut the fish into slices, which roll and tie round with string. Have ready some water highly salted, put in the fish, and boil till it is done. Drain well, remove the string, dish on a hot napkin, and serve with the same sauces as above. Skate should never be eaten out of season, as it is liable to produce diarrhoea and other diseases. It may be dished without a napkin, and the sauce poured over.

*Time.*—About 20 minutes. *Average cost*, 4d. per lb.

*Seasonable* from August to April.

TO CHOOSE SKATE.—This fish should be chosen for its firmness, breadth, and thickness, and should have a creamy appearance. When crimped, it should not be kept longer than a day or two, as all kinds of crimped fish soon become sour.

THE SKATE.—This is one of the ray tribe, and is extremely abundant and cheap in the fishing towns of England. The flesh is white, thick, and nourishing; but, we suppose, from its being so plentiful, it is esteemed less than it ought to be on account of its nutritive properties, and the ease with which it is digested. It is much improved by crimping; in which state it is usually sold in London. The THORNBACK differs from the true skate by having large spines in its back, of which the other is destitute. It is taken in great abundance during the spring and summer months, but its flesh is not so good as it is in November. It is, in regard to quality, inferior to that of the true skate.



THORNBACK SKATE.

### SKATE WITH CAPER SAUCE (a la Francaise)

316. INGREDIENTS.—2 or 3 slices of skate, 1/2 pint of vinegar, 2 oz. of salt, 1/2 teaspoonful of pepper, 1 sliced onion, a small bunch of parsley, 2 bay-leaves, 2 or 3 sprigs of thyme, sufficient water to cover the fish.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Put in a fish-kettle all the above ingredients, and simmer the skate in them till tender. When it is done, skin it neatly, and pour over it some of the liquor in which it has been boiling. Drain it, put it on a hot dish, pour over it caper sauce, and send some of the latter to table in a tureen.

*Time.*—1/2 hour. *Average cost*, 4d. per lb.

*Seasonable* from August to April.

*Note.*—Skate may also be served with onion sauce, or parsley and butter.

### SMALL SKATE FRIED.

317. **INGREDIENTS.**—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of 1/2 lemon, hot dripping.

*Mode.*—Cleanse the skate, lay them in a dish, with sufficient vinegar to cover them; add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for 1-1/2 hour. Then drain them well, flour them, and fry of a nice brown, in hot dripping. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped; it should, therefore, be kept for a day, but not long enough to produce a disagreeable smell.

*Time.*—10 minutes. *Average cost*, 4d. per lb.

*Seasonable* from August to April.

OTHER SPECIES OF SKATE.—Besides the true skate, there are several other species found in our seas. These are known as the *white* skate, the long-nosed skate, and the Homelyn ray, which are of inferior quality, though often crimped, and sold for true skate.

### TO BAKE SMELTS.

318. **INGREDIENTS.**—12 smelts, bread crumbs, 1/4 lb. of fresh butter, 2 blades of pounded mace; salt and cayenne to taste.

*Mode.*—Wash, and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine bread crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

*Time.*—1/4 hour. *Average cost*, 2s. per dozen.

*Seasonable* from October to May.

*Sufficient* for 6 persons.

**TO CHOOSE SMELTS.**—When good, this fish is of a fine silvery appearance, and when alive, their backs are of a dark brown shade, which, after death, fades to a light fawn. They ought to have a refreshing fragrance, resembling that of a cucumber.

**THE ODOUR OF THE SMELT.**—This peculiarity in the smelt has been compared, by some, to the fragrance of a cucumber, and by others, to that of a violet. It is a very elegant fish, and formerly abounded in the Thames. The *Atharine*, or sand smelt, is sometimes sold for the true one; but it is an inferior fish, being drier in the quality of its flesh. On the south coast of England, where the true smelt is rare, it is plentiful.

### TO FRY SMELTS.

319. **INGREDIENTS.**—Egg and bread crumbs, a little flour; boiling lard.

*Mode.*—Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread crumbs, and put them into boiling lard. Fry of a nice pale brown, and be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve with plain melted butter. This fish is often used as a garnishing.

*Time.*—5 minutes.

*Average cost*, 2s. per dozen.

*Seasonable* from October to May.

**THE SMELT.**—This is a delicate little fish, and is in high esteem. Mr. Yarrell asserts that the true smelt is entirely confined to the western and eastern coasts of Britain. It very rarely ventures far from the shore, and is plentiful in November, December, and January.



**THE SMELT.**

### BAKED SOLES.

320. **INGREDIENTS.**—2 soles, 1/4 lb. of butter, egg, and bread crumbs, minced parsley, 1 glass of sherry, lemon-juice; cayenne and salt to taste.

*Mode.*—Clean, skin, and well wash the fish, and dry them thoroughly in a cloth. Brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley, lay them in a large flat baking-dish, white side uppermost; or if it will not hold the two soles, they may each be laid on a dish by itself; but they must not be put one on the top of the other. Melt the butter, and pour it over the whole, and bake for 20 minutes. Take a portion of the gravy that flows from the fish, add the wine, lemon-juice, and seasoning, give it one boil, skim, pour it *under* the fish, and serve.

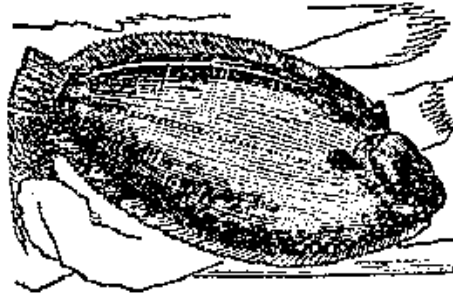
*Time.*—20 minutes. *Average cost*, 1s. to 2s. per pair.

*Seasonable* at any time.

*Sufficient* for 4 or 5 persons.

**TO CHOOSE SOLES.**—This fish should be both thick and firm. If the skin is difficult to be taken off, and the flesh looks grey, it is good.

**THE SOLE.**—This ranks next to the turbot in point of excellence among our flat fish. It is abundant on the British coasts, but those of the western shores are much superior in size to those taken on the northern. The finest are caught in Torbay, and frequently weigh 8 or 10 lbs. per pair. Its flesh being firm, white, and delicate, is greatly esteemed.



THE SOLE.

### BOILED SOLES.

**321. INGREDIENTS.**—1/4 lb. salt to each gallon of water.

*Mode.*—Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish-kettle, with sufficient cold water to cover it, salted in the above proportion. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin after well draining it, and garnish with parsley and cut lemon. Shrimp, or lobster sauce, and plain melted butter, are usually sent to table with this dish.

*Time.*—After the water boils, 7 minutes for a middling-sized sole.

*Average cost,* 1s. to 2s. per pair.

*Seasonable* at any time.

*Sufficient,*—1 middling-sized sole for 2 persons.

### SOLE OR COD PIE.

**322. INGREDIENTS.**—The remains of cold boiled sole or cod, seasoning to taste of pepper, salt, and pounded mace, 1 dozen oysters to each lb. of fish, 3 tablespoonfuls of white stock, 1 teacupful of cream thickened with flour, puff paste.

*Mode.*—Clear the fish from the bones, lay it in a pie-dish, and between each layer put a few oysters and a little seasoning; add the stock, and, when liked, a small quantity of butter; cover with puff paste, and bake for 1/2 hour. Boil the cream with sufficient flour to thicken it; pour in the pie, and serve.

*Time.*—1/2 hour. *Average cost* for this quantity, 10d.

*Seasonable* at any time.

*Sufficient* for 4 persons.

**SOLES WITH CREAM SAUCE.**

323. **INGREDIENTS.**—2 soles; salt, cayenne, and pounded mace to taste; the juice of 1/2 lemon, salt and water, 1/2 pint of cream.

*Mode.*—Skin, wash, and fillet the soles, and divide each fillet in 2 pieces; lay them in cold salt and water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately clean stewpan, and cover with the cream. Add the seasoning, simmer very gently for ten minutes, and, just before serving, put in the lemon-juice. The fillets may be rolled, and secured by means of a skewer; but this is not so economical a way of dressing them, as double the quantity of cream is required.

*Time.*—10 minutes in the cream.

*Average cost*, from 1s. to 2s. per pair. *Seasonable* at any time.

*Sufficient* for 4 or 5 persons.

This will be found a most delicate and delicious dish.

THE SOLE A FAVOURITE WITH THE ANCIENT GREEKS.—This fish was much sought after by the ancient Greeks on account of its light and nourishing qualities. The brill, the flounder, the diamond and Dutch plaice, which, with the sole, were known under the general name of *passeres*, were all equally esteemed, and had generally the same qualities attributed to them.

**FILLETED SOLES A L'ITALIENNE.**

324. **INGREDIENTS.**—2 soles; salt, pepper, and grated nutmeg to taste; egg and bread crumbs, butter, the juice of 1 lemon.

*Mode.*—Skin, and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle with bread crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for 1/2 hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish, with Italian sauce (see Sauces) poured over.

*Time.*—1/2 hour. *Average cost*, from 1s. to 2s. per pair.

*Seasonable* at any time.

*Sufficient* for 4 or 6 persons.

WHITING may be dressed in the same manner, and will be found very delicious.

THE FLAVOUR OF THE SOLE.—This, as a matter of course, greatly depends on the nature of the ground and bait upon which the animal feeds. Its natural food are small crabs and shell-fish. Its colour also depends on the colour of the ground where it feeds; for if this be white, then the sole is called the white, or lemon sole; but if the bottom be muddy, then it is called the black sole. Small-sized soles, caught in shallow water on the coasts, are the best in flavour.

**FRICASSEED SOLES.**

325. **INGREDIENTS.**—2 middling-sized soles, 1 small one, 1/2 teaspoonful of chopped lemon-peel, 1 teaspoonful of chopped parsley, a little grated bread; salt, pepper, and nutmeg to taste; 1 egg, 2 oz. butter, 1/2 pint of good gravy, 2 tablespoonfuls of port wine, cayenne and lemon-juice to taste.

*Mode.*—Fry the soles of a nice brown, as directed in recipe No. 327, and drain them well from fat. Take all the meat from the small sole, chop it fine, and mix with it the lemon-peel, parsley, bread, and seasoning; work altogether, with the yolk of an egg and the butter; make this into small balls, and fry them. Thicken the gravy with a dessert-spoonful of flour, add the port wine, cayenne, and lemon-juice; lay in the 2 soles and balls; let them simmer gently for 6 minutes; serve hot, and garnish with cut lemon.

*Time.*—10 minutes to fry the soles.

*Average cost* for this quantity, 3s.

*Seasonable* at any time. *Sufficient* for 4 or 5 persons.

**HOW SOLES ARE CAUGHT.**—The instrument usually employed is a trawl net, which is shaped like a pocket, of from sixty to eighty feet long, and open at the mouth from thirty-two to forty feet, and three deep. This is dragged along the ground by the vessel, and on the art of the fisherman in its employment, in a great measure depends the quality of the fish he catches. If, for example, he drags the net too quickly, all that are caught are swept rapidly to the end of the net, where they are smothered, and sometimes destroyed. A medium has to be observed, in order that as few as possible escape being caught in the net, and as many as possible preserved alive in it.

**FRIED FILLETED SOLES.**

326. Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. Skin and wash the fish, and raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Brush over with egg, and cover with bread crumbs; fry them as directed in the foregoing recipe, and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better than when fried whole. Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish.

*Time.*—About 10 minutes. *Average cost*, from 1s. to 2s. per pair.

*Seasonable* at any time.

*Sufficient*,—2 large soles for 6 persons.



**FRIED SOLES.**

327. **INGREDIENTS.**—2 middling-sized soles, hot lard or clarified dripping, egg, and bread crumbs.

*Mode.*—Skin and carefully wash the soles, and cut off the fins, wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread crumbs and beaten egg; dredge the soles with a little flour, brush them over with egg, and cover with bread crumbs. Put them in a deep pan, with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better) heated, so that it may neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other: they may be considered ready when a thick smoke rises. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish: this may be always avoided by dressing them in good time, and allowing a few minutes for them to get thoroughly crisp, and free from greasy moisture. Dish them on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain melted butter.

*Time.*—10 minutes for large soles; less time for small ones.

*Average cost,* from 1s. to 2s. per pair.

*Seasonable* at any time.

*Sufficient* for 4 or 5 persons.

**SOLES WITH MUSHROOMS.**

328. **INGREDIENTS.**—1 pint of milk, 1 pint of water, 1 oz. butter, 1 oz. salt, a little lemon-juice, 2 middling-sized soles.

*Mode.*—Cleanse the soles, but do not skin them, and lay them in a fish-kettle, with the milk, water, butter, salt, and lemon-juice. Bring them gradually to boil, and let them simmer very gently till done, which will be in about 7 minutes. Take them up, drain them well on a cloth, put them on a hot dish, and pour over them a good mushroom sauce. (*See Sauces.*)

*Time.*—After the water boils, 7 minutes.

*Seasonable* at any time.

*Sufficient* for 4 persons.

**SPRATS.**

329. Sprats should be cooked very fresh, which can be ascertained by their bright and sparkling eyes. Wipe them dry; fasten them in rows by a skewer run through the eyes;

dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot.

*Time*,—3 or 4 minutes. *Average cost*, 1d. per lb.

*Seasonable* from November to March.

**TO CHOOSE SPRATS.**—Choose these from their silvery appearance, as the brighter they are, so are they the fresher.

### **SPRATS FRIED IN BATTER.**

330. **INGREDIENTS.**—2 eggs, flour, bread crumbs; seasoning of salt and pepper to taste.

*Mode.*—Wipe the sprats, and dip them in a batter made of the above ingredients. Fry of a nice brown, serve very hot, and garnish with fried parsley.

Sprats may be baked like herrings. (*See* No. 268.)

### **DRIED SPRATS.**

331. Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them.



**THE SPRAT.**

**THE SPRAT.**—This migratory fish, is rarely found longer than four or five inches, and visits the shores of Britain after the herring and other kinds of fish have taken their departure from them. On the coasts of Suffolk, Essex, and Kent, they are very abundant, and from 400 to 500 boats are employed in catching them during the winter season. Besides plentifully supplying the London market, they are frequently sold at sixpence a bushel to farmers for manuring purposes. They enter the Thames about the beginning of November, and leave it in March. At Yarmouth and Gravesend they are cured like red herrings.

### **BAKED STURGEON.**

332. **INGREDIENTS.**—1 small sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of 1/2 lemon, 1/4 lb. of butter, 1 pint of white wine.

*Mode.*—Cleanse the fish thoroughly, skin it, and split it along the belly without separating it; have ready a large baking-dish, in which lay the fish, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently; brown it nicely, and serve with its own gravy.

*Time.*—Nearly 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

*Seasonable* from August to March.



**THE STURGEON.**

**THE STURGEON.**—This fish commences the sixth of Linnaean order, and all the species are large, seldom measuring, when full-grown, less than three or four feet in length. Its flesh is reckoned extremely delicious, and, in the time of the emperor Severus, was so highly valued by the ancients, that it was brought to table by servants crowned with coronets, and preceded by a band of music. It is an inhabitant of the Baltic, the Mediterranean,

the Caspian, and the Black Sea, and of the Danube, the Volga, the Don, and other large rivers. It is abundant in the rivers of North America, and is occasionally taken in the Thames, as well as in the Eske and the Eden. It is one of those fishes considered as royal property. It is from its roe that *caviare*, a favourite food of the Russians, is prepared. Its flesh is delicate, firm, and white, but is rare in the London market, where it sells for 1s. or 1s. 6d. per lb.

**THE STERLET** is a smaller species of sturgeon, found in the Caspian Sea and some Russian rivers. It also is greatly prized on account of the delicacy of its flesh.

### **ROAST STURGEON.**

**333. INGREDIENTS.**—Veal stuffing, buttered paper, the tail-end of a sturgeon.

*Mode.*—Cleanse the fish, bone and skin it; make a nice veal stuffing (see Forcemeats), and fill it with the part where the bones came from; roll it in buttered paper, bind it up firmly with tape, like a fillet of veal, and roast it in a Dutch oven before a clear fire. Serve with good brown gravy, or plain melted butter.

*Time.*—About 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

*Seasonable* from August to March.

*Note.*—Sturgeon may be plain-boiled, and served with Dutch sauce. The fish is very firm, and requires long boiling.

**ESTIMATE OF THE STURGEON BY THE ANCIENTS.**—By the ancients, the flesh of this fish was compared to the ambrosia of the immortals. The poet Martial passes a high eulogium upon it, and assigns it a place on the luxurious tables of the Palatine Mount. If we may credit a modern traveller in China, the people of that country generally entirely abstain from it, and the sovereign of the Celestial Empire confines it to his own kitchen, or dispenses it to only a few of his greatest favourites.

### **MATELOT OF TENCH.**

**334. INGREDIENTS.**—1/2 pint of stock No. 105, 1/2 pint of port wine, 1 dozen button onions, a few mushrooms, a faggot of herbs, 2 blades of mace, 1 oz. of butter, 1 teaspoonful of minced parsley, thyme, 1 shalot, 2 anchovies, 1 teacupful of stock No. 105, flour, 1 dozen oysters, the juice of 1/2 lemon; the number of tench, according to size.

*Mode.*—Scale and clean the tench, cut them into pieces, and lay them in a stewpan; add the stock, wine, onions, mushrooms, herbs, and mace, and simmer gently for 1/2 hour. Put into another stewpan all the remaining ingredients but the oysters and lemon-juice, and boil slowly for 10 minutes, when add the strained liquor from the tench, and keep stirring it over the fire until somewhat reduced. Rub it through a sieve, pour it over the tench with the oysters, which must be previously scalded in their own liquor, squeeze in the lemon-juice, and serve. Garnish with croutons.

*Time.* 3/4 hour.

*Seasonable* from October to June.

THE TENCH.—This fish is generally found in foul and weedy waters, and in such places as are well supplied with rushes. They thrive best in standing waters, and are more numerous in pools and ponds than in rivers. Those taken in the latter, however, are preferable for the table. It does not often exceed four or five pounds in weight, and is in England esteemed as a delicious and wholesome food. As, however, they are sometimes found in waters where the mud is excessively fetid, their flavour, if cooked immediately on being caught, is often very unpleasant; but if they are transferred into clear water, they soon recover from the obnoxious taint.



THE TENCH.

### TENCH STEWED WITH WINE.

335. *INGREDIENTS.*—1/2 pint of stock No. 105, 1/2 pint of Madeira or sherry, salt and pepper to taste, 1 bay-leaf, thickening of butter and flour.

*Mode.*—Clean and crimp the tench; carefully lay it in a stewpan with the stock, wine, salt and pepper, and bay-leaf; let it stew gently for 1/2 hour; then take it out, put it on a dish, and keep hot. Strain the liquor, and thicken it with butter and flour kneaded together, and stew for 5 minutes. If not perfectly smooth, squeeze it through a tammy, add a very little cayenne, and pour over the fish. Garnish with balls of veal forcemeat.

*Time.*—Rather more than 1/2 hour.

*Seasonable* from October to June.

A SINGULAR QUALITY IN THE TENCH.—It is said that the tench is possessed of such healing properties among the finny tribes, that even the voracious pike spares it on this account.

The pike, fell tyrant of the liquid plain,  
With ravenous waste devours his fellow train;  
Yet howsoever with raging famine pined,  
The tench he spares, a medicinal kind;  
For when by wounds distress'd, or sore disease,  
He courts the salutary fish for ease;

Close to his scales the kind physician glides,  
And sweats a healing balsam from his sides.

In our estimation, however, this self-denial in the pike may be attributed to a less poetical cause; namely, from the mud-loving disposition of the tench, it is enabled to keep itself so completely concealed at the bottom of its aqueous haunts, that it remains secure from the attacks of its predatory neighbour.

### STEWED TROUT.

336. INGREDIENTS.—2 middling-sized trout, 1/2 onion cut in thin slices, a little parsley, 2 cloves, 1 blade of mace, 2 bay-leaves, a little thyme, salt and pepper to taste, 1 pint of medium stock No. 105, 1 glass of port wine, thickening of butter and flour.

*Mode.*—Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for 1/2 hour, or rather more, should not the fish be quite done. Take it out, strain the gravy, add the thickening, and stir it over a sharp fire for 5 minutes; pour it over the trout, and serve.

*Time.*—According to size, 1/2 hour or more.

*Average cost.*—Seldom bought.

*Seasonable* from May to September, and fatter from the middle to the end of August than at any other time.

*Sufficient* for 4 persons.

Trout may be served with anchovy or caper sauce, baked in buttered paper, or fried whole like smelts. Trout dressed à la Gènevese is extremely delicate; for this proceed the same as with salmon, No. 307.

THE TROUT.—This fish, though esteemed by the moderns for its delicacy, was little regarded by the ancients. Although it abounded in the lakes of the Roman empire, it is generally mentioned by writers only on account of the beauty of its colours. About the end of September, they quit the deep water to which they had retired during the hot weather, for the purpose of spawning. This they always do on a gravelly bottom, or where gravel and sand are mixed among stones, towards the end or by the sides of streams. At this period they become black about the head and body, and become soft and unwholesome. They are never good when they are large with roe; but there are in all trout rivers some barren female fish, which continue good throughout the winter. In the common trout, the stomach is uncommonly strong and muscular, shell-fish forming a portion of the food of the animal; and it takes into its stomach gravel or small stones in order to assist in comminuting it.



THE TROUT.

**BOILED TURBOT.**

337. **INGREDIENTS.**—6 oz. of salt to each gallon of water.

*Mode*—Choose a middling-sized turbot; for they are invariably the most valuable: if very large, the meat will be tough and thready. Three or four hours before dressing, soak the fish in salt and water to take off the slime; then thoroughly cleanse it, and with a knife make an incision down the middle of the back, to prevent the skin of the belly from cracking. Rub it over with lemon, and be particular not to cut off the fins. Lay the fish in a very clean turbot-kettle, with sufficient cold water to cover it, and salt in the above proportion. Let it gradually come to a boil, and skim very carefully; keep it gently simmering, and on no account let it boil fast, as the fish would have a very unsightly appearance. When the meat separates easily from the bone, it is done; then take it out, let it drain well, and dish it on a hot napkin. Rub a little lobster spawn through a sieve, sprinkle it over the fish, and garnish with tufts of parsley and cut lemon. Lobster or shrimp sauce, and plain melted butter, should be sent to table with it.

*Time.*—After the water boils, about 1/2 hour for a large turbot; middling size, about 20 minutes.

*Average cost,*—large turbot, from 10s. to 12s.; middling size, from 12s. to 15s.

*Seasonable* at any time.

*Sufficient,* 1 middling-sized turbot for 8 persons.

*Note.*—An amusing anecdote is related, by Miss Edgeworth, of a bishop, who, descending to his kitchen to superintend the dressing of a turbot, and discovering that his cook had stupidly cut off the fins, immediately commenced sewing them on again with his own episcopal fingers. This dignitary knew the value of a turbot's gelatinous appendages.

**GARNISH FOR TURBOT OR OTHER LARGE FISH.**

338. Take the crumb of a stale loaf, cut it into small pyramids with flat tops, and on the top of each pyramid, put rather more than a tablespoonful of white of egg beaten to a stiff froth. Over this, sprinkle finely-chopped parsley and fine raspings of a dark colour. Arrange these on the napkin round the fish, one green and one brown alternately.

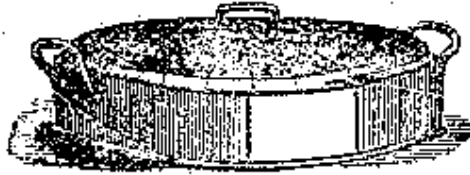
**TO CHOOSE TURBOT.**—See that it is thick, and of a yellowish white; for if of a bluish tint, it is not good.



THE TURBOT.

**THE TURBOT.**—This is the most esteemed of all our flat fish. The northern parts of the English coast, and some places off the coast of Holland, produce turbot in great abundance, and in greater excellence than any other parts of the world. The London market is chiefly supplied by Dutch

fishermen, who bring to it nearly 90,000 a year. The flesh is firm, white, rich, and gelatinous, and is the better for being kept a day or two previous to cooking it. In many parts of the country, turbot and halibut are indiscriminately sold for each other. They are, however, perfectly distinct; the upper parts of the former being marked with large, unequal, and obtuse tubercles, while those of the other are quite smooth, and covered with oblong soft scales, which firmly adhere to the body.



**TURBOT-KETTLE.**

common saucepan. In the list of Messrs. Richard and John Slack (see 71), the price of two of these is set down at 10s. The turbot-kettle, as will be seen by our cut, is made differently from ordinary fish-kettles, it being less deep, whilst it is wider, and more pointed at the sides; thus exactly answering to the shape of the fish which it is intended should be boiled in it. It may be obtained from the same manufacturers, and its price is £1.

FISH-KETTLES are made in an oblong form, and have two handles, with a movable bottom, pierced full of holes, on which the fish is laid, and on which it may be lifted from the water, by means of two long handles attached to each side of the movable bottom. This is to prevent the liability of breaking the fish, as it would necessarily be if it were cooked in a

### **BAKED FILLETS OF TURBOT.**

339. **INGREDIENTS.**—The remains of cold turbot, lobster sauce left from the preceding day, egg, and bread crumbs; cayenne and salt to taste; minced parsley, nutmeg, lemon-juice.

*Mode.*—After having cleared the fish from all skin and bone, divide it into square pieces of an equal size; brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste with. Bake for 1/4 hour, and do not forget to keep them well moistened with the butter. Put a little lemon-juice and grated nutmeg to the cold lobster sauce; make it hot, and pour over the fish, which must be well drained from the butter. Garnish with parsley and cut lemon.

*Time.*—Altogether, 1/2 hour.

*Seasonable* at any time.

*Note.*—Cold turbot thus warmed in the remains of lobster sauce will be found much nicer than putting the fish again in water.

### **FILLETS OF TURBOT A L'ITALIENNE.**

340. **INGREDIENTS.**—The remains of cold turbot, Italian sauce. (See Sauces.)

*Mode.*—Clear the fish carefully from the bone, and take away all skin, which gives an unpleasant flavour to the sauce. Make the sauce hot, lay in the fish to warm through, but do not let it boil. Garnish with croutons.

*Time.*—5 minutes.

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*Seasonable* all the year.

THE ANCIENT ROMANS' ESTIMATE OF TURBOT.—As this luxurious people compared soles to partridges, and sturgeons to peacocks, so they found a resemblance to the turbot in the pheasant. In the time of Domitian, it is said one was taken of such dimensions as to require, in the imperial kitchen, a new stove to be erected, and a new dish to be made for it, in order that it might be cooked and served whole: not even imperial Rome could furnish a stove or a dish large enough for the monstrous animal. Where it was caught, we are not aware; but the turbot of the Adriatic Sea held a high rank in the "Eternal City."

### TURBOT A LA CREME.

341. INGREDIENTS.—The remains of cold turbot. For sauce, 2 oz. of butter, 4 tablespoonfuls of cream; salt, cayenne, and pounded mace to taste.

*Mode*.—Clear away all skin and bone from the flesh of the turbot, which should be done when it comes from table, as it causes less waste when trimmed hot. Cut the flesh into nice square pieces, as equally as possible; put into a stewpan the butter, let it melt, and add the cream and seasoning; let it just simmer for one minute, but not boil. Lay in the fish to warm, and serve it garnished with croutons or a paste border.

*Time*.—10 minutes.

*Seasonable* at any time.

*Note*.—The remains of cold salmon may be dressed in this way, and the above mixture may be served in a *vol-au-vent*.

### TURBOT AU GRATIN.

342. INGREDIENTS.—Remains of cold turbot, béchamel (*see* Sauces), bread crumbs, butter.

*Mode*.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put them into a stewpan, and moisten with 4 or 5 tablespoonfuls of béchamel. Let it get thoroughly hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated bread crumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

*Time*.—Altogether, 1/2 hour. *Seasonable* at any time.

### BOILED WHITING.

343. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

*Mode*.—Cleanse the fish, but do not skin them; lay them in a fish-kettle, with sufficient cold water to cover them, and salt in the above proportion. Bring them gradually to a boil, and simmer gently for about 5 minutes, or rather more should the fish be very large. Dish them on a hot napkin, and garnish with tufts of parsley. Serve with anchovy or caper sauce, and plain melted butter.



*Time*.—After the water boils, 5 minutes.

*Average cost* for small whittings, 4d. each.

*Seasonable* all the year, but best from October to March.

*Sufficient*, 1 small whiting for each person.

To CHOOSE WHITING.—Choose for the firmness of its flesh and the silvery hue of its appearance.



**THE WHITING.**

The Whiting.—This fish forms a light, tender, and delicate food, easy of digestion. It appears in our seas in the spring, within three miles of the shores, where it arrives in large shoals to deposit its spawn. It is caught by line, and is usually between ten and twelve inches long, and seldom exceeding a pound and a half in weight. On the edge of the Dogger Bank, however, it has been caught so heavy as to weigh from three to seven or eight pounds. When less than six inches long, it is not allowed to be caught.

### **BROILED WHITING.**

344. **INGREDIENTS**.—Salt and water, flour.

*Mode*.—Wash the whiting in salt and water, wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well, and broil over a very clear fire. Serve with *maître d'hôtel* sauce, or plain melted butter (*see Sauces*). Be careful to preserve the liver, as by some it is considered very delicate.

*Time*.—5 minutes for a small whiting. *Average cost*, 4d. each.

*Seasonable* all the year, but best from October to March.

*Sufficient*, 1 small whiting for each person.

Buckhorn.—Whittings caught in Cornwall are salted and dried, and in winter taken to the markets, and sold under the singular name of "Buckhorn."

### **FRIED WHITING.**

345. **INGREDIENTS**.—Egg and bread crumbs, a little flour, hot lard or clarified dripping.

*Mode*.—Take off the skin, clean, and thoroughly wipe the fish free from all moisture, as this is most essential, in order that the egg and bread crumbs may properly adhere. Fasten the tail in the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread crumbs. Fry them in hot lard or

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clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. Send them to table with shrimp sauce and plain melted butter.

*Time*.—About 6 minutes. Average cost, 4d. each.

*Seasonable* all the year, but best from October to March.

*Sufficient*, 1 small whiting for each person.

*Note*.—Large whittings may be filleted, rolled, and served as fried filleted soles . Small fried whittings are frequently used for garnishing large boiled fish, such as turbot, cod, etc.

### WHITING AU GRATIN, or BAKED WHITING.

346. INGREDIENTS.—4 whiting, butter, 1 tablespoonful of minced parsley, a few chopped mushrooms when obtainable; pepper, salt, and grated nutmeg to taste; butter, 2 glasses of sherry or Madeira, bread crumbs.

*Mode*.—Grease the bottom of a baking-dish with butter, and over it, strew some minced parsley and mushrooms. Scale, empty, and wash the whittings, and wipe them thoroughly dry, carefully preserving the livers. Lay them in the dish, sprinkle them with bread crumbs and seasoning, adding a little grated nutmeg, and also a little more minced parsley and mushrooms. Place small pieces of butter over the whiting, moisten with the wine, and bake for 20 minutes in a hot oven. If there should be too much sauce, reduce it by boiling over a sharp fire for a few minutes, and pour under the fish. Serve with a cut lemon, and no other sauce.

*Time*.—20 minutes. Average cost, 4d. each.

*Seasonable* all the year, but best from October to March.

*Sufficient*.—This quantity for 4 or 5 persons.

### WHITING AUX FINE HERBES.

347. INGREDIENTS.—1 bunch of sweet herbs chopped very fine; butter.

*Mode*.—Clean and skin the fish, fasten the tails in the mouths; and lay them in a baking-dish. Mince the herbs very fine, strew them over the fish, and place small pieces of butter over; cover with another dish, and let them simmer in a Dutch oven for 1/4 hour or 20 minutes. Turn the fish once or twice, and serve with the sauce poured over.

*Time*.—1/4 hour or 20 minutes. Average cost, 4d. each.

*Seasonable* all the year, but best from October to March.

*Sufficient*, 1 small whiting for each person.

THE WHITING, POUT, AND POLLACK.—About the mouth of the Thames, and generally all round the English coasts, as well as in the northern seas, the pout is plentiful. It bears a striking resemblance to the whiting, and is esteemed as an excellent fish.—The *pollack* is also taken all round our coasts, and likewise bears a striking resemblance to the whiting; indeed, it is sometimes mistaken by the inexperienced for that fish; its flesh being considered by many equally delicate.

### TO DRESS WHITEBAIT.

348. INGREDIENTS.—A little flour, hot lard, seasoning of salt.

*Mode.*—This fish should be put into iced water as soon as bought, unless they are cooked immediately. Drain them from the water in a colander, and have ready a nice clean dry cloth, over which put 2 good handfuls of flour. Toss in the whitebait, shake them lightly in the cloth, and put them in a wicker sieve to take away the superfluous flour. Throw them into a pan of boiling lard, very few at a time, and let them fry till of a whitey-brown colour. Directly they are done, they must be taken out, and laid before the fire for a minute or two on a sieve reversed, covered with blotting-paper to absorb the fat. Dish them on a hot napkin, arrange the fish very high in the centre, and sprinkle a little salt over the whole.

*Time.*—3 minutes.

*Seasonable* from April to August.



WHITEBAIT.

WHITEBAIT.—This highly-esteemed little fish appears in innumerable multitudes in the river Thames, near Greenwich and Blackwall, during the month of July, when it forms, served with lemon and brown bread and butter, a tempting dish to vast numbers of Londoners, who flock to the various taverns of these places, in order to gratify their appetites. The fish has been supposed be the fry of the shad, the sprat, the smelt, or the bleak. Mr. Yarrell, however, maintains that it is a species in itself, distinct from every other fish. When

fried with flour, it is esteemed a great delicacy. The ministers of the Crown have had a custom, for many years, of having a "whitebait dinner" just before the close of the session. It is invariably the precursor of the prorogation of Parliament, and the repast is provided by the proprietor of the "Trafalgar," Greenwich.

### FISH PIE, WITH TENCH AND EELS.

349. INGREDIENTS.—2 tench, 2 eels, 2 onions, a faggot of herbs, 4 blades of mace, 3 anchovies, 1 pint of water, pepper and salt to taste, 1 teaspoonful of chopped parsley, the yolks of 6 hard-boiled eggs, puff paste.

*Mode.*—Clean and bone the tench, skin and bone the eels, and cut them into pieces 2 inches long, and leave the sides of the tench whole. Put the bones into a stewpan with the onions, herbs, mace, anchovies, water, and seasoning, and let them simmer gently for 1 hour. Strain it off, put it to cool, and skim off all the fat. Lay the tench and eels

in a pie-dish, and between each layer put seasoning, chopped parsley, and hard-boiled eggs; pour in part of the strained liquor, cover in with puff paste, and bake for 1/2 hour or rather more. The oven should be rather quick, and when done, heat the remainder of the liquor, which pour into the pie.

*Time.*—1/2 hour to bake, or rather more if the oven is slow.

### FISH SCALLOP.

#### I.

350. INGREDIENTS.—Remains of cold fish of any sort, 1/2 pint of cream, 1/2 tablespoonful of anchovy sauce, 1/2 teaspoonful of made mustard, ditto of walnut ketchup, pepper and salt to taste (the above quantities are for 1/2 lb. of fish when picked); bread crumbs.

*Mode.*—Put all the ingredients into a stewpan, carefully picking the fish from the bones; set it on the fire, let it remain till nearly hot, occasionally stir the contents, but do not allow it to boil. When done, put the fish into a deep dish or scallop shell, with a good quantity of bread crumbs; place small pieces of butter on the top, set in a Dutch oven before the fire to brown, or use a salamander.

*Time.*—1/4 hour. *Average cost*, exclusive of the cold fish, 10d.

#### II.

351. INGREDIENTS.—Any cold fish, 1 egg, milk, 1 large blade of pounded mace, 1 tablespoonful of flour, 1 teaspoonful of anchovy sauce, pepper and salt to taste, bread crumbs, butter.

*Mode.*—Pick the fish carefully from the bones, and moisten with milk and the egg; add the other ingredients, and place in a deep dish or scallop shells; cover with bread crumbs, butter the top, and brown before the fire; when quite hot, serve.

*Time.*—20 minutes. *Average cost*, exclusive of the cold fish, 4d.

### WATER SOUCHY.

352. Perch, tench, soles, eels, and flounders are considered the best fish for this dish. For the souchy, put some water into a stewpan with a bunch of chopped parsley, some roots, and sufficient salt to make it brackish. Let these simmer for 1 hour, and then stew the fish in this water. When they are done, take them out to drain, have ready some finely-chopped parsley, and a few roots cut into slices of about one inch thick and an inch in length. Put the fish in a tureen or deep dish, strain the liquor over them, and add the minced parsley and roots. Serve with brown bread and butter.

353. SUPPLY OF FISH TO THE LONDON MARKET.—From Mr. Mayhew's work on "London Labour and the London Poor," and other sources, we are enabled to give the following table of the total annual supply of fish to the London market:—

MRS. ISABELLA BEETON

Description of Fish.	Number of Fish	Weight of Fish in lbs
<b>WET FISH.</b>		
Salmon and Salmon-Trout(29,000 boxes, 14 fish per box)	406,000	3,480,000
Turbot, from 8 to 16 lbs.	800,000	5,600,000
Live Cod, averaging 10 lbs. each	400,000	4,000,000
Soles, averaging 1/4 lbs. each	97,520,000	26,880,000
Brill and Mullet, averaging 3 lbs. each	1,220,000	3,366,000
Whiting, averaging 6 oz. each	17,920,000	6,720,000
Haddock, averaging 2 lbs. each	2,470,000	4,940,000
Plaice, averaging 1 lb. each	33,600,000	33,600,000
Mackerel, averaging 1 lb each	23,520,000	23,520,000
Fresh herrings (250,000 barrels, 700 fish per barrel)	175,000,000	42,000,000
Ditto in bulk	1,050,000,000	252,000,000
Sprats	—	4,000,000
Eels (from Holland principally) England and Ireland	9,797,760	1,632,960
Flounders	259,200	48,200
Dabs	270,000	48,750
<b>DRY FISH.</b>		
Barrelled Cod(15,000 barrels, 40 fish per barrel)	750,000	4,200,000
Dried Salt Cod, 5 lbs each	1,600,000	8,000,000
Smoked Haddock(65,000 barrels, 300 fish per barrel)	19,500,000	10,920,000
Bloaters, 265,000 baskets(150 fish per basket)	147,000,000	10,600,000
Red Herrings, 100,000 barrels(500 fish per barrel)	50,000,000	14,000,000
Dried Sprats, 9,600 large bundles (30 fish per bundle)	288,000	9,600
<b>SHELL FISH.</b>		
Oysters	495,896,000	
Lobsters, averaging 1 lb each	1,200,000	1,200,000
Crabs, averaging 1 lb each	600,000	600,000
Shrimps, 324 to a pint	498,428,648	
Whelks, 227 to a half-bushel	4,943,200	
Mussels, 1000 to ditto	50,400,000	
Cockles, 2000 to ditto	67,392,000	
Periwinkles, 4000 to ditto	304,000,000	

## THE BOOK OF HOUSEHOLD MANAGEMENT

The whole of the above may be, in round numbers, reckoned to amount to the enormous number of 3,000,000,000 fish, with a weight of 300,000 tons.

### ADDENDUM AND ANECDOTE.

It will be seen, from the number and variety of the recipes which we have been enabled to give under the of FISH, that there exists in the salt ocean, and fresh-water rivers, an abundance of aliment, which the present state of gastronomic art enables the cook to introduce to the table in the most agreeable forms, and oftentimes at a very moderate cost.

Less nutritious as a food than the flesh of animals, more succulent than vegetables, fish may be termed a middle dish, suited to all temperaments and constitutions; and one which those who are recovering from illness may partake of with safety and advantage.

As to which is the best fish, there has been much discussion. The old Latin proverb, however, *de gustibus non disputandum*, and the more modern Spanish one, *sobre los gustos no hai disputa*, declare, with equal force, that where *taste* is concerned, no decision can be arrived at. Each person's palate may be differently affected—pleased or displeased; and there is no standard by which to judge why a red mullet, a sole, or a turbot, should be better or worse than a salmon, trout, pike, or a tiny tench.

Fish, as we have explained, is less nourishing than meat; for it is lighter in weight, size for size, and contains no ozmazome (*see* No. 100). Shell-fish, oysters particularly, furnish but little nutriment; and this is the reason why so many of the latter can be eaten without injury to the system.

In Brillat Savarin's\* clever and amusing volume, "The Physiology of Taste," he says, that towards the end of the eighteenth century it was a most common thing for a well-arranged entertainment in Paris to commence with oysters, and that many guests were not contented without swallowing twelve dozen. Being anxious to know the weight of this advanced-guard, he ascertained that a dozen oysters, fluid included, weighed 4 ounces,—thus, the twelve dozen would weigh about 3 lbs.; and there can be no doubt, that the same persons who made no worse a dinner on account of having partaken of the oysters, would have been completely satisfied if they had eaten the same weight of chicken or mutton. An anecdote, perfectly well authenticated, is narrated of a French gentleman (M. Laperte), residing at Versailles, who was extravagantly fond of oysters, declaring he never had enough. Savarin resolved to procure him the satisfaction, and gave him an invitation to dinner, which was duly accepted. The guest arrived, and his host kept company with him in swallowing the delicious bivalves up to the tenth dozen, when, exhausted, he gave up, and let M. Laperte go on alone. This gentleman managed to eat thirty-two dozen within an hour, and would doubtless have got through more, but the person who opened them is described as not being very skilful. In the interim Savarin was idle, and at length, tired with his painful state of inaction, he said to Laperte, whilst the latter was still in full career, "Mon cher, you will not eat as many oysters today as you meant; let us dine." They dined, and the insatiable oyster-eater acted at the repast as if he had fasted for a week.

\*[Footnote: Brillat Savarin was a French lawyer and judge of considerable eminence and great talents, and wrote, under the above title, a book on gastronomy, full of instructive information, enlivened with a fund of pleasantly-told anecdote.]

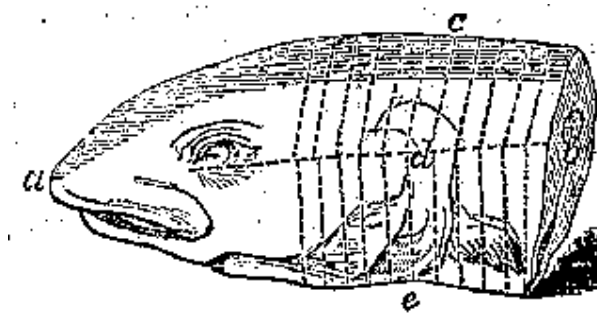
### Fish Carving.

#### GENERAL DIRECTIONS FOR CARVING FISH.

In carving fish, care should be taken to help it in perfect flakes, as, if these are broken, the beauty of the fish is lost. The carver should be acquainted, too, with the choicest parts and morsels; and to give each guest an equal share of these *titbits* should be his maxim. Steel knives and forks should on no account be used in helping fish, as these are liable to impart to it a very disagreeable flavour. Where silver fish-carvers are considered too dear to be bought, good electro-plated ones answer very well, and are inexpensive. The prices set down for them by Messrs. Slack, of the Strand, are from a guinea upwards.

#### COD'S HEAD AND SHOULDERS.

(For recipe, see No. 232)

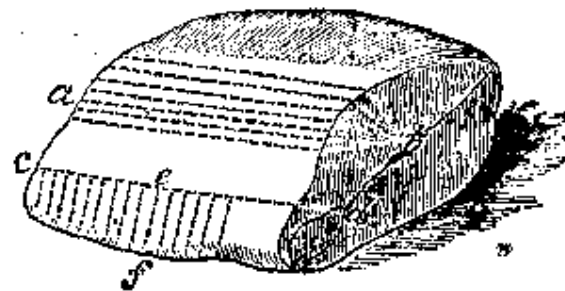


First run the knife along the centre of the side of the fish, namely, from *d* to *b*, down to the bone; then carve it in unbroken slices downwards from *d* to *e*, or upwards from *d* to *c*, as shown in the engraving. The carver should ask the guests if they would like a portion of the roe and liver.

*Note.*—Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed by connoisseurs. The sound, which lines the fish beneath the backbone, is considered a delicacy, as are also the gelatinous parts about the and neck.

#### SALMON.

(For recipe, see No. 301)



First run the knife quite down to the bone, along the side of the fish, from *a* to *b*, and also from *c* to *d*. Then help the thick part lengthwise, that is, in the direction of the lines from *a* to *b*; and the thin part breadthwise, that is, in the direction of the lines from *e* to *f*, as shown in the engraving. A slice of the thick part should always be accompanied by a

smaller piece of the thin from the belly, where lies the fat of the fish.

*Note.*—Many persons, in carving salmon, make the mistake of slicing the thick part of this fish in the opposite direction to that we have stated; and thus, by the breaking of the flakes, the beauty of its appearance is destroyed.

### BOILED OR FRIED SOLE.

(For recipes, see Nos. 321 and 327.)

The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. A moderately-sized sole will be sufficient for three slices; namely, the , middle, and tail. The guests should be asked which of these they prefer. A small one will only give two slices. If the sole is very large, the upper side may be raised from the bone, and then divided into pieces; and the under side afterwards served in the same way.

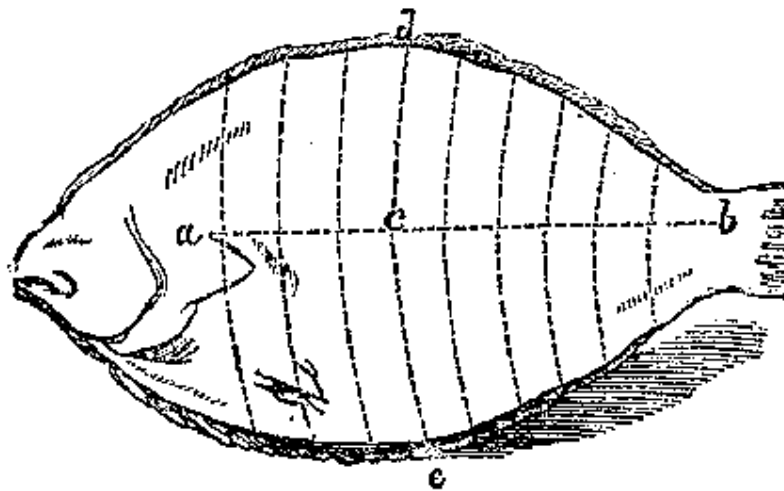
In helping FILLETED SOLES, one fillet is given to each person.

### TURBOT.

(For recipe, see No. 337)

First run the fish-slice down the thickest part of the fish, quite through to the bone, from *a* to *b*, and then cut handsome and regular slices in the direction of the lines downwards, from *c* to *e*, and upwards from *c* to *d*, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, put on one side of the dish, and the under side helped as the upper.

A BRILL and JOHN DORY are carved in the same manner as a Turbot.



*Note.*—The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and should be placed on each plate.

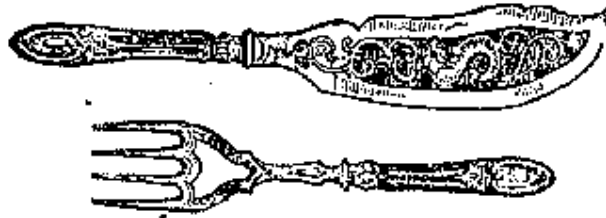


**WHITING, &c.**

Whiting, pike, haddock, and other fish, when of a sufficiently large size, may be carved in the same manner as salmon. When small, they may be cut through, bone and all, and helped in nice pieces, a middling-sized whiting serving for two slices.

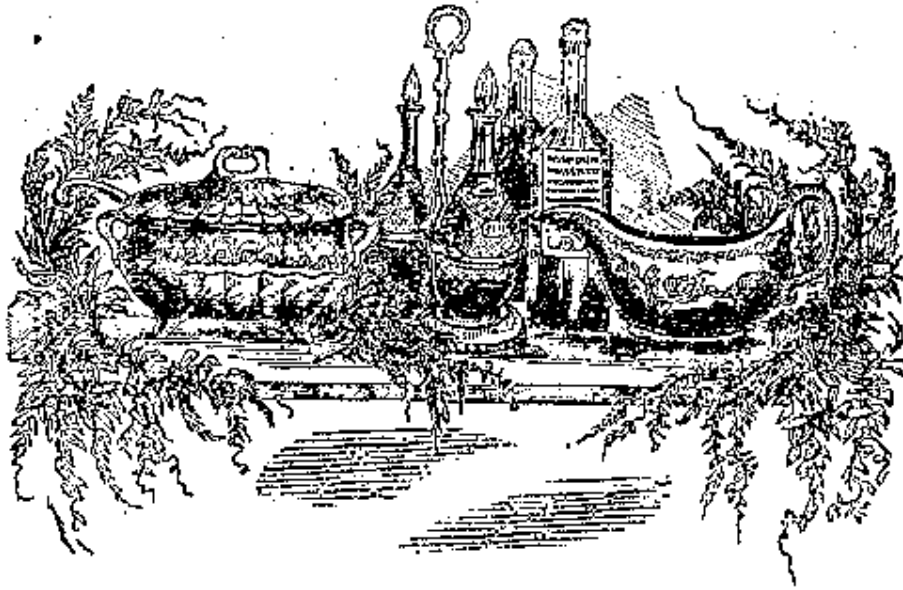
*Note.*—The THICK part of the EEL is reckoned the best; and this holds good of all flat fish.

The TAIL of the LOBSTER is the prime part, and next to that the CLAWS.



**FISH CARVERS.**

**CHAPTER IX.—General remarks on sauces, pickles, gravies, and forcemeats**



354. AN ANECDOTE IS TOLD of the prince de Soubise, who, intending to give an entertainment, asked for the bill of fare. His *chef* came, presenting a list adorned with vignettes, and the first article of which, that met the prince's eye, was "fifty hams." "Bertrand," said the prince, "I think you must be extravagant; Fifty hams! do you intend to feast my whole regiment?" "No, Prince, there will be but one on the table, and the surplus I need for my *Espagnole*, blondes, garnitures, &c." "Bertrand, you are robbing me: this item will not do." "Monseigneur," said the *artiste*, "you do not appreciate me. Give me the order, and I will put those fifty hams in a crystal flask no longer than my thumb." The prince smiled, and the hams were passed. This was all very well for the prince de Soubise; but as we do not write for princes and nobles alone, but that our British sisters may make the best dishes out of the least expensive ingredients, we will also pass the hams, and give a few general directions concerning Sauces, &c.

355. THE PREPARATION AND APPEARANCE OF SAUCES AND GRAVIES are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them as perfectly, so to speak, as does a pianoforte accompaniment with the voice of the singer.

356. THE GENERAL BASIS OF MOST GRAVIES and some sauces is the same stock as that used for soups (*see* Nos. 104, 105, 106, and 107); and, by the employment of these, with, perhaps, an additional slice of ham, a little spice, a few herbs, and a slight flavouring from some cold sauce or ketchup, very nice gravies may

be made for a very small expenditure. A milt (either of a bullock or sheep), the shank-end of mutton that has already been dressed, and the necks and feet of poultry, may all be advantageously used for gravy, where much is not required. It may, then, be established as a rule, that there exists no necessity for good gravies to be expensive, and that there is no occasion, as many would have the world believe, to buy ever so many pounds of fresh meat, in order to furnish an ever so little quantity of gravy.

357. BROWN SAUCES, generally speaking, should scarcely be so thick as white sauces; and it is well to bear in mind, that all those which are intended to mask the various dishes of poultry or meat, should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For browning and thickening sauces, &c., browned flour may be properly employed.

358. SAUCES SHOULD POSSESS A DECIDED CHARACTER; and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavoured as to make them too piquant on the one hand, or too mawkish on the other.

359. GRAVIES AND SAUCES SHOULD BE SENT TO TABLE VERY HOT; and there is all the more necessity for the cook to see to this point, as, from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. Those sauces, of which cream or eggs form a component part, should be well stirred, as soon as these ingredients are added to them, and must never be allowed to boil; as, in that case, they would instantly curdle.

360. ALTHOUGH PICKLES MAY BE PURCHASED at shops at as low a rate as they can usually be made for at home, or perhaps even for less, yet we would advise all housewives, who have sufficient time and convenience, to prepare their own. The only general rules, perhaps, worth stating here,—as in the recipes all necessary details will be explained, are, that the vegetables and fruits used should be sound, and not over ripe, and that the very best vinegar should be employed.

361. FOR FORCEMEATS, SPECIAL ATTENTION IS NECESSARY. The points which cooks should, in this branch of cookery, more particularly observe, are the thorough chopping of the suet, the complete mincing of the herbs, the careful grating of the bread-crumbs, and the perfect mixing of the whole. These are the three principal ingredients of forcemeats, and they can scarcely be cut too small, as nothing like a lump or fibre should be anywhere perceptible. To conclude, the flavour of no one spice or herb should be permitted to predominate.

**CHAPTER X.—Sauce, pickles, gravy, and forcemeat recipes.**

**ANCHOVY SAUCE FOR FISH.**

362. **INGREDIENTS.**—4 anchovies, 1 oz. of butter, 1/2 pint of melted butter, cayenne to taste.

*Mode.*—Bone the anchovies, and pound them in a mortar to a paste, with 1 oz. of butter. Make the melted butter hot, stir in the pounded anchovies and cayenne; simmer for 3 or 4 minutes; and if liked, add a squeeze of lemon-juice. A more general and expeditious way of making this sauce is to stir in 1-1/2 tablespoonfuls of anchovy essence to 1/2 pint of melted butter, and to add seasoning to taste. Boil the whole up for 1 minute, and serve hot.

*Time.*—5 minutes. *Average cost*, 5d. for 1/2 pint.

*Sufficient*, this quantity, for a brill, small turbot, 3 or 4 soles, &c.

**ANCHOVY BUTTER** (*see* No. 227).

**CAYENNE.**—This is the most acrid and stimulating spice with which we are acquainted. It is a powder prepared from several varieties of the capsicum annual East-India plants, of which there are three so far naturalized in this country as to be able to grow in the open air: these are the Guinea, the Cherry, and the Bell pepper. All the pods of these are extremely pungent to the taste, and in the green state are used by us as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best of this, however, is made in the West Indies, from what is called the *Bird* pepper, on account of hens and turkeys being extremely partial to it. It is imported ready for use. Of the capsicum species of plants there are five; but the principal are,—1. *Capsicum annuum*, the common long-podded capsicum, which is cultivated in our gardens, and of which there are two varieties, one with red, and another with yellow fruit. 2. *Capsicum baccatum*, or bird pepper, which rises with a shrubby stalk four or five feet high, with its berries growing at the division of the branches: this is small, oval-shaped, and of a bright-red colour, from which, as we have said, the best cayenne is made. 3. *Capsicum grossum*, the bell-pepper: the fruit of this is red, and is the only kind fit for pickling.



THE CAPSICUM.

**APPLE SAUCE FOR GEESE, PORK, &c.**

363. **INGREDIENTS.**—6 good-sized apples, sifted sugar to taste, a piece of butter the size of a walnut, water.

*Mode.*—Pare, core, and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and

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boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter This quantity is sufficient for a good-sized tureen.

*Time.*—According to the apples, about 3/4 hour. *Average cost*, 4d.

*Sufficient*, this quantity, for a goose or couple of ducks.

**BROWN APPLE SAUCE.**

364. **INGREDIENTS.**—6 good-sized apples, 1/2 pint of brown gravy, cayenne to taste.

*Mode.* Put the gravy in a stewpan, and add the apples, after having pared, cored, and quartered them. Let them simmer gently till tender; beat them to a pulp, and season with cayenne. This sauce is preferred by many to the preceding.

*Time.*—According to the apples, about 3/4 hour. *Average cost*, 6d.

**ASPARAGUS SAUCE.**

365. **INGREDIENTS.**—1 bunch of green asparagus, salt, 1 oz. of fresh butter, 1 small bunch of parsley, 3 or 4 green onions, 1 large lump of sugar, 4 tablespoonfuls of sauce tournée.

*Mode.*—Break the asparagus in the tender part, wash well, and put them into boiling salt and water to render them green. When they are tender, take them out, and put them into cold water; drain them on a cloth till all moisture is absorbed from them. Put the butter in a stewpan, with the parsley and onions; lay in the asparagus, and fry the whole over a sharp fire for 5 minutes. Add salt, the sugar and sauce tournée, and simmer for another 5 minutes. Rub all through a tammy, and if not a very good colour, use a little spinach green. This sauce should be rather sweet.

*Time.*—Altogether 40 minutes.

*Average cost* for this quantity, 1s. 4d.

**ASPIC, or ORNAMENTAL SAVOURY JELLY.**

366. **INGREDIENTS.**—4 lbs. of knuckle of veal, 1 cow-heel, 3 or 4 slices of ham, any poultry trimmings, 2 carrots, 1 onion, 1 faggot of savoury herbs, 1 glass of sherry, 3 quarts of water; seasoning to taste of salt and whole white pepper; 3 eggs.

*Mode.*—Lay the ham on the bottom of a stewpan, cut up the veal and cow-heel into small pieces, and lay them on the ham; add the poultry trimmings, vegetables, herbs, sherry, and water, and let the whole simmer very gently for 4 hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve, and pour into an earthen pan to get cold. Have ready a clean stewpan, put in the jelly, and be particular to leave the sediment behind, or it will not be clear. Add the whites of 3 eggs, with salt and pepper, to clarify; keep stirring over the fire, till the whole becomes very white; then draw it to the side, and let it stand till clear. When this is the

case, strain it through a cloth or jelly-bag, and use it for moulding poultry, etc. (See Explanation of French Terms, page 44.) Tarragon vinegar may be added to give an additional flavour.

*Time.*—Altogether 4-1/2 hours. *Average cost* for this quantity, 4s.

**WHITE PEPPER.**—This is the produce of the same plant as that which produces the black pepper, from which it is manufactured by steeping this in lime and water, and rubbing it between the hands till the coats come off. The best berries only will bear this operation; hence the superior qualities of white pepper fetch a higher price than those of the other. It is less acrid than the black, and is much prized among the Chinese. It is sometimes adulterated with rice-flour, as the black is with burnt bread. The berries of the pepper-plant grow in spikes of from twenty to thirty, and are, when ripe, of a bright-red colour. After being gathered, which is done when they are green, they are spread out in the sun, where they dry and become black and shrivelled, when they are ready for being prepared for the market.

### BECHAMEL, or FRENCH WHITE SAUCE.

**367. INGREDIENTS.**—1 small bunch of parsley, 2 cloves, 1/2 bay-leaf, 1 small faggot of savoury herbs, salt to taste; 3 or 4 mushrooms, when obtainable; 2 pints of white stock, 1 pint of cream, 1 tablespoonful of arrowroot.

*Mode.*—Put the stock into a stewpan, with the parsley, cloves, bay-leaf, herbs, and mushrooms; add a seasoning of salt, but no pepper, as that would give the sauce a dusty appearance, and should be avoided. When it has boiled long enough to extract the flavour of the herbs, etc., strain it, and boil it up quickly again, until it is nearly half-reduced. Now mix the arrowroot smoothly with the cream, and let it simmer very gently for 5 minutes over a slow fire; pour to it the reduced stock, and continue to simmer slowly for 10 minutes, if the sauce be thick. If, on the contrary, it be too thin, it must be stirred over a sharp fire till it thickens. This is the foundation of many kinds of sauces, especially white sauces. Always make it thick, as you can easily thin it with cream, milk, or white stock.

*Time.*—Altogether, 2 hours. *Average cost*, 1s. per pint.



THE CLOVE.

**THE CLOVE.**—The clove-tree is a native of the Molucca Islands, particularly Amboyna, and attains the height of a laurel-tree, and no verdure is ever seen under it. From the extremities of the branches quantities of flowers grow, first white; then they become green, and next red and hard, when they have arrived at their clove state. When they become dry, they assume a yellowish hue, which subsequently changes into a dark brown. As an aromatic, the clove is highly stimulating, and yields an abundance of oil. There are several varieties of the clove; the best is called the *royal clove*, which is scarce, and which is blacker and smaller than the other kinds. It is a curious fact, that the flowers, when fully developed, are quite inodorous, and that the real fruit is not in the least aromatic. The form is that of a nail, having a globular, formed of the four petals of the corolla, and four leaves of the calyx not expanded, with a nearly cylindrical germen, scarcely an inch in length, situate below.

**BECHAMEL MAIGRE, or WITHOUT MEAT.**

368. **INGREDIENTS.**—2 onions, 1 blade of mace, mushroom trimmings, a small bunch of parsley, 1 oz. of butter, flour, 1/2 pint of water, 1 pint of milk, salt, the juice of 1 lemon, 2 eggs.

*Mode.*—Put in a stewpan the milk, and 1/2 pint of water, with the onions, mace, mushrooms, parsley, and salt. Let these simmer gently for 20 minutes. In the mean time, rub on a plate 1 oz. of flour and butter; put it to the liquor, and stir it well till it boils up; then place it by the side of the fire, and continue stirring until it is perfectly smooth. Now strain it through a sieve into a basin, after which put it back in the stewpan, and add the lemon-juice. Beat up the yolks of the eggs with about 4 dessertspoonfuls of milk; strain this to the sauce, keep stirring it over the fire, but do not let it boil, lest it curdle.

*Time.*—Altogether, 3/4 hour. *Average cost*, 5d. per pint.

This is a good sauce to pour over boiled fowls when they are a bad colour.

**PICKLED BEETROOT.**

369. **INGREDIENTS.**—Sufficient vinegar to cover the beets, 2 oz. of whole pepper, 2 oz. of allspice to each gallon of vinegar.

*Mode.*—Wash the beets free from dirt, and be very careful not to prick the outside skin, or they would lose their beautiful colour. Put them into boiling water, let them simmer gently, and when about three parts done, which will be in 1-1/2 hour, take them out and let them cool. Boil the vinegar with pepper and allspice, in the above proportion, for ten minutes, and when cold, pour it on the beets, which must be peeled and cut into slices about 1/2 inch thick. Cover with bladder to exclude the air, and in a week they will be fit for use.

*Average cost*, 3s. per gallon.

**BLACK PEPPER.**—This well-known aromatic spice is the fruit of a species of climbing vine, and is a native of the East Indies, and is extensively cultivated in Malabar and the eastern islands of Borneo, Sumatra, and Java, and others in the same latitude. It was formerly confined to these countries, but it has now been introduced to Cayenne. It is generally employed as a condiment; but it should never be forgotten, that, even in small quantities, it produces detrimental effects on inflammatory constitutions. Dr. Paris, in his work on Diet, says, "Foreign spices were not intended by Nature for the inhabitants of temperate climes; they are heating, and highly stimulant. I am, however, not anxious to give more weight to this objection than it deserves. Man is no longer the child of Nature, nor the passive inhabitant of any particular region. He ranges over every part of the globe, and elicits nourishment from the productions of every climate. Nature is very kind in



**BLACK PEPPER.**

## THE BOOK OF HOUSEHOLD MANAGEMENT

favouring the growth of those productions which are most likely to answer our local wants. Those climates, for instance, which engender endemic diseases, are, in general, congenial to the growth of plants that operate as antidotes to them. But if we go to the East for tea, there is no reason why we should not go to the West for sugar. The dyspeptic invalid, however, should be cautious in their use; they may afford temporary benefit, at the expense of permanent mischief. It has been well said, that the best quality of spices is to stimulate the appetite, and their worst to destroy, by insensible degrees, the tone of the stomach. The intrinsic goodness of meats should always be suspected when they require spicy seasonings to compensate for their natural want of sapidity." The quality of pepper is known by rubbing it between the hands: that which withstands this operation is good, that which is reduced to powder by it is bad. The quantity of pepper imported into Europe is very great.

### BENTON SAUCE

(to serve with Hot or Cold Roast Beef).

370. INGREDIENTS.—1 tablespoonful of scraped horseradish, 1 teaspoonful of made mustard, 1 teaspoonful of pounded sugar, 4 tablespoonfuls of vinegar.

*Mode.*—Grate or scrape the horseradish very fine, and mix it with the other ingredients, which must be all well blended together; serve in a tureen. With cold meat, this sauce is a very good substitute for pickles.

*Average cost* for this quantity, 2d.

### BREAD SAUCE

(to serve with Roast Turkey, Fowl, Game, &c.).

#### I.

371. INGREDIENTS.—1 pint of milk, 3/4 of the crumb of a stale loaf, 1 onion; pounded mace, cayenne, and salt to taste; 1 oz. of butter.

*Mode.*—Peel and quarter the onion, and simmer it in the milk till perfectly tender. Break the bread, which should be stale, into small pieces, carefully picking out any hard outside pieces; put it in a very clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne, and salt, with 1 oz. of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table.

*Time.*—Altogether, 1-3/4 hour.

*Average cost* for this quantity, 4d.

*Sufficient* to serve with a turkey, pair of fowls, or brace of partridges.

MACE.—This is the membrane which surrounds the shell of the nutmeg. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour, with a hot and acrid taste. It is of an oleaginous nature, is yellowish in its hue, and is used largely as a condiment. In "Beeton's Dictionary" we find that the four largest





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of the Banda Islands produce 150,000 lbs. of it annually, which, with nutmegs, are their principal articles of export.

II.

372. **INGREDIENTS.**—Giblets of poultry, 3/4 lb. of the crumb of a stale loaf, 1 onion, 12 whole peppers, 1 blade of mace, salt to taste, 2 tablespoonfuls of cream or melted butter, 1 pint of water.

*Mode.*—Put the giblets, with the , neck, legs, &c., into a stewpan; add the onion, pepper, mace, salt, and rather more than 1 pint of water. Let this simmer for an hour, when strain the liquor over the bread, which should be previously grated or broken into small pieces. Cover up the saucepan, and leave it for an hour by the side of the fire; then beat the sauce up with a fork until no lumps remain, and the whole is nice and smooth. Let it boil for 3 or 4 minutes; keep stirring it until it is rather thick; when add 3 tablespoonfuls of good melted butter or cream, and serve very hot.

*Time.*—2-1/4 hours. *Average cost*, 6d.

**BROWNING FOR GRAVIES AND SAUCES.**

373. The browning for soups (*see* No. 108) answers equally well for sauces and gravies, when it is absolutely necessary to colour them in this manner; but where they can be made to look brown by using ketchup, wine, browned flour, tomatoes, or any colour sauce, it is far preferable. As, however, in cooking, so much depends on appearance, perhaps it would be as well for the inexperienced cook to use the artificial means (No. 108). When no browning is at hand, and you wish to heighten the colour of your gravy, dissolve a lump of sugar in an iron spoon over a sharp fire; when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavour.

**BEURRE NOIR, or BROWNED BUTTER**  
(a French Sauce).

374. **INGREDIENTS.**—1/4 lb. of butter, 1 tablespoonful of minced parsley, 3 tablespoonfuls of vinegar, salt and pepper to taste.

*Mode.*—Put the butter into a fryingpan over a nice clear fire, and when it smokes, throw in the parsley, and add the vinegar and seasoning. Let the whole simmer for a minute or two, when it is ready to serve. This is a very good sauce for skate.

*Time.*—1/4 hour.

**CLARIFIED BUTTER.**

375. Put the butter in a basin before the fire, and when it melts, stir it round once or twice, and let it settle. Do not strain it unless absolutely necessary, as it causes so much waste. Pour it gently off into a clean dry jar, carefully leaving all sediment behind. Let it cool, and carefully exclude the air by means of a bladder, or piece of

wash-leather, tied over. If the butter is salt, it may be washed before melting, when it is to be used for sweet dishes.

**MELTED BUTTER.**

I.

376. INGREDIENTS.—1/4 lb. of butter, a dessertspoonful of flour, 1 wineglassful of water, salt to taste.

*Mode.*—Cut the butter up into small pieces, put it in a saucepan, dredge over the flour, and add the water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring it, but do not allow it to boil.

*Time.*—1 minute to simmer.

*Average cost* for this quantity, 4d.

II.

(*More Economical.*)

377. INGREDIENTS.—2 oz. of butter, 1 dessertspoonful of flour, salt to taste, 1/2 pint of water.

*Mode.*—Mix the flour and water to a smooth batter, which put into a saucepan. Add the butter and a seasoning of salt, keep stirring *one way* till all the ingredients are melted and perfectly smooth; let the whole boil for a minute or two, and serve.

*Time.*—2 minutes to simmer.

*Average cost* for this quantity, 2d.

MELTED BUTTER (the French Sauce Blanche).

378. INGREDIENTS.—1/4 lb. of fresh butter, 1 tablespoonful of flour, salt to taste, 1/2 gill of water, 1/2 spoonful of white vinegar, a very little grated nutmeg.

*Mode.*—Mix the flour and water to a smooth batter, carefully rubbing down with the back of a spoon any lumps that may appear. Put it in a saucepan with all the other ingredients, and let it thicken on the fire, but do not allow it to boil, lest it should taste of the flour.

*Time.*—1 minute to simmer.

*Average cost*, 5d. for this quantity.

NUTMEG.—This is a native of the Moluccas, and was long kept from being spread in other places by the monopolizing spirit of the Dutch, who endeavoured to keep it wholly to

themselves by eradicating it from every other island. We find it stated in "Beeton's Dictionary of Universal Information," under the article "Banda Islands," that the four largest are appropriated to the cultivation of nutmegs, of which about 500,000 lbs. are annually produced. The plant, through the enterprise of the British, has now found its way into Penang and Bencoolen, where it flourishes and produces well. It has also been tried to be naturalized in the West Indies, and it bears fruit all the year round. There are two kinds of nutmeg,—one wild, and long and oval-shaped, the other cultivated, and nearly round. The best is firm and hard, and has a strong aromatic odour, with a hot and acrid taste. It ought to be used with caution by those who are of paralytic or apoplectic habits.



### **THICKENED BUTTER.**

379. **INGREDIENTS.**—1/4 pint of melted butter, No. 376, the yolks of 2 eggs, a little lemon-juice.

*Mode.*—Make the butter quite hot, and be careful not to colour it. Well whisk the yolks of the eggs, pour them to the butter, beating them all the while. Make the sauce hot over the fire, but do not let it boil; add a squeeze of lemon-juice.

### **MELTED BUTTER MADE WITH MILK.**

380. **INGREDIENTS.**—1 teaspoonful of flour, 2 oz. butter, 1/3 pint of milk, a few grains of salt.

*Mode.*—Mix the butter and flour smoothly together on a plate, put it into a lined saucepan, and pour in the milk. Keep stirring it *one way* over a sharp fire; let it boil quickly for a minute or two, and it is ready to serve. This is a very good foundation for onion, lobster, or oyster sauce: using milk instead of water makes it look so much whiter and more delicate.

*Time.*—Altogether, 10 minutes. *Average cost* for this quantity, 3d.

### **CAMP VINEGAR.**

381. **INGREDIENTS.**—1 of garlic, 1/2 oz. cayenne, 2 teaspoonfuls of soy, 2 ditto walnut ketchup, 1 pint of vinegar, cochineal to colour.

*Mode.*—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for a month, when strain it off quite clear, and it will be fit for use. Keep it in small bottles well sealed, to exclude the air.

*Average cost* for this quantity, 8d.

### **CAPER SAUCE FOR BOILED MUTTON.**

382. **INGREDIENTS.**—1/2 pint of melted butter (No. 376), 3 tablespoonfuls of capers or nasturtiums, 1 tablespoonful of their liquor.

*Mode.*—Chop the capers twice or thrice, and add them, with their liquor, to 1/2 pint of melted butter, made very smoothly; keep stirring well; let the sauce just simmer, and

serve in a tureen. Pickled nasturtium-pods are fine-flavoured, and by many are eaten in preference to capers. They make an excellent sauce.

*Time.*—2 minutes to simmer. *Average cost* for this quantity, 8d.

*Sufficient* to serve with a leg of mutton.

### CAPER SAUCE FOR FISH.

383. **INGREDIENTS.**—1/2 pint of melted butter No. 376, 3 dessertspoonfuls of capers, 1 dessertspoonful of their liquor, a small piece of glaze, if at hand (this may be dispensed with), 1/4 teaspoonful of salt, ditto of pepper, 1 tablespoonful of anchovy essence.

*Mode.*—Cut the capers across once or twice, but do not chop them fine; put them in a saucepan with 1/2 pint of good melted butter, and add all the other ingredients. Keep stirring the whole until it just simmers, when it is ready to serve.

*Time.*—1 minute to simmer. *Average cost* for this quantity, 5d.

*Sufficient* to serve with a skate, or 2 or 3 slices of salmon.

CAPERS.—These are the unopened buds of a low trailing shrub, which grows wild among the crevices of the rocks of Greece, as well as in northern Africa: the plant, however, has come to be cultivated in the south of Europe. After being pickled in vinegar and salt, they are imported from Sicily, Italy, and the south of France. The best are from Toulon.



THE CAPER.

### A SUBSTITUTE FOR CAPER SAUCE.

384. **INGREDIENTS.**—1/2 pint of melted butter, No. 376, 2 tablespoonfuls of cut parsley, 1/2 teaspoonful of salt, 1 tablespoonful of vinegar.

*Mode.*—Boil the parsley slowly to let it become a bad colour; cut, but do not chop it fine. Add it to 1/2 pint of smoothly-made melted butter, with salt and vinegar in the above proportions. Boil up and serve.

*Time.*—2 minutes to simmer. *Average cost* for this quantity, 3d.

### PICKLED CAPSICUMS.

385. **INGREDIENTS.**—Vinegar, 1/4 oz. of pounded mace, and 1/4 oz. of grated nutmeg, to each quart; brine.

*Mode.*—Gather the pods with the stalks on, before they turn red; slit them down the side with a small-pointed knife, and remove the seeds only; put them in a strong brine for 3 days, changing it every morning; then take them out, lay them on a cloth, with another one over them, until they are perfectly free from moisture. Boil sufficient

vinegar to cover them, with mace and nutmeg in the above proportions; put the pods in a jar, pour over the vinegar when cold, and exclude them from the air by means of a wet bladder tied over.

**CAYENNE VINEGAR, or ESSENCE OF CAYENNE.**

386. **INGREDIENTS.**—1/2 oz. of cayenne pepper, 1/2 pint of strong spirit, or 1 pint of vinegar.

*Mode.*—Put the vinegar, or spirit, into a bottle, with the above proportion of cayenne, and let it steep for a month, when strain off and bottle for use. This is excellent seasoning for soups or sauces, but must be used very sparingly.

**CELERY SAUCE, FOR BOILED TURKEY, POULTRY, &c.**

387. **INGREDIENTS.**—6 heads of celery, 1 pint of white stock, No. 107, 2 blades of mace, 1 small bunch of savoury herbs; thickening of butter and flour, or arrowroot, 1/2 pint of cream, lemon-juice.

*Mode.*—Boil the celery in salt and water, until tender, and cut it into pieces 2 inches long. Put the stock into a stewpan with the mace and herbs, and let it simmer for 1/2 hour to extract their flavour. Then strain the liquor, add the celery and a thickening of butter kneaded with flour, or, what is still better, with arrowroot; just before serving, put in the cream, boil it up and squeeze in a little lemon-juice. If necessary, add a seasoning of salt and white pepper.

*Time.*—25 minutes to boil the celery. *Average cost*, 1s. 3d.

*Sufficient*, this quantity, for a boiled turkey.

This sauce may be made brown by using gravy instead of white stock, and flavouring it with mushroom ketchup or Harvey's sauce.

**ARROWROOT.**—This nutritious fecula is obtained from the roots of a plant which is cultivated in both the East and West Indies. When the roots are about a year old, they are dug up, and, after being well washed, are beaten to a pulp, which is afterwards, by means of water, separated from the fibrous part. After being passed through a sieve, once more washed, and then suffered to settle, the sediment is dried in the sun, when it has become arrowroot. The best is obtained from the West Indies, but a large quantity of what is sold in London is adulterated with potato-starch. As a means of knowing arrowroot when it is good, it may be as well to state, that the genuine article, when formed into a jelly, will remain firm for three or four days, whilst the adulterated will become as thin as milk in the course of twelve hours.



**ARROWROOT.**

**CELERY SAUCE**

## THE BOOK OF HOUSEHOLD MANAGEMENT

(a More Simple Recipe).

388. **INGREDIENTS.**—4 heads of celery, 1/2 pint of melted butter, made with milk (No. 380), 1 blade of pounded mace; salt and white pepper to taste.

*Mode.*—Wash the celery, boil it in salt and water till tender, and cut it into pieces 2 inches long; make 1/2 pint melted butter by recipe No. 380; put in the celery, pounded mace, and seasoning; simmer for three minutes, when the sauce will be ready to serve.

*Time.*—25 minutes to boil the celery. *Average cost*, 6d.

*Sufficient*, this quantity, for a boiled fowl.

### CELERY VINEGAR.

389. **INGREDIENTS.**—1/4 oz. of celery-seed, 1 pint of vinegar.

*Mode.*—Crush the seed by pounding it in a mortar; boil the vinegar, and when cold, pour it to the seed; let it infuse for a fortnight, when strain and bottle off for use. This is frequently used in salads.

### CHESTNUT SAUCE FOR FOWLS OR TURKEY.

390. **INGREDIENTS.**—1/2 lb. of chestnuts, 1/2 pint of white stock, 2 strips of lemon-peel, cayenne to taste, 1/4 pint of cream or milk.

*Mode.*—Peel off the outside skin of the chestnuts, and put them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan, with the white stock and lemon-peel, and let them simmer for 1-1/2 hour, or until the chestnuts are quite tender. Rub the whole through a hair-sieve with a wooden spoon; add seasoning and the cream; let it just simmer, but not boil, and keep stirring all the time. Serve very hot; and quickly. If milk is used instead of cream, a very small quantity of thickening may be required: that, of course, the cook will determine.

*Time.*—Altogether nearly two hours. *Average cost*, 8d.

*Sufficient*, this quantity, for a turkey.

### BROWN CHESTNUT SAUCE.

391. **INGREDIENTS.**—1/2 lb. of chestnuts, 1/2 pint of stock No. 105, 2 lumps of sugar, 4 tablespoonfuls of Spanish sauce (*see* Sauces).

*Mode.*—Prepare the chestnuts as in the foregoing recipe, by scalding and peeling them; put them in a stewpan with the stock and sugar, and simmer them till tender. When done, add Spanish sauce in the above proportion, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to thicken.

*Time.*—1-1/2 hour to simmer the chestnuts. *Average cost*, 8d.

**BENGAL RECIPE FOR MAKING MANGO CHETNEY.**

392. **INGREDIENTS.**—1-1/2 lbs. of moist sugar, 3/4 lb. of salt, 1/4 lb. of garlic, 1/4 lb. of onions, 3/4 lb. of powdered ginger, 1/4 lb. of dried chilies, 3/4 lb. of mustard-seed, 3/4 lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

*Mode.*—The sugar must be made into syrup; the garlic, onions, and ginger be finely pounded in a mortar; the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced, and boiled in a bottle and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the whole of the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious.

*Note.*—This recipe was given by a native to an English lady, who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish.

**GARLIC.**—The smell of this plant is generally considered offensive, and it is the most acrimonious in its taste of the whole of the alliaceous tribe. In 1548 it was introduced to England from the shores of the Mediterranean, where it is abundant, and in Sicily it grows naturally. It was in greater repute with our ancestors than it is with ourselves, although it is still used as a seasoning herb. On the continent, especially in Italy, it is much used, and the French consider it an essential in many made dishes.



**GARLIC.**

**CHILI VINEGAR.**

393. **INGREDIENTS.**—50 fresh red English chilies, 1 pint of vinegar.

*Mode.*—Pound or cut the chilies in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people cannot eat it without the addition of an acid and cayenne pepper.

**CHRISTOPHER NORTH'S SAUCE FOR MEAT OR GAME.**

394. **INGREDIENTS.**—1 glass of port wine, 2 tablespoonfuls of Harvey's sauce, 1 dessertspoonful of mushroom ketchup, ditto of pounded white sugar, 1 tablespoonful of lemon-juice, 1/4 teaspoonful of cayenne pepper, ditto of salt.

*Mode.*—Mix all the ingredients thoroughly together, and heat the sauce gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce, if bottled immediately, will keep good for a fortnight, and will be found excellent.

**CONSOMME, or WHITE STOCK FOR MANY SAUCES.**

395. Consommé is made precisely in the same manner as stock No. 107, and, for ordinary purposes, will be found quite good enough. When, however, a stronger stock is desired, either put in half the quantity of water, or double that of the meat. This is a very good foundation for all white sauces.

**CRAB SAUCE FOR FISH**

(equal to Lobster Sauce).

396. **INGREDIENTS.**—1 crab; salt, pounded mace, and cayenne to taste; 1/2 pint of melted butter made with milk (*see* No. 380).

*Mode.*—Choose a nice fresh crab, pick all the meat away from the shell, and cut it into small square pieces. Make 1/2 pint of melted butter by recipe No. 380, put in the fish and seasoning; let it gradually warm through, and simmer for 2 minutes. It should not boil.

*Average cost*, 1s. 2d.

**CREAM SAUCE FOR FISH OR WHITE DISHES.**

397. **INGREDIENTS.**—1/3 pint of cream, 2 oz. of butter, 1 teaspoonful of flour, salt and cayenne to taste; when liked, a small quantity of pounded mace or lemon-juice.

*Mode.*—Put the butter in a very clean saucepan, dredge in the flour, and keep shaking round till the butter is melted. Add the seasoning and cream, and stir the whole till it boils; let it just simmer for 5 minutes, when add either pounded mace or lemon-juice to taste, to give it a flavour.

*Time.*—5 minutes to simmer. *Average cost* for this quantity, 7d.

This sauce may be flavoured with very finely-shredded shalot.

**CUCUMBER SAUCE.**

398. **INGREDIENTS.**—3 or 4 cucumbers, 2 oz. of butter, 6 tablespoonfuls of brown gravy.

*Mode.*—Peel the cucumbers, quarter them, and take out the seeds; cut them into small pieces; put them in a cloth, and rub them well, to take out the water which hangs about them. Put the butter in a saucepan, add the cucumbers, and shake them over a sharp fire until they are of a good colour. Then pour over it the gravy, mix this with the cucumbers, and simmer gently for 10 minutes, when it will be ready to serve.

*Time.*—Altogether, 1/2 hour.



**PICKLED CUCUMBERS.**

399. **INGREDIENTS.**—1 oz. of whole pepper, 1 oz. of bruised ginger; sufficient vinegar to cover the cucumbers.

*Mode.*—Cut the cucumbers in thick slices, sprinkle salt over them, and let them remain for 24 hours. The next day, drain them well for 6 hours, put them into a jar, pour boiling vinegar over them, and keep them in a warm place. In a short time, boil up the vinegar again, add pepper and ginger in the above proportion, and instantly cover them up. Tie them down with bladder, and in a few days they will be fit for use.

**LONG PEPPER.**—This is the produce of a different plant from that which produces the black, it consisting of the half-ripe flower-heads of what naturalists call *Piper longum* and *chaba*. It is the growth, however, of the same countries; indeed, all the spices are the produce of tropical climates only. Originally, the most valuable of these were found in the Spice Islands, or Moluccas, of the Indian Ocean, and were highly prized by the nations of antiquity. The Romans indulged in them to a most extravagant degree. The long pepper is less aromatic than the black, but its oil is more pungent.



**LONG PEPPER.**

**CUCUMBER SAUCE, WHITE.**

400. **INGREDIENTS.**—3 or four cucumbers, 1/2 pint of white stock, No. 107, cayenne and salt to taste, the yolks of 3 eggs.

*Mode.*—Cut the cucumbers into small pieces, after peeling them and taking out the seeds. Put them in a stewpan with the white stock and seasoning; simmer gently till the cucumbers are tender, which will be in about 1/4 hour. Then add the yolks of the eggs well beaten; stir them to the sauce, but do not allow it to boil, and serve very hot.

*Time.*—Altogether, 1/2 hour.

**CUCUMBER VINEGAR (a very nice Addition to Salads).**

401. **INGREDIENTS.**—10 large cucumbers, or 12 smaller ones, 1 quart of vinegar, 2 onions, 2 shalots, 1 tablespoonful of salt, 2 tablespoonfuls of pepper, 1/4 teaspoonful of cayenne.

*Mode.*—Pare and slice the cucumbers, put them in a stone jar or wide-mouthed bottle, with the vinegar; slice the onions and shalots, and add them, with all the other ingredients, to the cucumbers. Let it stand 4 or 5 days, boil it all up, and when cold, strain the liquor through a piece of muslin, and store it away in small bottles well sealed. This vinegar is a very nice addition to gravies, hashes, &c., as well as a great improvement to salads, or to eat with cold meat.

**GERMAN METHOD OF KEEPING CUCUMBERS FOR WINTER USE.**

402. INGREDIENTS.—Cucumbers, salt.

*Mode*.—Pare and slice the cucumbers (as for the table), sprinkle well with salt, and let them remain for 24 hours; strain off the liquor, pack in jars, a thick layer of cucumbers and salt alternately; tie down closely, and, when wanted for use, take out the quantity required. Now wash them well in fresh water, and dress as usual with pepper, vinegar, and oil.

THE CUCUMBER.—Though the melon is far superior in point of flavour to this fruit, yet it is allied to the cucumber, which is known to naturalists as *Cucumia sativus*. The modern Egyptians, as did their forefathers, still eat it, and others of its class. Cucumbers were observed, too, by Bishop Heber, beyond the Ganges, in India; and Burckhardt noticed them in Palestine. (See No. 127.)



THE CUCUMBER.

**AN EXCELLENT WAY OF PRESERVING CUCUMBERS.**

403. INGREDIENTS.—Salt and water; 1 lb. of lump sugar, the rind of 1 lemon, 1 oz. of ginger, cucumbers.

*Mode*.—Choose the greenest cucumbers, and those that are most free from seeds; put them in strong salt and water, with a cabbage-leaf to keep them down; tie a paper over them, and put them in a warm place till they are yellow; then wash them and set them over the fire in fresh water, with a very little salt, and another cabbage-leaf over them; cover very closely, but take care they do not boil. If they are not a fine green, change the water again, cover them as before, and make them hot. When they are a good colour, take them off the fire and let them cool; cut them in quarters, take out the seeds and pulp, and put them into cold water. Let them remain for 2 days, changing the water twice each day, to draw out the salt. Put the sugar, with 1/4 pint of water, in a saucepan over the fire; remove the scum as it rises, and add the lemon-peel and ginger with the outside scraped off; when the syrup is tolerably thick, take it off the fire, and when *cold*, wipe the cucumbers *dry*, and put them in. Boil the syrup once in 2 or 3 days for 3 weeks; strengthen it if required, and let it be quite cold before the cucumbers are put in. Great attention must be paid to the directions in the commencement of this recipe, as, if these are not properly carried out, the result will be far from satisfactory.

*Seasonable*.—This recipe should be used in June, July, or August.

COMMON SALT.—By this we mean salt used for cooking purposes, which is found in great abundance both on land and in the waters of the ocean. Sea or salt water, as it is often called, contains, it has been discovered, about three per cent, of salt on an average. Solid rocks of salt are also found in various parts of the world, and the county of Chester contains many of these mines, and it is from there that much of our salt comes. Some springs are so highly impregnated with salt, as to have received the name of "brine" springs, and are supposed to have become so by passing through the salt rocks below ground, and thus dissolving a portion of this mineral substance. We here give an engraving of a salt-mine at Northwich, Cheshire,

where both salt-mines and brine-springs are exceedingly productive, and are believed to have been wrought so far back as during the occupation of Britain by the Romans.



SALT-MINE AT NORTHWICH.

#### CUSTARD SAUCE FOR SWEET PUDDINGS OR TARTS.

404. **INGREDIENTS.**—1 pint of milk, 2 eggs, 3 oz. of pounded sugar, 1 tablespoonful of brandy.

*Mode.*—Put the milk in a very clean saucepan, and let it boil. Beat the eggs, stir to them the milk and pounded sugar, and put the mixture into a jug. Place the jug in a saucepan of boiling water; keep stirring well until it thickens, but do not allow it to boil, or it will curdle. Serve the sauce in a tureen, stir in the brandy, and grate a little nutmeg over the top. This sauce may be made very much nicer by using cream instead of milk; but the above recipe will be found quite good enough for ordinary purposes.

*Average cost*, 6d. per pint.

*Sufficient*, this quantity, for 2 fruit tarts, or 1 pudding.

#### DUTCH SAUCE FOR FISH.

405. **INGREDIENTS.**— $\frac{1}{2}$  teaspoonful of flour, 2 oz. of butter, 4 tablespoonfuls of vinegar, the yolks of 2 eggs, the juice of  $\frac{1}{2}$  lemon; salt to taste.

*Mode.*—Put all the ingredients, except the lemon-juice, into a stew-pan; set it over the fire, and keep continually stirring. When it is sufficiently thick, take it off, as it should not boil. If, however, it happens to curdle, strain the sauce through a tammy, add the lemon-juice, and serve. Tarragon vinegar may be used instead of plain, and, by many, is considered far preferable.

*Average cost*, 6d.

Note.—This sauce may be poured hot over salad, and left to get quite cold, when it should be thick, smooth, and somewhat stiff. Excellent salads may be made of hard eggs, or the remains of salt fish flaked nicely from the bone, by pouring over a little of the above mixture when hot, and allowing it to cool.

THE LEMON.—This fruit is a native of Asia, and is mentioned by Virgil as an antidote to poison. It is hardier than the orange, and, as one of the citron tribe, was brought into Europe by the Arabians. The lemon was first cultivated in England in the beginning of the 17th century, and is now often to be found in our green-houses. The kind commonly sold, however, is imported from Portugal, Spain, and the Azores. Some also come from St. Helena; but those from Spain are esteemed the best. Its juice is now an essential for culinary purposes; but as an antiscorbutic its value is still greater. This juice, which is called *citric acid*, may be preserved in bottles for a considerable time, by covering it with a thin stratum of oil. *Shrub* is made from it with rum and sugar.



THE LEMON.

### GREEN DUTCH SAUCE, or HOLLANDAISE VERTE.

406. INGREDIENTS.—6 tablespoonfuls of Béchamel, No. 367, seasoning to taste of salt and cayenne, a little parsley-green to colour, the juice of 1/2 a lemon.

*Mode*.—Put the Béchamel into a saucepan with the seasoning, and bring it to a boil. Make a green colouring by pounding some parsley in a mortar, and squeezing all the juice from it. Let this just simmer, when add it to the sauce. A moment before serving, put in the lemon-juice, but not before; for otherwise the sauce would turn yellow, and its appearance be thus spoiled.

*Average cost*, 4d.

BÉCHAMEL SAUCE—This sauce takes its name from a Monsieur Béchamel, a rich French financier, who, according to Borne authorities, invented it; whilst others affirm he only patronized it. Be this as it may, it is one of the most pleasant sauces which come to table, and should be most carefully and intelligently prepared. It is frequently used, as in the above recipe, as a principal ingredient and basis for other sauces.

### TO PICKLE EGGS.

407. INGREDIENTS.—16 eggs, 1 quart of vinegar, 1/2 oz. of Black pepper, 1/2 oz. of Jamaica pepper, 1/2 oz. of ginger.

*Mode*.—Boil the eggs for 12 minutes, then dip them into cold water, and take off the shells. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for 10 minutes. Now place the eggs in a jar, pour over them the vinegar, &c., boiling hot, and, when cold, tie them down with bladder to exclude the air. This pickle will be ready for use in a month.

*Average cost*, for this quantity, 1s. 9d.

*Seasonable.*—This should be made about Easter, as at this time eggs are plentiful and cheap. A store of pickled eggs will be found very useful and ornamental in serving with many first and second course dishes.

GINGER—The ginger-plant, known to naturalists as *Zingiber officinale*, is a native, of the East and West Indies. It grows somewhat like the lily of the valley, but its height is about three feet. In Jamaica it flowers about August or September, fading about the end of the year. The fleshy creeping roots, which form the ginger of commerce, are in a proper state to be dug when the stalks are entirely withered. This operation is usually performed in January and February; and when the roots are taken out of the earth, each one is picked, scraped, separately washed, and afterwards very carefully dried. Ginger is generally considered as less pungent and heating to the system than might be expected from its effects on the organs of taste, and it is frequently used, with considerable effect, as an anti-spasmodic and carminative.



GINGER.

### EGG BALLS FOR SOUPS AND MADE DISHES.

408. INGREDIENTS.—8 eggs, a little flour; seasoning to taste of salt.

*Mode.*—Boil 6 eggs for 20 minutes, strip off the shells, take the yolks and pound them in a mortar. Beat the yolks of the other 2 eggs; add them, with a little flour and salt, to those pounded; mix all well together, and roll into balls. Boil them before they are put into the soup or other dish they may be intended for.

*Time.*—20 minutes to boil the eggs. *Average cost*, for this quantity, 8d.

*Sufficient*, 2 dozen balls for 1 tureen of soup.

### EGG SAUCE FOR SALT FISH.

409. INGREDIENTS.—4 eggs, 1/2 pint of melted butter, No. 376; when liked, a very little lemon-juice.

*Mode.*—Boil the eggs until quite hard, which will be in about 20 minutes, and put them into cold water for 1/2 hour. Strip off the shells, chop the eggs into small pieces, not, however, too fine. Make the melted butter very smoothly, by recipe No. 376, and, when boiling, stir in the eggs, and serve very hot. Lemon-juice may be added at pleasure.

*Time.*—20 minutes to boil the eggs. *Average cost*, 8d.

*Sufficient.*—This quantity for 3 or 4 lbs. of fish.

*Note.*—When a thicker sauce is required, use one or two more eggs to the same quantity of melted butter.

**EPICUREAN SAUCE FOR STEAKS, CHOPS, GRAVIES, OR FISH.**

410. **INGREDIENTS.**—1/4 pint of walnut ketchup, 1/4 pint of mushroom ditto, 2 tablespoonfuls of Indian soy, 2 tablespoonfuls of port wine; 1/4 oz. of white pepper, 2 oz. of shalots, 1/4 oz. of cayenne, 1/4 oz. of cloves, 3/4 pint of vinegar.

*Mode.*—Put the whole of the ingredients into a bottle, and let it remain for a fortnight in a warm place, occasionally shaking up the contents. Strain, and bottle off for use. This sauce will be found an agreeable addition to gravies, hashes, stews, &c.

*Average cost*, for this quantity, 1s. 6d.

**SHALOT, OR ESCHALOT.**—This plant is supposed to have been introduced to England by the Crusaders, who found it growing wild in the vicinity of Ascalon. It is a bulbous root, and when full grown, its leaves wither in July. They ought to be taken up in the autumn, and when dried in the house, will keep till spring. It is called by old authors the "barren onion," and is used in sauces and pickles, soups and made dishes, and as an accompaniment to chops and steaks.



SHALOT.

**ESPAGNOLE, OR BROWN SPANISH SAUCE.**

411. **INGREDIENTS.**—2 slices of lean ham, 1 lb. of veal, 1-1/2 pint of white stock, No. 107; 2 or 3 sprigs of parsley, 1/2 a bay-leaf, 2 or 3 sprigs of savoury herbs, 6 green onions, 3 shalots, 2 cloves, 1 blade of mace, 2 glasses of sherry or Madeira, thickening of butter and flour.

*Mode.*—Cut up the ham and veal into small square pieces, and put them into a stewpan. Moisten these with 1/2 pint of the stock No. 107, and simmer till the bottom of the stewpan is covered with a nicely-coloured glaze, when put in a few more spoonfuls to detach it. Add the remainder of the stock, with the spices, herbs, shalots, and onions, and simmer very gently for 1 hour. Strain and skim off every particle of fat, and when required for use, thicken with butter and flour, or with a little roux. Add the wine, and, if necessary, a seasoning of cayenne; when it will be ready to serve.

*Time.*—1-1/2 hour.

*Average cost*, 2s. per pint.

*Note.*—The wine in this sauce may be omitted, and an onion sliced and fried of a nice brown substituted for it. This sauce or gravy is used for many dishes, and with most people is a general favourite.

**FENNEL SAUCE FOR MACKEREL.**

412. **INGREDIENTS.**—1/2 pint of melted butter, No. 376, rather more than 1 tablespoonful of chopped fennel.

*Mode*.—Make the melted butter very smoothly, by recipe No. 376; chop the fennel rather small, carefully cleansing it from any grit or dirt, and put it to the butter when this is on the point of boiling. Simmer for a minute or two, and serve in a tureen.

*Time*.—2 minutes.

*Average cost*, 4d.

*Sufficient* to serve with 5 or 6 mackerel.

FENNEL.—This elegantly-growing plant, of which the Latin name is *Anethum foeniculum*, grows best in chalky soils, where, indeed, it is often found wild. It is very generally cultivated in gardens, and has much improved on its original form. Various dishes are frequently ornamented and garnished with its graceful leaves, and these are sometimes boiled in soups, although it is more usually confined, in English cookery, to the mackerel sauce as here given.



### FISH SAUCE.

413. **INGREDIENTS**.—1-1/2 oz. of cayenne, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, a few shreds of garlic and shalot, 1 quart of vinegar.

*Mode*.—Put all the ingredients into a large bottle, and shake well every day for a fortnight. Keep it in small bottles well sealed, and in a few days it will be fit for use.

*Average cost*, for this quantity, 1s.

### FORCEMEAT BALLS FOR FISH SOUPS.

414. **INGREDIENTS**.—1 middling-sized lobster, 1/2 an anchovy, 1 of boiled celery, the yolk of a hard-boiled egg; salt, cayenne, and mace to taste; 4 tablespoonfuls of bread crumbs, 2 oz. of butter, 2 eggs.

*Mode*.—Pick the meat from the shell of the lobster, and pound it, with the soft parts, in a mortar; add the celery, the yolk of the hard-boiled egg, seasoning, and bread crumbs. Continue pounding till the whole is nicely amalgamated. Warm the butter till it is in a liquid state; well whisk the eggs, and work these up with the pounded lobster-meat. Make into balls of about an inch in diameter, and fry of a nice pale brown.

*Sufficient*, from 18 to 20 balls for 1 tureen of soup.

### FORCEMEAT FOR COLD SAVOURY PIES.

415. **INGREDIENTS**.—1 lb. of veal, 1 lb. of fat bacon; salt, cayenne, pepper, and pounded mace to taste; a very little nutmeg, the same of chopped lemon-peel, 1/2 teaspoonful of chopped parsley, 1/2 teaspoonful of minced savoury herbs, 1 or 2 eggs.

*Mode*.—Chop the veal and bacon together, and put them in a mortar with the other ingredients mentioned above. Pound well, and bind with 1 or 2 eggs which have been previously beaten and strained. Work the whole well together, and the forcemeat will

be ready for use. If the pie is not to be eaten immediately, omit the herbs and parsley, as these would prevent it from keeping. Mushrooms or truffles may be added.

*Sufficient* for 2 small pies.

MARJORAM.—Although there are several species of marjoram, that which is known as the sweet or knotted marjoram, is the one usually preferred in cookery. It is a native of Portugal, and when its leaves are used as a seasoning herb, they have an agreeable aromatic flavour. The winter sweet marjoram used for the same purposes, is a native of Greece, and the pot-marjoram is another variety brought from Sicily. All of them are favourite ingredients in soups, stuffings, &c.



### **FORCEMEAT FOR PIKE, CARP, HADDOCK, AND VARIOUS KINDS OF FISH.**

416. INGREDIENTS.—1 oz. of fresh butter, 1 oz. of suet, 1 oz. of fat bacon, 1 small teaspoonful of minced savoury herbs, including parsley; a little onion, when liked, shredded very fine; salt, nutmeg, and cayenne to taste; 4 oz. of bread crumbs, 1 egg.

*Mode.*—Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added to this forcemeat, and will be found a great improvement.

*Average cost*, 6d.

*Sufficient* for a moderate-sized haddock or pike.

### **FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE, &c.**

417. INGREDIENTS.—2 oz. of ham or lean bacon, 1/4 lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs; salt, cayenne, and pounded mace to taste; 6 oz. of bread crumbs, 2 eggs.

*Mode.*—Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste, of salt, cayenne, and mace, and blend all thoroughly together with the bread crumbs, before wetting. Now beat and strain the eggs, work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for 1/2 hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the egg; but for ordinary cooking, mincing very finely answers the purpose.

*Average cost*, 8d.

*Sufficient* for a turkey, a moderate-sized fillet of veal, or a hare.



*Note.*—In forcemeat for HARE, the liver of the animal is sometimes added. Boil for 5 minutes, mince it very small, and mix it with the other ingredients. If it should be in an unsound state, it must be on no account made use of.



**BASIL.**

**SWEET HERBS.**—Those most usually employed for purposes of cooking, such as the flavouring of soups, sauces, forcemeats, &c., are thyme, sage, mint, marjoram, savory, and basil. Other sweet herbs are cultivated for purposes of medicine and perfumery: they are most grateful both to the organs of taste and smelling; and to the aroma derived from them is due, in a great measure, the sweet and exhilarating fragrance of our "flowery meads." In town, sweet herbs have to be procured at the greengrocers' or herbalists', whilst, in the country, the garden should furnish all that are wanted, the cook taking great care to have some dried in the autumn for her use throughout the winter months.

#### **FORCEMEAT FOR BAKED PIKE.**

418. **INGREDIENTS.**—3 oz. of bread crumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with), 2 oz. of suet; salt, pepper, and pounded mace to taste; 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

*Mode.*—Beard and mince the oysters, prepare and mix the other ingredients by recipe No. 416, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir it over the fire till it thickens, when put it into the fish, which should have previously been cut open, and sew it up.

*Time.*—4 or 6 minutes to thicken.

*Average cost,* 10d.

*Sufficient* for a moderate-sized pike.

#### **FRENCH FORCEMEAT.**

419. It will be well to state, in the beginning of this recipe, that French forcemeat, or quenelles, consist of the blending of three separate processes; namely, panada, udder, and whatever meat you intend using.

#### **PANADA.**

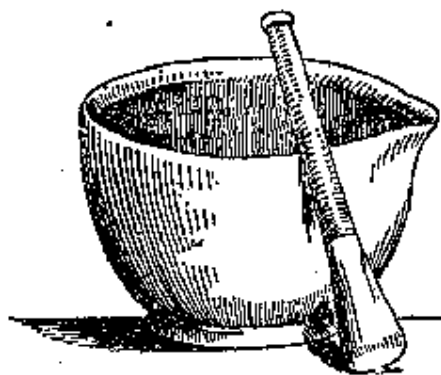
420. **INGREDIENTS.**—The crumb of 2 penny rolls, 4 tablespoonfuls of white stock, No. 107, 1 oz. of butter, 1 slice of ham, 1 bay-leaf, a little minced parsley, 2 shalots, 1

clove, 2 blades of mace, a few mushrooms (when obtainable), butter, the yolks of 2 eggs.

*Mode.*—Soak the crumb of the rolls in milk for about 1/2 hour, then take it out, and squeeze so as to press the milk from it; put the soaked bread into a stewpan with the above quantity of white stock, and set it on one side; then put into a separate stewpan 1 oz. of butter, a slice of lean ham cut small, with a bay-leaf, herbs, mushrooms, spices, &c., in the above proportions, and fry them gently over a slow fire. When done, moisten with 2 teacupfuls of white stock, boil for 20 minutes, and strain the whole through a sieve over the panada in the other stewpan. Place it over the fire, keep constantly stirring, to prevent its burning, and when quite dry, put in a small piece of butter. Let this again dry up by stirring over the fire; then add the yolks of 2 eggs, mix well, put the panada to cool on a clean plate, and use it when required. Panada should always be well flavoured, as the forcemeat receives no taste from any of the other ingredients used in its preparation.

### BOILED CALF'S UDDER FOR FRENCH FORCEMEATS.

421. Put the udder into a stewpan with sufficient water to cover it; let it stew gently till quite done, when take it out to cool. Trim all the upper parts, cut it into small pieces, and pound well in a mortar, till it can be rubbed through a sieve. That portion which passes through the strainer is one of the three ingredients of which French forcemeats are generally composed; but many cooks substitute butter for this, being a less troublesome and more expeditious mode of preparation.



PESTLE AND MORTAR.

PESTLE AND MORTAR.—No cookery can be perfectly performed without the aid of the useful instruments shown in the engraving. For pounding things sufficiently fine, they are invaluable, and the use of them will save a good deal of time, besides increasing the excellence of the preparations. They are made of iron, and, in that material, can be bought cheap; but as these are not available, for all purposes, we should recommend, as more economical in the end, those made of Wedgwood, although these are considerably more expensive than the former.

### VEAL QUENELLES.

422. *INGREDIENTS.*—Equal quantities of veal, panada (No. 420), and calf's udder (No. 421), 2 eggs; seasoning to taste of pepper, salt, and pounded mace, or grated nutmeg; a little flour.

*Mode.*—Take the fleshy part of veal, scrape it with a knife, till all the meat is separated from the sinews, and allow about 1/2 lb. for an entrée. Chop the meat, and pound it in a mortar till reduced to a paste; then roll it into a ball; make another of panada (No. 420), the same size, and another of udder (No. 421), taking care that

these three balls be of the same *size*. It is to be remembered, that equality of *size*, and not of weight, is here necessary. When the three ingredients are properly prepared, pound them altogether in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, roll them in flour, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragoûts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c.

*Time*,—About 1/4 hour to poach in boiling water.

*Sufficient*, 1/2 lb. of veal or other meat, with other ingredients in proportion, for 1 entrée.

*Note*.—The French are noted for their skill in making forcemeats; one of the principal causes of their superiority in this respect being, that they pound all the ingredients so diligently and thoroughly. Any one with the slightest pretensions to refined cookery, must, in this particular, implicitly follow the example of our friends across the Channel.

#### **FORCEMEAT, or QUENELLES, FOR TURTLE SOUP.**

(*See No. 189.*)

#### **SOYER'S RECIPE FOR FORCEMEATS**

423. Take a pound and a half of lean veal from the fillet, and cut it in long thin slices; scrape with a knife till nothing but the fibre remains; put it in a mortar, pound it 10 minutes, or until in a purée; pass it through a wire sieve (use the remainder in stock); then take 1 pound of good fresh beef suet, which skin, shred, and chop very fine; put it in a mortar and pound it; then add 6 oz. of panada (that is, bread soaked in milk and boiled till nearly dry) with the suet; pound them well together, and add the veal; season with a teaspoonful of salt, a quarter one of pepper, half that of nutmeg; work all well together; then add four eggs by degrees, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon, and poach it in some boiling water; and if it is delicate, firm, and of a good flavour, it is ready for use.

#### **FRIED BREAD CRUMBS.**

424. Cut the bread into thin slices, place them in a cool oven overnight, and when thoroughly dry and crisp, roll them down into fine crumbs. Put some lard, or clarified dripping, into a frying-pan; bring it to the boiling-point, throw in the crumbs, and fry them very quickly. Directly they are done, lift them out with a slice, and drain them before the fire from all greasy moisture. When quite crisp, they are ready for use. The

fat they are fried in should be clear, and the crumbs should not have the slightest appearance or taste of having been, in the least degree, burnt.

**FRIED SIPPETS OF BREAD**  
(for Garnishing many Dishes).

425. Cut the bread into thin slices, and stamp them out in whatever shape you like,—rings, crosses, diamonds, &c. &c. Fry them in the same manner as the bread crumbs, in clear boiling lard, or clarified dripping, and drain them until thoroughly crisp before the fire. When variety is desired, fry some of a pale colour, and others of a darker hue.

**FRIED BREAD FOR BORDERS.**

426. Proceed as above, by frying some slices of bread cut in any fanciful shape. When quite crisp, dip one side of the sippet into the beaten white of an egg mixed with a little flour, and place it on the edge of the dish. Continue in this manner till the border is completed, arranging the sippets a pale and a dark one alternately.

**GENEVESE SAUCE FOR SALMON, TROUT, &c.**

427. **INGREDIENTS.**—1 small carrot, a small faggot of sweet herbs, including parsley, 1 onion, 5 or 6 mushrooms (when obtainable), 1 bay-leaf, 6 cloves, 1 blade of mace, 2 oz. of butter, 1 glass of sherry, 1-1/2 pint of white stock, No. 107, thickening of butter and flour, the juice of half a lemon.

*Mode.*—Cut up the onion and carrot into small rings, and put them into a stewpan with the herbs, mushrooms, bay-leaf, cloves, and mace; add the butter, and simmer the whole very gently over a slow fire until the onion is quite tender. Pour in the stock and sherry, and stew slowly for 1 hour, when strain it off into a clean saucepan. Now make a thickening of butter and flour, put it to the sauce, stir it over the fire until perfectly smooth and mellow, add the lemon-juice, give one boil, when it will be ready for table.

*Time.*—Altogether 2 hours.

*Average cost,* 1s. 3d per pint.

*Sufficient,* half this quantity for two slices of salmon.

**SAGE.**—This was originally a native of the south of Europe, but it has long been cultivated in the English garden. There are several kinds of it, known as the green, the red, the small-leaved, and the broad-leaved balsamic. In cookery, its principal use is for stuffings and sauces, for which purpose the red is the most agreeable, and the green the next. The others are used for medical purposes.



**SAGE.**

### PICKLED GHERKINS.

428. **INGREDIENTS.**—Salt and water, 1 oz. of bruised ginger, 1/2 oz. of whole black pepper, 1/4 oz. of whole allspice, 4 cloves, 2 blades of mace, a little horseradish. This proportion of pepper, spices, &c., for 1 quart of vinegar.

*Mode.*—Let the gherkins remain in salt and water for 3 or 4 days, when take them out, wipe perfectly dry, and put them into a stone jar. Boil sufficient vinegar to cover them, with spices and pepper, &c., in the above proportion, for 10 minutes; pour it, quite boiling, over the gherkins, cover the jar with vine-leaves, and put over them a plate, setting them near the fire, where they must remain all night. Next day drain off the vinegar, boil it up again, and pour it hot over them. Cover up with fresh leaves, and let the whole remain till quite cold. Now tie down closely with bladder to exclude the air, and in a month or two, they will be fit for use.

*Time.*—4 days.

*Seasonable* from the middle of July to the end of August.

**GHERKINS.**—Gherkins are young cucumbers; and the only way in which they are used for cooking purposes is pickling them, as by the recipe here given. Not having arrived at maturity, they have not, of course, so strongly a developed flavour as cucumbers, and, as a pickle, they are very general favourites.



GHERKINS.

### GOOSEBERRY SAUCE FOR BOILED MACKEREL.

429. **INGREDIENTS.**—1 pint of green gooseberries, 3 tablespoonfuls of Béchamel, No. 367 (veal gravy may be substituted for this), 2 oz. of fresh butter; seasoning to taste of salt, pepper, and grated nutmeg.

*Mode.*—Boil the gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan the Béchamel or gravy, with the butter and seasoning; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit.

*Time.*—Boil the gooseberries from 20 minutes to 1/2 hour.

*Sufficient*, this quantity, for a large dish of mackerel.

*Seasonable* from May to July.

**THE GOOSEBERRY.**—This useful and wholesome fruit (*Ribes grossularia*) is thought to be indigenous to the British Isles, and may be occasionally found in a wild state in some of the eastern counties, although, when uncultivated, it is but a very small and inferior berry. The high state of perfection to which it has been here brought, is due to the skill of the English gardeners; for in no other



THE GOOSEBERRY

country does it attain the same size and flavour. The humidity of the British climate, however, has doubtless something to do with the result; and it is said that gooseberries produced in Scotland as far north as Inverness, are of a very superior character. Malic and citric acid blended with sugar, produce the pleasant flavour of the gooseberry; and upon the proper development of these properties depends the success of all cooking operations with which they are connected.

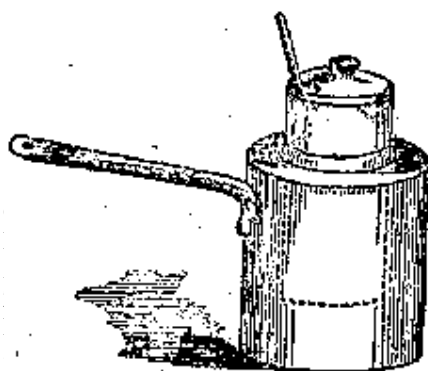
### GLAZE FOR COVERING COLD HAMS, TONGUES, &c.

430. INGREDIENTS.—Stock No. 104 or 107, doubling the quantity of meat in each.

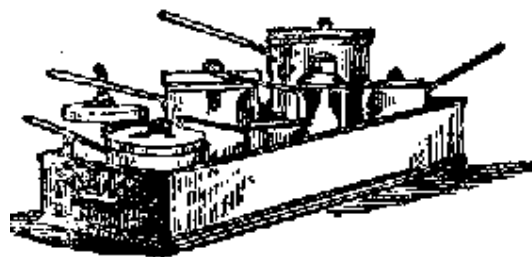
*Mode.*—We may remark at the outset, that unless glaze is wanted in very large quantities, it is seldom made expressly. Either of the stocks mentioned above, boiled down and reduced very considerably, will be found to produce a very good glaze. Put the stock into a stewpan, over a nice clear fire; let it boil till it becomes somewhat stiff, when keep stirring, to prevent its burning. The moment it is sufficiently reduced, and comes to a glaze, turn it out into the glaze-pot, of which we have here given an engraving. As, however, this is not to be found in every establishment, a white earthenware jar would answer the purpose; and this may be placed in a vessel of boiling water, to melt the glaze when required. It should never be warmed in a saucepan, except on the principle of the bain marie, lest it should reduce too much, and become black and bitter. If the glaze is wanted of a pale colour, more veal than beef should be used in making the stock; and it is as well to omit turnips and celery, as these impart a disagreeable bitter flavour.

TO GLAZE COLD JOINTS, &c.—Melt the glaze by placing the vessel which contains it, into the bain marie or saucepan of boiling water; brush it over the meat with a paste-brush, and if in places it is not quite covered, repeat the operation. The glaze should not be too dark a colour. (*See*

Colour  
ed Cut  
of  
Glazed  
Ham,  
P.)



GLAZE KETTLE.



THE BAIN MARIE.

KETTLE

GLAZE-KETTLE—This is a kettle used for keeping the strong stock boiled down to a jelly, which is known by the name of glaze. It is composed of two tin vessels, as shown in the cut, one of which, the upper,—containing the glaze, is inserted into one of larger diameter and containing boiling water. A brush is put in the small hole at the top of the lid, and is employed for putting the glaze on anything that may require it.

THE BAIN MARIE.—So long ago as the time when emperors ruled in Rome, and the yellow Tiber passed through a populous and wealthy city, this utensil was extensively employed; and it is frequently mentioned by that profound culinary chemist of the ancients, Apicius. It is an open kind of vessel (as shown in the engraving and explained in our paragraph No. 87, on the French terms used in modern cookery), filled with boiling or nearly boiling water; and into this water should be put all the stewpans containing those ingredients which it is desired to keep hot. The quantity and quality of the contents of these vessels are not at all affected; and if the hour of dinner is uncertain in any establishment, by reason of the nature of the master's business, nothing is so certain a means of preserving the flavour of all dishes as the employment of the bain marie.

### GREEN SAUCE FOR GREEN GEESE OR DUCKLINGS.

431. INGREDIENTS.—1/4 pint of sorrel-juice, 1 glass of sherry, 1/2 pint of green gooseberries, 1 teaspoonful of pounded sugar, 1 oz. of fresh butter.

*Mode.*—Boil the gooseberries in water until they are quite tender; mash them and press them through a sieve; put the pulp into a saucepan with the above ingredients; simmer for 3 or 4 minutes, and serve very hot.

*Time.*—3 or 4 minutes.

*Note.*—We have given this recipe as a sauce for green geese, thinking that some of our readers might sometimes require it; but, at the generality of fashionable tables, it is now seldom or never served.

SORREL.—We gather from the pages of Pliny and Apicius, that sorrel was cultivated by the Romans in order to give it more strength and flavour, and that they also partook of it sometimes stewed with mustard, being seasoned with a little oil and vinegar. At the present day, English cookery is not much indebted to this plant (*Rumex Acetosa*), although the French make use of it to a considerable extent. It is found in most parts of Great Britain, and also on the continent, growing wild in the grass meadows, and, in a few gardens, it is cultivated. The acid of sorrel is very *prononcé*, and is what chemists term a binoxalate of potash; that is, a combination of oxalic acid with potash.



SORREL.

### GENERAL STOCK FOR GRAVIES.

432. Either of the stocks, Nos. 104, 105, or 107, will be found to answer very well for the basis of many gravies, unless these are wanted very rich indeed. By the addition of various store sauces, thickening and flavouring, the stocks here referred to may be converted into very good gravies. It should be borne in mind, however, that the goodness and strength of spices, wines, flavourings, &c., evaporate, and that they lose a great deal of their fragrance, if added to the gravy a long time before they are wanted. If this point is attended to, a saving of one half the quantity of these ingredients will be effected, as, with long boiling, the flavour almost entirely passes away. The shank-bones of mutton, previously well soaked, will be found a great assistance in enriching gravies; a kidney or melt, beef skirt, trimmings of meat, &c. &c., answer very well when only a small quantity is wanted, and, as we have before observed, a good gravy need not necessarily be so very expensive; for economically-prepared dishes are oftentimes found as savoury and wholesome as

dearer ones. The cook should also remember that the fragrance of gravies should not be overpowered by too much spice, or any strong essences, and that they should always be warmed in a *bain marie*, after they are flavoured, or else in a jar or jug placed in a saucepan full of boiling water. The remains of roast-meat gravy should always be saved; as, when no meat is at hand, a very nice gravy in haste may be made from it, and when added to hashes, ragoûts, &c., is a great improvement.



GRAVY KETTLE.

GRAVY-KETTLE.—This is a utensil which will not be found in every kitchen; but it is a useful one where it is necessary to keep gravies hot for the purpose of pouring over various dishes as they are cooking. It is made of copper, and should, consequently, be heated over the hot plate, if there be one, or a charcoal stove. The price at which it can be purchased is set down by Messrs. Slack at 14s.

### GRAVY FOR ROAST MEAT.

433. INGREDIENTS.—Gravy, salt.

*Mode.*—Put a common dish with a small quantity of salt in it under the meat, about a quarter of an hour before it is removed from the fire. When the dish is full, take it away, baste the meat, and pour the gravy into the dish on which the joint is to be served.

SAUCES AND GRAVIES IN THE MIDDLE AGES.—Neither poultry, butcher's meat, nor roast game were eaten dry in the middle ages, any more than fried fish is now. Different sauces, each having its own peculiar flavour, were served with all these dishes, and even with the various *parts* of each animal. Strange and grotesque sauces, as, for example, "eggs cooked on the spit," "butter fried and roasted," were invented by the cooks of those days; but these preparations had hardly any other merit than that of being surprising and difficult to make.

### A QUICKLY-MADE GRAVY.

434. INGREDIENTS.—1/2 lb. of shin of beef, 1/2 onion, 1/4 carrot, 2 or 3 sprigs of parsley and savoury herbs, a piece of butter about the size of a walnut; cayenne and mace to taste, 3/4 pint of water.

*Mode.*—Cut up the meat into very small pieces, slice the onion and carrot, and put them into a small saucepan with the butter. Keep stirring over a sharp fire until they have taken a little colour, when add the water and the remaining ingredients. Simmer for 1/2 hour, skim well, strain, and flavour, when it will be ready for use.

*Time.*—1/2 hour. *Average cost*, for this quantity, 5d.

A HUNDRED DIFFERENT DISHES.—Modern housewives know pretty well how much care, and attention, and foresight are necessary in order to serve well a little dinner for six or eight persons,—a dinner which will give credit to the *ménage*, and satisfaction and pleasure to



the guests. A quickly-made gravy, under some circumstances that we have known occur, will be useful to many housekeepers when they have not much time for preparation. But, talking of speed, and time, and preparation, what a combination of all these must have been necessary for the feast at the wedding of Charles VI. of France. On that occasion, as Froissart the chronicler tells us, the art of cooking, with its innumerable paraphernalia of sauces, with gravy, pepper, cinnamon, garlic, scallion, brains, gravy soups, milk *potage*, and ragoûts, had a signal triumph. The skilful *chef-de-cuisine* of the royal household covered the great marble table of the regal palace with no less than a hundred different dishes, prepared in a hundred different ways.

### A GOOD BEEF GRAVY FOR POULTRY, GAME, &c.

435. INGREDIENTS.—1/2 lb. of lean beef, 1/2 pint of cold water, 1 shalot or small onion, 1/2 a teaspoonful of salt, a little pepper, 1 tablespoonful of Harvey's sauce or mushroom ketchup, 1/2 a teaspoonful of arrowroot.

*Mode*.—Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the Harvey's sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

*Time*.—3 hours. *Average cost*, 8d. per pint.

### BROWN GRAVY.

436. INGREDIENTS.—2 oz. of butter, 2 large onions, 2 lbs. of shin of beef, 2 small slices of lean bacon (if at hand), salt and whole pepper to taste, 3 cloves, 2 quarts of water. For thickening, 2 oz. of butter, 3 oz. of flour.

*Mode*.—Put the butter into a stewpan; set this on the fire, throw in the onions cut in rings, and fry them a light brown; then add the beef and bacon, which should be cut into small square pieces; season, and pour in a teacupful of water; let it boil for about ten minutes, or until it is of a nice brown colour, occasionally stirring the contents. Now fill up with water in the above proportion; let it boil up, when draw it to the side of the fire to simmer very gently for 1-1/2 hour; strain, and when cold, take off all the fat. In thickening this gravy, melt 3 oz. of butter in a stewpan, add 2 oz. of flour, and stir till of a light-brown colour; when cold, add it to the strained gravy, and boil it up quickly. This thickening may be made in larger quantities, and kept in a stone jar for use when wanted.

*Time*.—Altogether, 2 hours. *Average cost*, 4d. per pint.

CLOVES.—This very agreeable spice is the unexpanded flower-buds of the *Caryophyllus aromaticus*, a handsome, branching tree, a native of the Malacca Islands. They take their name from the Latin word *clavus*, or the French *clou*, both meaning a nail, and to which the clove has a considerable resemblance. Cloves were but little known to the ancients, and Pliny appears to be the only writer who mentions them; and he says, vaguely enough, that some were brought to Rome, very similar to grains of pepper, but somewhat longer; that they were only to be found in India, in a wood consecrated to the gods; and that they served in the manufacture of perfumes. The Dutch, as in the case of the nutmeg (*see* 378), endeavoured, when they gained possession of the Spice Islands, to secure a monopoly of cloves, and, so that

the cultivation of the tree might be confined to Amboyna, their chief island, bribed the surrounding chiefs to cut down all trees found elsewhere. The Amboyna, or royal clove, is said to be the best, and is rare; but other kinds, nearly equally good, are produced in other parts of the world, and they come to Europe from Mauritius, Bourbon, Cayenne, and Martinique, as also from St. Kitts, St. Vincent's, and Trinidad. The clove contains about 20 per cent. of volatile aromatic oil, to which it owes its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum, and resin.

### BROWN GRAVY WITHOUT MEAT.

437. **INGREDIENTS.**—2 large onions, 1 large carrot, 2 oz. of butter, 3 pints of boiling water, 1 bunch of savoury herbs, a wineglassful of good beer; salt and pepper to taste.

*Mode.*—Slice, flour, and fry the onions and carrots in the butter until of a nice light-brown colour; then add the boiling water and the remaining ingredients; let the whole stew gently for about an hour; then strain, and when cold, skim off all the fat. Thicken it in the same manner as recipe No. 436, and, if thought necessary, add a few drops of colouring No. 108.

*Time.*—1 hour. Average cost, 2d. per pint.

*Note.*—The addition of a small quantity of mushroom ketchup or Harvey's sauce very much improves the flavour of this gravy.

### RICH GRAVY FOR HASHES, RAGOUTS, &c.

438. **INGREDIENTS.**—2 lbs. of shin of beef, 1 large onion or a few shalots, a little flour, a bunch of savoury herbs, 2 blades of mace, 2 or 3 cloves, 4 whole allspice, 1/4 teaspoonful of whole pepper, 1 slice of lean ham or bacon, 1/2 a of celery (when at hand), 2 pints of boiling water; salt and cayenne to taste.

*Mode.*—Cut the beef into thin slices, as also the onions, dredge them with flour, and fry of a pale brown, but do not allow them to get black; pour in the boiling water, let it boil up; and skim. Add the remaining ingredients, and simmer the whole very gently for 2 hours, or until all the juices are extracted from the meat; put it by to get cold, when take off all the fat. This gravy may be flavoured with ketchup, store sauces, wine, or, in fact, anything that may give additional and suitable relish to the dish it is intended for.

*Time.*—Rather more than 2 hours.

*Average cost,* 8d. per pint.

**ALLSPICE.**—This is the popular name given to pimento, or Jamaica pepper, known to naturalists as *Eugenia pimenta*, and belonging to the order of Myrtaceae. It is the berry of a fine tree in the West Indies and South America, which attains a height of from fifteen to twenty feet: the berries are not allowed to ripen, but, being gathered green, are then dried in the sun, and then become black. It is an inexpensive spice, and is considered more mild and



PIMENTO.

MRS. ISABELLA BEETON

innocent than most other spices; consequently, it is much used for domestic purposes, combining a very agreeable variety of flavours.

**GRAVY MADE WITHOUT MEAT FOR FOWLS.**

439. **INGREDIENTS.**—The necks, feet, livers, and gizzards of the fowls, 1 slice of toasted bread, 1/2 onion, 1 faggot of savoury herbs, salt and pepper to taste, 1/2 pint of water, thickening of butter and flour, 1 dessertspoonful of ketchup.

*Mode.*—Wash the feet of the fowls thoroughly clean, and cut them and the neck into small pieces. Put these into a stewpan with the bread, onion, herbs, seasoning, livers, and gizzards; pour the water over them and simmer gently for 1 hour. Now take out the liver, pound it, and strain the liquor to it. Add a thickening of butter and flour, and a flavouring of mushroom ketchup; boil it up and serve.

*Time.*—1 hour. *Average cost*, 4d. per pint.

**A CHEAP GRAVY FOR HASHES, &c.**

440. **INGREDIENTS.**—Bones and trimmings of the cooked joint intended for hashing, 1/4 teaspoonful of salt, 1/4 teaspoonful of whole pepper, 1/4 teaspoonful of whole allspice, a small faggot of savoury herbs, 1/2 of celery, 1 onion, 1 oz. of butter, thickening, sufficient boiling water to cover the bones.

*Mode.*—Chop the bones in small pieces, and put them in a stewpan, with the trimmings, salt, pepper, spice, herbs, and celery. Cover with boiling water, and let the whole simmer gently for 1-1/2 or 2 hours. Slice and fry the onion in the butter till it is of a pale brown, and mix it gradually with the gravy made from the bones; boil for 1/4 hour, and strain into a basin; now put it back into the stewpan; flavour with walnut pickle or ketchup, pickled-onion liquor, or any store sauce that may be preferred. Thicken with a little butter and flour, kneaded together on a plate, and the gravy will be ready for use. After the thickening is added, the gravy should just boil, to take off the rawness of the flour.

*Time.*—2 hours, or rather more.

*Average cost*, 4d., exclusive of the bones and trimmings.

**JUGGED GRAVY**  
(Excellent).

441. **INGREDIENTS.**—2 lbs. of shin of beef, 1/4 lb. of lean ham, 1 onion or a few shalots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs, 1/2 a large carrot, 1/2 a of celery.

*Mode.*—Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding two pints of water, and arrange therein, in layers, the ham, meat, vegetables, and seasoning, alternately, filling up with the above quantity of water; tie down the jar, or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the

oven be very hot, less time will be required. When sufficiently cooked, strain the gravy, and when cold, remove the fat. It may be flavoured with ketchup, wines, or any other store sauce that may be preferred.

It is a good plan to put the jar in a cool oven over-night, to draw the gravy; and then it will not require so long baking the following day.

*Time.*—From 6 to 8 hours, according to the oven.

*Average cost*, 7d. per pint.

CELERY.—As in the above recipe, the roots of celery are principally used in England for flavouring soups, sauces, and gravies, and for serving with cheese at the termination of a dinner, and as an ingredient for salad. In Italy, however, the green leaves and stems are also employed for stews and soups, and the seeds are also more frequently made use of on the continent than in our own islands. In Germany, celery is very highly esteemed; and it is there boiled and served up as a dish by itself, as well as used in the composition of mixed dishes. We ourselves think that this mild aromatic plant might oftener be cooked than it is; for there are very few nicer vegetable preparations brought to table than a well-dressed plate of stewed celery.



### VEAL GRAVY FOR WHITE SAUCES, FRICASSEES, &c.

442. **INGREDIENTS.**—2 slices of nicely flavoured lean ham, any poultry trimmings, 3 lbs. of lean veal, a faggot of savoury herbs, including parsley, a few green onions (or 1 large onion may be substituted for these), a few mushrooms, when obtainable; 1 blade of mace, salt to taste, 3 pints of water.

*Mode.*—Cut up the ham and veal into small square pieces, put these in a stewpan, moistening them with a small quantity of water; place them over the fire to draw down. When the bottom of the stewpan becomes covered with a white glaze, fill up with water in the above proportion; add the remaining ingredients, stew very slowly for 3 or 4 hours, and do not forget to skim well the moment it boils. Put it by, and, when cold, take off all the fat. This may be used for Béchamel, sauce tournée, and many other white sauces.

*Time.*—3 or 4 hours. *Average cost*, 9d. per pint.

### CHEAP GRAVY FOR MINCED VEAL.

443. **INGREDIENTS.**—Bones and trimmings of cold roast or boiled veal, 1-1/2 pint of water, 1 onion, 1/4 teaspoonful of minced lemon-peel, 1/4 teaspoonful of salt, 1 blade of pounded mace, the juice of 1/4 lemon; thickening of butter and flour.

*Mode.*—Put all the ingredients into a stewpan, except the thickening and lemon-juice, and let them simmer very gently for rather more than 1 hour, or until the liquor is reduced to a pint, when strain through a hair-sieve. Add a thickening of butter and flour, and the lemon-juice; set it on the fire, and let it just boil up, when it will be ready for use. It may be flavoured with a little tomato sauce, and, where a rather dark-coloured gravy is not objected to, ketchup, or Harvey's sauce, may be added at pleasure.

*Time.*—Rather more than 1 hour. *Average cost*, 3d.

### GRAVY FOR VENISON.

444. **INGREDIENTS.**—Trimmings of venison, 3 or 4 mutton shank-bones, salt to taste, 1 pint of water, 2 teaspoonfuls of walnut ketchup.

*Mode.*—Brown the trimmings over a nice clear fire, and put them in a stewpan with the shank-bones and water; simmer gently for 2 hours, strain and skim, and add the walnut ketchup and a seasoning of salt. Let it just boil, when it is ready to serve.

*Time.*—2 hours.

VENISON.—Far, far away in ages past, our fathers loved the chase, and what it brought; and it is usually imagined that when Isaac ordered his son Esau to go out with his weapons, his quiver and his bow, and to prepare for him savoury meat, such as he loved, that it was venison he desired. The wise Solomon, too, delighted in this kind of fare; for we learn that, at his table, every day were served the wild ox, the roebuck, and the stag. Xenophon informs us, in his History, that Cyrus, king of Persia, ordered that venison should never be wanting at his repasts; and of the effeminate Greeks it was the delight. The Romans, also, were devoted admirers of the flesh of the deer; and our own kings and princes, from the Great Alfred down to the Prince Consort, have hunted, although, it must be confessed, under vastly different circumstances, the swift buck, and relished their "haunch" all the more keenly, that they had borne themselves bravely in the pursuit of the animal.



THE DEER.

### TO DRY HERBS FOR WINTER USE.

445. On a very dry day, gather the herbs, just before they begin to flower. If this is done when the weather is damp, the herbs will not be so good a colour. (It is very necessary to be particular in little matters like this, for trifles constitute perfection, and herbs nicely dried will be found very acceptable when frost and snow are on the ground. It is hardly necessary, however, to state that the flavour and fragrance of fresh herbs are incomparably finer.) They should be perfectly freed from dirt and dust, and be divided into small bunches, with their roots cut off. Dry them quickly in a very hot oven, or before the fire, as by this means most of their flavour will be preserved, and be careful not to burn them; tie them up in paper bags, and keep in a dry place. This is a very general way of preserving dried herbs; but we would recommend the plan described in a former recipe.

*Seasonable.*—From the month of July to the end of September is the proper time for storing herbs for winter use.

**HERB POWDER FOR FLAVOURING,**  
when Fresh Herbs are not obtainable.

446. **INGREDIENTS.**—1 oz. of dried lemon-thyme, 1 oz. of dried winter savory, 1 oz. of dried sweet marjoram and basil, 2 oz. of dried parsley, 1 oz. of dried lemon-peel.

*Mode.*—Prepare and dry the herbs by recipe No. 445; pick the leaves from the stalks, pound them, and sift them through a hair-sieve; mix in the above proportions, and keep in glass bottles, carefully excluding the air. This, we think, a far better method of keeping herbs, as the flavour and fragrance do not evaporate so much as when they are merely put in paper bags. Preparing them in this way, you have them ready for use at a moment's notice.

Mint, sage, parsley, &c., dried, pounded, and each put into separate bottles, will be found very useful in winter.



**CORK WITH  
WOODEN TOP.**

**CORKS WITH WOODEN TOPS.**—These are the best corks to use when it is indispensable that the air should not be admitted to the ingredients contained in bottles which are in constant use. The top, which, as will be seen by the accompanying little cut, is larger than the cork, is made of wood; and, besides effectually covering the whole top of the bottle, can be easily removed and again used, as no corkscrew is necessary to pull it out.

**SAVORY.**—This we find described by Columella, a voluminous Roman writer on agriculture, as an odoriferous herb, which, "in the brave days of old," entered into the seasoning of nearly every dish. Verily, there are but few new things under the sun, and we don't find that we have made many discoveries in gastronomy, at least beyond what was known to the ancient inhabitants of Italy. We possess two varieties of this aromatic herb, known to naturalists as *Satureja*. They are called summer and winter savory, according to the time of the year when they are fit for gathering. Both sorts are in general cultivation throughout England.

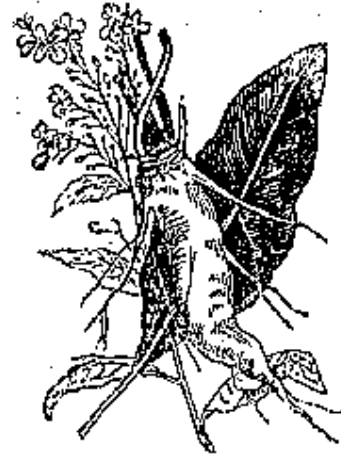
**HORSERADISH SAUCE,**  
to serve with Roast Beef.

447. **INGREDIENTS.**—4 tablespoonfuls of grated horseradish, 1 teaspoonful of pounded sugar, 1 teaspoonful of salt, 1/2 teaspoonful of pepper, 2 teaspoonfuls of made mustard; vinegar.

*Mode.*—Grate the horseradish, and mix it well with the sugar, salt, pepper, and mustard; moisten it with sufficient vinegar to give it the consistency of cream, and serve in a tureen: 3 or 4 tablespoonfuls of cream added to the above, very much improve the appearance and flavour of this sauce. To heat it to serve with hot roast beef, put it in a bain marie or a jar, which place in a saucepan of boiling water; make it hot, but do not allow it to boil, or it will curdle.

*Note.*—This sauce is a great improvement on the old-fashioned way of serving cold-scraped horseradish with hot roast beef. The mixing of the cold vinegar with the warm gravy cools and spoils everything on the plate. Of course, with cold meat, the sauce should be served cold.

THE HORSERADISH.—This has been, for many years, a favourite accompaniment of roast beef, and is a native of England. It grows wild in wet ground, but has long been cultivated in the garden, and is, occasionally, used in winter salads and in sauces. On account of the great volatility of its oil, it should never be preserved by drying, but should be kept moist by being buried in sand. So rapidly does its volatile oil evaporate, that even when scraped for the table, it almost immediately spoils by exposure to the air.



THE HORSERADISH.

### HORSERADISH VINEGAR.

448. INGREDIENTS.—1/4 lb. of scraped horseradish, 1 oz. of minced shalot, 1 drachm of cayenne, 1 quart of vinegar.

*Mode.*—Put all the ingredients into a bottle, which shake well every day for a fortnight. When it is thoroughly steeped, strain and bottle, and it will be fit for use immediately. This will be found an agreeable relish to cold beef, &c.

*Seasonable.*—This vinegar should be made either in October or November, as horseradish is then in its highest perfection.

### INDIAN CURRY-POWDER

founded on Dr. Kitchener's Recipe.

449. INGREDIENTS.—1/4 lb. of coriander-seed, 1/4 lb. of turmeric, 2 oz. of cinnamon-seed, 1/2 oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, 1/2 ounce of allspice, 2 oz. of fenugreek-seed.

*Mode.*—Put all the ingredients in a cool oven, where they should remain one night; then pound them in a mortar, rub them through a sieve, and mix thoroughly together; keep the powder in a bottle, from which the air should be completely excluded.

*Note.*—We have given this recipe for curry-powder, as some persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

### INDIAN MUSTARD,

an excellent Relish to Bread and Butter, or any cold Meat.

450. INGREDIENTS.—1/4 lb. of the best mustard, 1/4 lb. of flour, 1/2 oz. of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, 1/4 bottle of anchovy sauce.

*Mode.*—Put the mustard, flour, and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.

MUSTARD.—Before the year 1729, mustard was not known at English tables. About that time an old woman, of the name of Clements, residing in Durham, began to grind the seed in a mill, and to pass the flour through several processes necessary to free the seed from its husks. She kept her secret for many years to herself, during which she sold large quantities of mustard throughout the country, but especially in London. Here it was introduced to the royal table, when it received the approval of George I. From the circumstance of Mrs. Clements being a resident at Durham, it obtained the name of Durham mustard. In the county of that name it is still principally cultivated, and the plant is remarkable for the rapidity of its growth. It is the best stimulant employed to impart strength to the digestive organs, and even in its previously coarsely-pounded state, had a high reputation with our ancestors.



MUSTARD.

### INDIAN PICKLE

(very Superior).

451. **INGREDIENTS.**—To each gallon of vinegar allow 6 cloves of garlic, 12 shalots, 2 sticks of sliced horseradish, 1/4 lb. of bruised ginger, 2 oz. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, 1/4 oz. of cayenne, 2 oz. of mustard-seed, 1/4 lb. of mustard, 1 oz. of turmeric; a white cabbage, cauliflowers, radish-pods, French beans, gherkins, small round pickling-onions, nasturtiums, capsicums, chilies, &c.

*Mode.*—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain two days; then dry them, and put them into a very large jar, with garlic, shalots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust. As the other things for the pickle ripen at different times, they may be added as they are ready: these will be radish-pods, French beans, gherkins, small onions, nasturtiums, capsicums, chilies, &c. &c. As these are procured, they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are *covered* by the vinegar. If more vinegar should be wanted to add to the pickle, do not omit first to boil it before adding it to the rest. When you have collected all the things you require, turn all out in a large pan, and thoroughly mix them. Now put the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, turmeric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the



better way is to make it during one season for use during the next. It will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

This recipe was taken from the directions of a lady whose pickle was always pronounced excellent by all who tasted it, and who has, for many years, exactly followed the recipe given above.

*Note.*—For small families, perhaps the above quantity of pickle will be considered too large; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

KEEPING PICKLES.—Nothing shows more, perhaps, the difference between a tidy thrifty housewife and a lady to whom these desirable epithets may not honestly be applied, than the appearance of their respective store-closets. The former is able, the moment anything is wanted, to put her hand on it at once; no time is lost, no vexation incurred, no dish spoilt for the want of "just little something,"—the latter, on the contrary, hunts all over her cupboard for the ketchup the cook requires, or the pickle the husband thinks he should like a little of with his cold roast beef or mutton-chop, and vainly seeks for the Embden groats, or arrowroot, to make one of her little boys some gruel. One plan, then, we strenuously advise all who do not follow, to begin at once, and that is, to label all their various pickles and store sauces, in the same way as the cut here shows. It will occupy a little time at first, but there will be economy of it in the long run.



INDIA PICKLE.

VINEGAR.—This term is derived from the two French words *vin aigre*, 'sour wine,' and should, therefore, be strictly applied to that which is made only from wine. As the acid is the same, however it is procured, that made from ale also takes the same name. Nearly all ancient nations were acquainted with the use of vinegar. We learn in *Ruth*, that the reapers in the East soaked their bread in it to freshen it. The Romans kept large quantities of it in their cellars, using it, to a great extent, in their seasonings and sauces. This people attributed very beneficial qualities to it, as it was supposed to be digestive, antibilious, and antiscorbutic, as well as refreshing. Spartianus, a Latin historian, tells us that, mixed with water, it was the drink of the soldiers, and that, thanks to this beverage, the veterans of the Roman army braved, by its use, the inclemency and variety of all the different seasons and climates of Europe, Asia, and Africa. It is said, the Spanish peasantry, and other inhabitants of the southern parts of Europe, still follow this practice, and add to a gallon of water about a gill of wine vinegar, with a little salt; and that this drink, with a little bread, enables them, under the heat of their burning sun, to sustain the labours of the field.

#### INDIAN CHETNEY SAUCE.

452. **INGREDIENTS.**—8 oz. of sharp, sour apples, pared and cored; 8 oz. of tomatoes, 8 oz. of salt, 8 oz. of brown, sugar, 8 oz. of stoned raisins, 4 oz. of cayenne, 4 oz. of powdered ginger, 2 oz. of garlic, 2 oz. of shalots, 3 quarts of vinegar, 1 quart of lemon-juice.

*Mode.*—Chop the apples in small square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Seasonable.*—Make this sauce when tomatoes are in full season, that is, from the beginning of September to the end of October.

PICKLES.—The ancient Greeks and Romans held their pickles in high estimation. They consisted of flowers, herbs, roots, and vegetables, preserved in vinegar, and which were kept, for a long time, in cylindrical vases with wide mouths. Their cooks prepared pickles with the greatest care, and the various ingredients were macerated in oil, brine, and vinegar, with which they were often impregnated drop by drop. Meat, also, after having been cut into very small pieces, was treated in the same manner.

### ITALIAN SAUCE (Brown).

453. INGREDIENTS.—A few chopped mushrooms and shalots, 1/2 pint of stock, No. 105, 1/2 glass of Madeira, the juice of 1/2 lemon, 1/2 teaspoonful of pounded sugar, 1 teaspoonful of chopped parsley.

*Mode.*—Put the stock into a stewpan with the mushrooms, shalots, and Madeira, and stew gently for 1/4 hour, then add the remaining ingredients, and let them just boil. When the sauce is done enough, put it in another stewpan, and warm it in a *bain marie*. (See No. 430.) The mushrooms should not be chopped long before they are wanted, as they will then become black.

*Time.*—1/4 hour. *Average cost*, for this quantity, 7d.

*Sufficient* for a small dish.

### ITALIAN SAUCE (White).

454. INGREDIENTS.—1/2 pint of white stock, No. 107; 2 tablespoonfuls of chopped mushrooms, 1 dessertspoonful of chopped shalots, 1 slice of ham, minced very fine; 1/4 pint of Béchamel, No. 367; salt to taste, a few drops of garlic vinegar, 1/2 teaspoonful of pounded sugar, a squeeze of lemon-juice.

*Mode.*—Put the shalots and mushrooms into a stewpan with the stock and ham, and simmer very gently for 1/2 hour, when add the Béchamel. Let it just boil up, and then strain it through a tammy; season with the above ingredients, and serve very hot. If this sauce should not have retained a nice white colour, a little cream may be added.

*Time.*—1/2 hour. *Average cost*, for this quantity, 10d.

*Sufficient* for a moderate-sized dish.

*Note.*—To preserve the colour of the mushrooms after pickling, throw them into water to which a little lemon-juice has been added.

### TO PICKLE LEMONS WITH THE PEEL ON.

455. INGREDIENTS.—6 lemons, 2 quarts of boiling water; to each quart of vinegar allow 1/2 oz. of cloves, 1/2 oz. of white pepper, 1 oz. of bruised ginger, 1/4 oz. of mace and chilies, 1 oz. of mustard-seed, 1/2 stick of sliced horseradish, a few cloves of garlic.

*Mode.*—Put the lemons into a brine that will bear an egg; let them remain in it 6 days, stirring them every day; have ready 2 quarts of boiling water, put in the lemons, and allow them to boil for 1/4 hour; take them out, and let them lie in a cloth until perfectly dry and cold. Boil up sufficient vinegar to cover the lemons, with all the above ingredients, allowing the same proportion as stated to each quart of vinegar. Pack the lemons in a jar, pour over the vinegar, &c. boiling hot, and tie down with a bladder. They will be fit for use in about 12 months, or rather sooner.

*Seasonable.*—This should be made from November to April.

THE LEMON.—In the earlier ages of the world, the lemon does not appear to have been at all known, and the Romans only became acquainted with it at a very late period, and then only used it to keep moths from their garments. Its acidity would seem to have been unpleasant to them; and in Pliny's time, at the commencement of the Christian era, this fruit was hardly accepted, otherwise than as an excellent antidote against the effects of poison. Many anecdotes have been related concerning the anti-venomous properties of the lemon; Athenaeus, a Latin writer, telling us, that on one occasion, two men felt no effects from the bites of dangerous serpents, because they had previously eaten of this fruit.

### TO PICKLE LEMONS WITHOUT THE PEEL.

456. INGREDIENTS.—6 lemons, 1 lb. of fine salt; to each quart of vinegar, the same ingredients as No. 455.

*Mode.*—Peel the lemons, slit each one down 3 times, so as not to divide them, and rub the salt well into the divisions; place them in a pan, where they must remain for a week, turning them every other day; then put them in a Dutch oven before a clear fire until the salt has become perfectly dry; then arrange them in a jar. Pour over sufficient boiling vinegar to cover them, to which have been added the ingredients mentioned in the foregoing recipe; tie down closely, and in about 9 months they will be fit for use.

*Seasonable.*—The best time to make this is from November to April.

*Note.*—After this pickle has been made from 4 to 5 months, the liquor may be strained and bottled, and will be found an excellent lemon ketchup.

LEMON-JUICE.—Citric acid is the principal component part of lemon-juice, which, in addition to the agreeableness of its flavour, is also particularly cooling and grateful. It is likewise an antiscorbutic; and this quality enhances its value. In order to combat the fatal effects of scurvy amongst the crews of ships at sea, a regular allowance of lemon-juice is served out to the men; and by this practice, the disease has almost entirely disappeared. By putting the juice into bottles, and pouring on the top sufficient oil to cover it, it may be preserved for a considerable time. Italy and Turkey export great quantities of it in this manner.

### LEMON SAUCE FOR BOILED FOWLS.

457. INGREDIENTS.—1 small lemon, 3/4 pint of melted butter, No. 380.

*Mode.*—Cut the lemon into very thin slices, and these again into very small dice. Have ready 3/4 pint of melted butter, made by recipe No. 380; put in the lemon; let it just simmer, but not boil, and pour it over the fowls.

*Time*.—1 minute to simmer. *Average cost*, 6d.

*Sufficient* for a pair of large fowls.

### LEMON WHITE SAUCE, FOR FOWLS, FRICASSEES, &c.

458. **INGREDIENTS**.— $\frac{3}{4}$  pint of cream, the rind and juice of 1 lemon,  $\frac{1}{2}$  teaspoonful of whole white pepper, 1 sprig of lemon thyme, 3 oz. of butter, 1 dessertspoonful of flour, 1 teacupful of white stock; salt to taste.

*Mode*.—Put the cream into a very clean saucepan (a lined one is best), with the lemon-peel, pepper, and thyme, and let these infuse for  $\frac{1}{2}$  hour, when simmer gently for a few minutes, or until there is a nice flavour of lemon. Strain it, and add a thickening of butter and flour in the above proportions; stir this well in, and put in the lemon-juice at the moment of serving; mix the stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together.

*Time*.—Altogether,  $\frac{3}{4}$  hour. *Average cost*, 1s. 6d.

*Sufficient*, this quantity, for a pair of large boiled fowls.

*Note*.—Where the expense of the cream is objected to, milk may be substituted for it. In this case, an additional dessertspoonful, or rather more, of flour must be added.

LEMON THYME.—Two or three tufts of this species of thyme, *Thymus citriodorus*, usually find a place in the herb compartment of the kitchen-garden. It is a trailing evergreen, is of smaller growth than the common kind (see No. 166), and is remarkable for its smell, which closely resembles that of the rind of a lemon. Hence its distinctive name. It is used for some particular dishes, in which the fragrance of the lemon is desired to slightly predominate.



LEMON THYME.

### LEAMINGTON SAUCE

(an Excellent Sauce for Flavouring Gravies, Hashes, Soups, &c.).

(Author's Recipe.)

459. **INGREDIENTS**.—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots,  $\frac{3}{4}$  oz. of garlic,  $\frac{1}{2}$  pint of port wine.

*Mode*.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to *each quart* of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic, and port wine. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed.

*Seasonable.*—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

#### **LEMON BRANDY.**

460. **INGREDIENTS.**—1 pint of brandy, the rind of two small lemons, 2 oz. of loaf-sugar, 1/4 pint of water.

*Mode.*—Peel the lemons rather thin, taking care to have none of the white pith. Put the rinds into a bottle with the brandy, and let them infuse for 24 hours, when they should be strained. Now boil the sugar with the water for a few minutes, skim it, and, when cold, add it to the brandy. A dessertspoonful of this will be found an excellent flavouring for boiled custards.

LEMON RIND OR PEEL.—This contains an essential oil of a very high flavour and fragrance, and is consequently esteemed both a wholesome and agreeable stomachic. It is used, as will be seen by many recipes in this book, as an ingredient for flavouring a number of various dishes. Under the name of CANDIED LEMON-PEEL, it is cleared of the pulp and preserved by sugar, when it becomes an excellent sweetmeat. By the ancient medical philosopher Galen, and others, it may be added, that dried lemon-peel was considered as one of the best digestives, and recommended to weak and delicate persons.

#### **LIAISON OF EGGS FOR THICKENING SAUCES.**

461. **INGREDIENTS.**—The yolks of 3 eggs, 8 tablespoonfuls of milk or cream.

*Mode.*—Beat up the yolks of the eggs, to which add the milk, and strain the whole through a hair-sieve. When the liaison is being added to the sauce it is intended to thicken, care must be exercised to keep stirring it during the whole time, or, otherwise, the eggs will curdle. It should only just simmer, but not boil.

#### **LIVER AND LEMON SAUCE FOR POULTRY.**

462. **INGREDIENTS.**—The liver of a fowl, one lemon, salt to taste, 1/2 pint of melted butter. No. 376.

*Mode.*—Wash the liver, and let it boil for a few minutes; peel the lemon very thin, remove the white part and pips, and cut it into very small dice; mince the liver and a small quantity of the lemon rind very fine; add these ingredients to 1/2 pint of smoothly-made melted butter; season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil, lest the butter should oil.

*Time.*—1 minute to simmer.

*Sufficient* to serve with a pair of small fowls.

#### **LIVER AND PARSLEY SAUCE FOR POULTRY.**

463. **INGREDIENTS.**—The liver of a fowl, one tablespoonful of minced parsley, 1/2 pint of melted butter, No. 376.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Wash and score the liver, boil it for a few minutes, and mince it very fine; blanch or scald a small bunch of parsley, of which there should be sufficient when chopped to fill a tablespoon; add this, with the minced liver, to 1/2 pint of smoothly-made melted butter; let it just boil; when serve.

*Time.*—1 minute to simmer.

*Sufficient* for a pair of small fowls.

### **LOBSTER SAUCE,** to serve with Turbot, Salmon, Brill, &c. (*Very Good.*)

464. **INGREDIENTS.**—1 middling-sized hen lobster, 3/4 pint of melted butter, No. 376; 1 tablespoonful of anchovy sauce, 1/2 oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream.

*Mode.*—Choose a hen lobster, as this is indispensable, in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with 1/2 oz. of butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make 3/4 pint of melted butter by recipe No. 376; put in all the ingredients except the lobster-meat, and well mix the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve without butter) should be saved to garnish with; but as the goodness, flavour, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better.

*Time.*—1 minute to simmer. *Average cost*, for this quantity, 2s.

*Seasonable* at any time.

*Sufficient* to serve with a small turbot, a brill, or salmon for 6 persons.

*Note.*—Melted butter made with milk, No. 380, will be found to answer very well for lobster sauce, as by employing it a nice white colour will be obtained. Less quantity than the above may be made by using a very small lobster, to which add only 1/2 pint of melted butter, and season as above. Where economy is desired, the cream may be dispensed with, and the remains of a cold lobster left from table, may, with a little care, be converted into a very good sauce.

### **MAITRE D'HOTEL BUTTER,** for putting into Broiled Fish just before it is sent to Table.

465. **INGREDIENTS.**—1/4 lb. of butter, 2 dessertspoonfuls of minced parsley, salt and pepper to taste, the juice of 1 large lemon.

*Mode*.—Work the above ingredients well together, and let them be thoroughly mixed with a wooden spoon. If this is used as a sauce, it may be poured either under or over the meat or fish it is intended to be served with.

*Average cost*, for this quantity, 5d.

*Note*.—4 tablespoonfuls of Béchamel, No. 367, 2 do. of white stock, No. 107, with 2 oz. of the above maître d'hôtel butter stirred into it, and just allowed to simmer for 1 minute, will be found an excellent hot maître d'hôtel sauce.

THE MAÎTRE D'HÔTEL.—The house-steward of England is synonymous with the maître d'hôtel of France; and, in ancient times, amongst the Latins, he was called procurator, or major-domo. In Rome, the slaves, after they had procured the various articles necessary for the repasts of the day, would return to the spacious kitchen laden with meat, game, sea-fish, vegetables, fruit, &c. Each one would then lay his basket at the feet of the major-domo, who would examine its contents and register them on his tablets, placing in the pantry contiguous to the dining-room, those of the provisions which need no preparation, and consigning the others to the more immediate care of the cooks.

### **MAITRE D'HOTEL SAUCE (HOT),**

to serve with Calf's Head, Boiled Eels, and different Fish.

466. **INGREDIENTS**.—1 slice of minced ham, a few poultry-trimmings, 2 shalots, 1 clove of garlic, 1 bay-leaf, 3/4 pint of water, 2 oz. of butter, 1 dessertspoonful of flour, 1 heaped tablespoonful of chopped parsley; salt, pepper, and cayenne to taste; the juice of 1/2 large lemon, 1/4 teaspoonful of pounded sugar.

*Mode*.—Put at the bottom of a stewpan the minced ham, and over it the poultry-trimmings (if these are not at hand, veal should be substituted), with the shalots, garlic, and bay-leaf. Pour in the water, and let the whole simmer gently for 1 hour, or until the liquor is reduced to a full 1/2 pint. Then strain this gravy, put it in another saucepan, make a thickening of butter and flour in the above proportions, and stir it to the gravy over a nice clear fire, until it is perfectly smooth and rather thick, care being taken that the butter does not float on the surface. Skim well, add the remaining ingredients, let the sauce gradually heat, but do not allow it to boil. If this sauce is intended for an entrée, it is necessary to make it of a sufficient thickness, so that it may adhere to what it is meant to cover.

*Time*.—1-1/2 hour. *Average cost*, 1s. 2d. per pint.

*Sufficient* for re-warming the remains of 1/2 calf's head, or a small dish of cold flaked turbot, cod, &c.

### **MAIGRE MAITRE D'HOTEL SAUCE (HOT).**

(Made without Meat.)

467. **INGREDIENTS**.—1/2 pint of melted butter, No. 376; 1 heaped tablespoonful of chopped parsley, salt and pepper to taste, the juice of 1/2 large lemon; when liked, 2 minced shalots.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Mode.*—Make 1/2 pint of melted butter, by recipe No. 376; stir in the above ingredients, and let them just boil; when it is ready to serve.

*Time.*—1 minute to simmer. *Average cost*, 9d. per pint.

### MAYONNAISE,

a Sauce or Salad-Dressing for cold Chicken, Meat, and other cold Dishes.

468. **INGREDIENTS.**—The yolks of 2 eggs, 6 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and white pepper to taste, 1 tablespoonful of white stock, No. 107, 2 tablespoonfuls of cream.

*Mode.*—Put the yolks of the eggs into a basin, with a seasoning of pepper and salt; have ready the above quantities of oil and vinegar, in separate vessels; add them *very gradually* to the eggs; continue stirring and rubbing the mixture with a wooden spoon, as herein consists the secret of having a nice smooth sauce. It cannot be stirred too frequently, and it should be made in a very cool place, or, if ice is at hand, it should be mixed over it. When the vinegar and oil are well incorporated with the eggs, add the stock and cream, stirring all the time, and it will then be ready for use.

For a fish Mayonnaise, this sauce may be coloured with lobster-spawn, pounded; and for poultry or meat, where variety is desired, a little parsley-juice may be used to add to its appearance. Cucumber, Tarragon, or any other flavoured vinegar, may be substituted for plain, where they are liked.

*Average cost*, for this quantity, 7d.

*Sufficient* for a small salad.

*Note.*—In mixing the oil and vinegar with the eggs, put in first a few drops of oil, and then a few drops of vinegar, never adding a large quantity of either at one time. By this means, you can be more certain of the sauce not curdling. Patience and practice, let us add, are two essentials for making this sauce good.

### MINT SAUCE,

to serve with Roast Lamb.

469. **INGREDIENTS.**—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar, 1/4 pint of vinegar.

*Mode.*—Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

*Average cost*, 3d.



*Sufficient* to serve with a middling-sized joint of lamb.

*Note.*—Where green mint is scarce and not obtainable, mint vinegar may be substituted for it, and will be found very acceptable in early spring.

MINT.—The common mint cultivated in our gardens is known as the *Mentha viridis*, and is employed in different culinary processes, being sometimes boiled with certain dishes, and afterwards withdrawn. It has an agreeable aromatic flavour, and forms an ingredient in soups, and sometimes is used in spring salads. It is valuable as a stomachic and antispasmodic; on which account it is generally served at table with pea-soup. Several of its species grow wild in low situations in the country.



MINT.

#### MINT VINEGAR.

470. INGREDIENTS.—Vinegar, mint.

*Mode.*—Procure some nice fresh mint, pick the leaves from the stalks, and fill a bottle or jar with them. Add vinegar to them until the bottle is full; *cover closely* to exclude the air, and let it infuse for a fortnight. Then strain the liquor, and put it into small bottles for use, of which the corks should be sealed.

*Seasonable.*—This should be made in June, July, or August.

#### MIXED PICKLE.

(*Very Good.*)

471. INGREDIENTS.—To each gallon of vinegar allow 1/4 lb. of bruised ginger, 1/4 lb. of mustard, 1/4 lb. of salt, 2 oz. of mustard-seed, 1-1/2 oz. of turmeric, 1 oz. of ground black pepper, 1/4 oz. of cayenne, cauliflowers, onions, celery, sliced cucumbers, gherkins, French beans, nasturtiums, capsicums.

*Mode.*—Have a large jar, with a tightly-fitting lid, in which put as much vinegar as required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper, and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir every morning for a month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come into season, have them gathered on a dry day, and, after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers, it may be said, must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when there have been added as many of the vegetables as could be procured, store it away in jars, and tie over with bladder. As none of the ingredients are boiled, this pickle will not be fit to eat till 12 months have elapsed. Whilst the pickle is being made, keep a wooden spoon tied to the jar; and its contents, it may be repeated, must be stirred every morning.

*Seasonable.*—Make the pickle-liquor in May or June, as the season arrives for the various vegetables to be picked.

**MUSHROOM KETCHUP.**

472. **INGREDIENTS.**—To each peck of mushrooms 1/2 lb. of salt; to each quart of mushroom-liquor 1/4 oz. of cayenne, 1/2 oz. of allspice, 1/2 oz. of ginger, 2 blades of pounded mace.

*Mode.*—Choose full-grown mushroom-flaps, and take care they are perfectly *fresh-gathered* when the weather is tolerably dry; for, if they are picked during very heavy rain, the ketchup from which they are made is liable to get musty, and will not keep long. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, when break them up with the hand; put them in a nice cool place for 3 days, occasionally stirring and mashing them well, to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, &c. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water, set it over the fire, and let it boil for 3 hours. Have ready a nice clean stewpan; turn into it the contents of the jar, and let the whole simmer very gently for 1/2 hour; pour it into a jug, where it should stand in a cool place till the next day; then pour it off into another jug, and strain it into very dry clean bottles, and do not squeeze the mushrooms. To each pint of ketchup add a few drops of brandy. Be careful not to shake the contents, but leave all the sediment behind in the jug; cork well, and either seal or rosin the cork, so as perfectly to exclude the air. When a very clear bright ketchup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, *after* it has been very gently poured off; if the operation is not successful, it must be repeated until you have quite a clear liquor. It should be examined occasionally, and if it is spoiling, should be reboiled with a few peppercorns.

*Seasonable* from the beginning of September to the middle of October, when this ketchup should be made.

*Note.*—This flavouring ingredient, if genuine and well prepared, is one of the most useful store sauces to the experienced cook, and no trouble should be spared in its preparation. Double ketchup is made by reducing the liquor to half the quantity; for example, 1 quart must be boiled down to 1 pint. This goes farther than ordinary ketchup, as so little is required to flavour a good quantity of gravy. The sediment may also be bottled for immediate use, and will be found to answer for flavouring thick soups or gravies.

**HOW TO DISTINGUISH MUSHROOMS FROM TOADSTOOLS.**—The cultivated mushroom, known as *Agaricus campestris*, may be distinguished from other poisonous kinds of fungi by its having pink or flesh-coloured gills, or under-side, and by its invariably having an agreeable smell, which the toadstool has not. When young, mushrooms are like a small round button, both the stalk and being white. As they grow larger, they expand their heads by degrees into a flat form, the gills underneath being at first of a pale flesh-colour, but becoming, as they stand longer, dark brown or blackish. Nearly all the poisonous kinds are brown, and have in general a rank and putrid smell. Edible mushrooms are found in closely-fed pastures, but seldom grow in woods, where most of the poisonous sorts are to be found.

**TO DRY MUSHROOMS.**

473. *Mode*.—Wipe them clean, take away the brown part, and peel off the skin; lay them on sheets of paper to dry, in a cool oven, when they will shrivel considerably. Keep them in paper bags, which hang in a dry place. When wanted for use, put them into cold gravy, bring them gradually to simmer, and it will be found that they will regain nearly their usual size.



**THE MUSHROOM.**

**THE MUSHROOM.**—The cultivated or garden mushroom is a species of fungus, which, in England, is considered the best, and is there usually eaten. The tribe, however, is numerous, and a large proportion of them are poisonous; hence it is always dangerous to make use of mushrooms gathered in their wild state. In some parts of Europe, as in Germany, Russia, and Poland, many species grow wild, and are used as food; but in Britain, two only are generally eaten. These are mostly employed for the flavouring of dishes, and are also dried and pickled.

CATSUP, or KETCHUP, is made from them by mixing spices and salt with their juice. The young, called buttons, are the best for pickling when in the globular form.

**BROWN MUSHROOM SAUCE,**  
to serve with Roast Meat, &c.

474. **INGREDIENTS.**—1/2 pint of button mushrooms, 1/2 pint of good beef gravy, No. 435, 1 tablespoonful of mushroom ketchup (if at hand), thickening of butter and flour.

*Mode.*—Put the gravy into a saucepan, thicken it, and stir over the fire until it boils. Prepare the mushrooms by cutting off the stalks and wiping them free from grit and dirt; the large flap mushrooms cut into small pieces will answer for a brown sauce, when the buttons are not obtainable; put them into the gravy, and let them simmer very gently for about 10 minutes; then add the ketchup, and serve.

*Time.*—Rather more than 10 minutes.

*Seasonable* from August to October.

*Note.*—When fresh mushrooms are not obtainable, the powder No. 477 may be used as a substitute for brown sauce.

**WHITE MUSHROOM SAUCE,**  
to serve with Boiled Fowls, Cutlets, &c.

I.

475. **INGREDIENTS.**—Rather more than 1/2 pint of button mushrooms, lemon-juice and water, 1 oz. of butter, 1/2 pint of Béchamel, No. 367, 1/4 teaspoonful of pounded sugar.

*Mode.*—Turn the mushrooms white by putting them into lemon-juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them, and put them in a stewpan with the butter. When the mushrooms are softened, add the Béchamel, and simmer for about 5 minutes; should they, however, not be done enough, allow rather more time. They should not boil longer than necessary, as they would then lose their colour and flavour. Rub the whole through a tammy, and serve very hot. After this, it should be warmed in a bain marie.

*Time.*—Altogether, 1/4 hour. *Average cost*, 1s.

*Seasonable* from August to October.

II.

*A More Simple Method.*

476. **INGREDIENTS.**—1/2 pint of melted butter, made with milk, No. 380; 1/2 pint of button mushrooms, 1 dessertspoonful of mushroom ketchup, if at hand; cayenne and salt to taste.

*Mode.*—Make the melted butter by recipe No. 380, and add to it the mushrooms, which must be nicely cleaned, and free from grit, and the stalks cut off. Let them simmer gently for about 10 minutes, or until they are quite tender. Put in the seasoning and ketchup; let it just boil, when serve.

*Time.*—Rather more than 10 minutes. *Average cost*, 8d.

*Seasonable* from August to October.

**GROWTH OF THE MUSHROOM AND OTHER FUNGI.**—The quick growth of the mushroom and other fungi is no less wonderful than the length of time they live, and the numerous dangers they resist while they continue in the dormant state. To spring up "like a mushroom in a night" is a scriptural mode of expressing celerity; and this completely accords with all the observations which have been made concerning this curious class of plants. Mr. Sowerby remarks—"I have often placed specimens of the *Phallus caninus* by a window overnight, while in the egg-form, and they have been fully grown by the morning."

**MUSHROOM POWDER**

(a valuable addition to Sauces and Gravies, when fresh Mushrooms are not obtainable).

477. **INGREDIENTS.**—1/2 peck of large mushrooms, 2 onions, 12 cloves, 1/4 oz. of pounded mace, 2 teaspoonfuls of white pepper.

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*Mode.*—Peel the mushrooms, wipe them perfectly free from grit and dirt, remove the black fur, and reject all those that are at all worm-eaten; put them into a stewpan with the above ingredients, but without water; shake them over a clear fire, till all the liquor is dried up, and be careful not to let them burn; arrange them on tins, and dry them in a slow oven; pound them to a fine powder, which put into small *dry* bottles; cork well, seal the corks, and keep it in a dry place. In using this powder, add it to the gravy just before serving, when it will merely require one boil-up. The flavour imparted by this means to the gravy, ought to be exceedingly good.

*Seasonable.*—This should be made in September, or at the beginning of October.

*Note.*—If the bottles in which it is stored away are not perfectly dry, as, also the mushroom powder, it will keep good but a very short time.

**PICKLED MUSHROOMS.**

478. **INGREDIENTS.**—Sufficient vinegar to cover the mushrooms; to each quart of mushrooms, 2 blades of pounded mace, 1 oz. of ground pepper, salt to taste.

*Mode.*—Choose some nice young button mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for 1 minute, and store it away in stone jars for use. When cold, tie down with bladder and keep in a dry place; they will remain good for a length of time, and are generally considered delicious.

*Seasonable.*—Make this the same time as ketchup, from the beginning of September to the middle of October.

NATURE OF THE MUSHROOM.—Locality has evidently a considerable influence on the nature of the juices of the mushroom; for it has been discovered, after fatal experience, that some species, which are perfectly harmless when raised in open meadows and pasturelands, become virulently poisonous when they happen to grow in contact with stagnant water or putrescent animal and vegetable substances. What the precise nature of the poison in fungi may be, has not been accurately ascertained.

**A VERY RICH AND GOOD MUSHROOM SAUCE,**  
to serve with Fowls or Rabbits.

479. **INGREDIENTS.**—1 pint of mushroom-buttons, salt to taste, a little grated nutmeg, 1 blade of pounded mace, 1 pint of cream, 2 oz. of butter, flour to thicken.

*Mode.*—Rub the buttons with a piece of flannel and salt, to take off the skin; cut off the stalks, and put them in a stewpan with the above ingredients, previously kneading together the butter and flour; boil the whole for about ten minutes, stirring all the time. Pour some of the sauce over the fowls, and the remainder serve in a tureen.

*Time.*—10 minutes. *Average cost,* 2s.

*Sufficient* to serve with a pair of fowls.

*Seasonable* from August to October.

### HOW TO MIX MUSTARD.

480. INGREDIENTS.—Mustard, salt, and water.

*Mode*.—Mustard should be mixed with water that has been boiled and allowed to cool; hot water destroys its essential properties, and raw cold water might cause it to ferment. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually sufficient boiled water to make it drop from the spoon without being watery. Stir and mix well, and rub the lumps well down with the back of a spoon, as well-mixed mustard should be perfectly free from these. The mustard-pot should not be more than half full, or rather less if it will not be used in a day or two, as it is so much better when freshly mixed.

### TARTAR MUSTARD.

481. INGREDIENTS.—Horseradish vinegar, cayenne, 1/2 a teacupful of mustard.

*Mode*.—Have ready sufficient horseradish vinegar to mix with the above proportion of mustard; put the mustard in a cup, with a slight seasoning of cayenne; mix it perfectly smooth with the vinegar, adding this a little at a time; rub down with the back of a spoon any lumps that may appear, and do not let it be too thin. Mustard may be flavoured in various ways, with Tarragon, shalot, celery, and many other vinegars, herbs, spices, &c.; but this is more customary in France than in England, as there it is merely considered a "vehicle of flavours," as it has been termed.

### PICKLED NASTURTIUMS

(a very good Substitute for Capers)

482. INGREDIENTS.—To each pint of vinegar, 1 oz. of salt, 6 peppercorns, nasturtiums.

*Mode*.—Gather the nasturtium-pods on a dry day, and wipe them clean with a cloth; put them in a dry glass bottle, with vinegar, salt, and pepper in the above proportion. If you cannot find enough ripe to fill a bottle, cork up what you have got until you have some more fit: they may be added from day to day. Bung up the bottles, and seal or rosin the tops. They will be fit for use in 10 or 12 months; and the best way is to make them one season for the next.

*Seasonable*.—Look for nasturtium-pods from the end of July to the end of August.

NASTURTIUMS.—The elegant nasturtium-plant, called by naturalists *Tropaeolum*, and which sometimes goes by the name of Indian cress, came originally from Peru, but was easily made to grow in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to



NASTURTIUMS.

which they certainly add a pretty appearance. When the beautiful blossoms, which may be employed with great effect in garnishing dishes, are off, then the fruit is used as described in the above recipe.

**FRENCH ONION SAUCE, or SOUBISE.**

483. **INGREDIENTS.**—1/2 pint of Béchamel, No. 367, 1 bay-leaf, seasoning to taste of pounded mace and cayenne, 6 onions, a small piece of ham.

*Mode.*—Peel the onions and cut them in halves; put them in a stewpan, with just sufficient water to cover them, and add the bay-leaf, ham, cayenne, and mace; be careful to keep the lid closely shut, and simmer them until tender. Take them out and drain thoroughly; rub them through a tammy or sieve (an old one does for the purpose) with a wooden spoon, and put them to 1/2 pint of Béchamel; keep stirring over the fire until it boils, when serve. If it should require any more seasoning, add it to taste.

*Time.*—3/4 hour to boil the onions.

*Average cost,* 10d. for this quantity.

*Sufficient* for a moderate-sized dish.

**WHITE ONION SAUCE,**  
for Boiled Rabbits, Roast Shoulder of Mutton, &c.

484. **INGREDIENTS.**—9 large onions, or 12 middling-sized ones, 1 pint of melted butter made with milk (No. 380), 1/2 teaspoonful of salt, or rather more.

*Mode.*—Peel the onions and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain for 1/4 hour. Then put them in a stewpan, cover them with water, and let them boil until tender, and, if the onions should be very strong, change the water after they have been boiling for 1/4 hour. Drain them thoroughly, chop them, and rub them through a tammy or sieve. Make 1 pint of melted butter, by recipe No. 380, and when that boils, put in the onions, with a seasoning of salt; stir it till it simmers, when it will be ready to serve. If these directions are carefully attended to, this onion sauce will be delicious.

*Time.*—From 3/4 to 1 hour, to boil the onions.

*Average cost,* 9d. per pint.

*Sufficient* to serve with a roast shoulder of mutton, or boiled rabbit.

*Seasonable* from August to March.

*Note.*—To make this sauce very mild and delicate, use Spanish onions, which can be procured from the beginning of September to Christmas. 2 or 3 tablespoonfuls of cream added just before serving, will be found to improve its appearance very much. Small onions, when very young, may be cooked whole, and served in melted butter. A

sieve or tammy should be kept expressly for onions: an old one answers the purpose, as it is liable to retain the flavour and smell, which of course would be excessively disagreeable in delicate preparations.

### **BROWN ONION SAUCE.**

485. **INGREDIENTS.**—6 large onions, rather more than 1/2 pint of good gravy, 2 oz. of butter, salt and pepper to taste.

*Mode.*—Slice and fry the onions of a pale brown in a stewpan, with the above quantity of butter, keeping them well stirred, that they do not get black. When a nice colour, pour over the gravy, and let them simmer gently until tender. Now skim off every particle of fat, add the seasoning, and rub the whole through a tammy or sieve; put it back in the saucepan to warm, and when it boils, serve.

*Time.*—Altogether 1 hour.

*Seasonable* from August to March.

*Note.*—Where a very high flavouring is liked, add 1 tablespoonful of mushroom ketchup, or a small quantity of port wine.

**HISTORY OF THE ONION.**—It is not supposed that any variety of the onion is indigenous to Britain, as when the large and mild roots imported from warmer climates, have been cultivated in these islands a few years, they deteriorate both in size and sweetness. It is therefore most likely that this plant was first introduced into England from continental Europe, and that it originally was produced in a southern climate, and has gradually become acclimatized to a colder atmosphere. (*See* No. 139.)

### **PICKLED ONIONS**

(a very Simple Method, and exceedingly Good).

486. **INGREDIENTS.**—Pickling onions; to each quart of vinegar, 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

*Mode.*—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then, with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onion will look quite clear. Have ready some very dry bottles or jars, and as fast as they are peeled, put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with bladder, and put them in a dry place, and in a fortnight they will be fit for use. This is a most simple recipe and very delicious, the onions being nice and crisp. They should be eaten within 6 or 8 months after being done, as the onions are liable to become soft.

*Seasonable* from the middle of July to the end of August.



**PICKLED ONIONS.**

487. **INGREDIENTS.**—1 gallon of pickling onions, salt and water, milk; to each 1/2 gallon of vinegar, 1 oz. of bruised ginger, 1/4 teaspoonful of cayenne, 1 oz. of allspice, 1 oz. of whole black pepper, 1/4 oz. of whole nutmeg bruised, 8 cloves, 1/4 oz. of mace.

*Mode.*—Gather the onions, which should not be too small, when they are quite dry and ripe; wipe off the dirt, but do not pare them; make a strong solution of salt and water, into which put the onions, and change this, morning and night, for 3 days, and save the *last* brine they were put in. Then take the outside skin off, and put them into a tin saucepan capable of holding them all, as they are always better done together. Now take equal quantities of milk and the last salt and water the onions were in, and pour this to them; to this add 2 large spoonfuls of salt, put them over the fire, and watch them very attentively. Keep constantly turning the onions about with a wooden skimmer, those at the bottom to the top, and *vice versâ*; and let the milk and water run through the holes of the skimmer. Remember, the onions must never boil, or, if they do, they will be good for nothing; and they should be quite transparent. Keep the onions stirred for a few minutes, and, in stirring them, be particular not to break them. Then have ready a pan with a colander, into which turn the onions to drain, covering them with a cloth to keep in the steam. Place on a table an old cloth, 2 or 3 times double; put the onions on it when quite hot, and over them an old piece of blanket; cover this closely over them, to keep in the steam. Let them remain till the next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow. Put them in a pan, make a pickle of vinegar and the remaining ingredients, boil all these up, and pour hot over the onions in the pan. Cover very closely to keep in all the steam, and let them stand till the following day, when they will be quite cold. Put them into jars or bottles well bunged, and a tablespoonful of the best olive-oil on the top of each jar or bottle. Tie them down with bladder, and let them stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white, and eat crisp, without the least softness, and will keep good many months.

*Seasonable* from the middle of July to the end of August.

**ORANGE GRAVY,**  
for Wildfowl, Widgeon, Teal, &c.

488. **INGREDIENTS.**—1/2 pint of white stock, No. 107, 1 small onion, 3 or 4 strips of lemon or orange peel, a few leaves of basil, if at hand, the juice of a Seville orange or lemon, salt and pepper to taste, 1 glass of port wine.

*Mode.*—Put the onion, cut in slices, into a stewpan with the stock, orange-peel, and basil, and let them simmer very gently for 1/4 hour or rather longer, should the gravy not taste sufficiently of the peel. Strain it off, and add to the gravy the remaining ingredients; let the whole heat through, and, when on the point of boiling, serve very hot in a tureen which should have a cover to it.

*Time.*—Altogether 1/2 hour.

*Sufficient* for a small tureen.

**OYSTER FORCEMEAT,**  
for Roast or Boiled Turkey.

489. **INGREDIENTS.**—1/2 pint of bread crumbs, 1-1/2 oz. of chopped suet or butter, 1 faggot of savoury herbs, 1/4 saltspoonful of grated nutmeg, salt and pepper to taste, 2 eggs, 18 oysters.

*Mode.*—Grate the bread very fine, and be careful that no large lumps remain; put it into a basin with the suet, which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work altogether, until it is smoothly mixed. The turkey should not be stuffed too full: if there should be too much forcemeat, roll it into balls, fry them, and use them as a garnish.

*Sufficient* for 1 turkey.

**OYSTER KETCHUP.**

490. **INGREDIENTS.**—Sufficient oysters to fill a pint measure, 1 pint of sherry, 3 oz. of salt, 1 drachm of cayenne, 2 drachms of pounded mace.

*Mode.*—Procure the oysters very fresh, and open sufficient to fill a pint measure; save the liquor, and scald the oysters in it with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne, and mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and, when cold, bottle and cork closely. The corks should be sealed.

*Seasonable* from September to April.

*Note.*—Cider may be substituted for the sherry.

**PICKLED OYSTERS.**

491. **INGREDIENTS.**—100 oysters; to each 1/2 pint of vinegar, 1 blade of pounded mace, 1 strip of lemon-peel, 12 black peppercorns.

*Mode.*—Get the oysters in good condition, open them, place them in a saucepan, and let them simmer in their own liquor for about 10 minutes, very gently; then take them out, one by one, and place them in a jar, and cover them, when cold, with a pickle made as follows:—Measure the oyster-liquor; add to it the same quantity of vinegar, with mace, lemon-peel, and pepper in the above proportion, and boil it for 5 minutes; when cold, pour over the oysters, and tie them down very closely, as contact with the air spoils them.

*Seasonable* from September to April.

*Note.*—Put this pickle away in small jars; because directly one is opened, its contents should immediately be eaten, as they soon spoil. The pickle should not be kept more than 2 or 3 months.

**OYSTER SAUCE,**  
to serve with Fish, Boiled Poultry, &c.

492. INGREDIENTS.—3 dozen oysters, 1/2 pint of melted butter, made with milk, No. 380.

*Mode.*—Open the oysters carefully, and save their liquor; strain it into a clean saucepan (a lined one is best), put in the oysters, and let them just come to the boiling-point, when they should look plump. Take them off the fire immediately, and put the whole into a basin. Strain the liquor from them, mix with it sufficient milk to make 1/2 pint altogether, and follow the directions of No. 380. When the melted butter is ready and very smooth, put in the oysters, which should be previously bearded, if you wish the sauce to be really nice. Set it by the side of the fire to get thoroughly hot, *but do not allow it to boil*, or the oysters will immediately harden. Using cream instead of milk makes this sauce extremely delicious. When liked, add a seasoning of cayenne, or anchovy sauce; but, as we have before stated, a plain sauce *should* be plain, and not be overpowered by highly-flavoured essences; therefore we recommend that the above directions be implicitly followed, and no seasoning added.

*Average cost* for this quantity, 2s.

*Sufficient* for 6 persons. Never allow fewer than 6 oysters to 1 person, unless the party is very large.

*Seasonable* from September to April.

A more economical sauce may be made by using a smaller quantity of oysters, and not bearding them before they are added to the sauce: this may answer the purpose, but we cannot undertake to recommend it as a mode of making this delicious adjunct to fish, &c.

**PARSLEY AND BUTTER,**  
to serve with Calf's Head, Boiled Fowls, &c.

493. INGREDIENTS.—2 tablespoonfuls of minced parsley, 1/2 pint of melted butter, No. 376.

*Mode.*—Put into a saucepan a small quantity of water, slightly salted, and when it boils, throw in a good bunch of parsley which has been previously washed and tied together in a bunch; let it boil for 5 minutes, drain it, mince the leaves very fine, and put the above quantity in a tureen; pour over it 1/2 pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

*Time.*—5 minutes to boil the parsley. *Average cost*, 4d.

*Sufficient* for 1 large fowl; allow rather more for a pair.

*Seasonable* at any time.

*Note.*—Sometimes, in the middle of winter, parsley-leaves are not to be had, when the following will be found an excellent substitute:—Tie up a little parsley-seed in a small piece of muslin, and boil it for 10 minutes in a small quantity of water; use this water to make the melted butter with, and throw into it a little boiled spinach, minced rather fine, which will have an appearance similar to that of parsley.

PARSLEY.—If there be nothing new under the sun, there are, at any rate, different uses found for the same thing; for this pretty aromatic herb was used in ancient times, as we learn from mythological narrative, to adorn the of a hero, no less than Hercules; and now—was ever fall so great?—we moderns use it in connection with the of—a calf. According to Homer's "Iliad," warriors fed their chariot-steeds on parsley; and Pliny acquaints us with the fact that, as a symbol of mourning, it was admitted to furnish the funeral tables of the Romans. Egypt, some say, first produced this herb; thence it was introduced, by some unknown voyager, into Sardinia, where the Carthaginians found it, and made it known to the inhabitants of Marseilles. (See No. 123.)

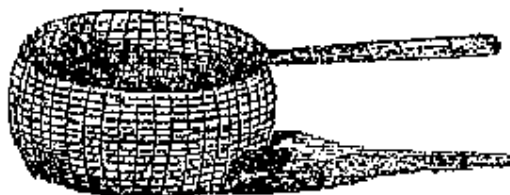


**PARSLEY.**

**FRIED PARSLEY,**  
for Garnishing.

494. **INGREDIENTS.**—Parsley, hot lard or clarified dripping.

*Mode.*—Gather some young parsley; wash, pick, and dry it thoroughly in a cloth; put it into the wire basket of which we have given an engraving, and hold it in boiling lard or dripping for a minute or two. Directly it is done, lift out the basket, and let it stand before the fire, that the parsley may become thoroughly crisp; and the quicker it is fried the better. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and when crisp, lift it out with a slice, dry it before the fire, and when thoroughly crisp, it will be ready for use.



**WIRE BASKET.**

**WIRE BASKET.**—For this recipe, a wire basket, as shown in the annexed engraving, will be found very useful. It is very light and handy, and may be used for other similar purposes besides that described above.

**PARSLEY JUICE,**  
for Colouring various Dishes.

495. Procure some nice young parsley; wash it and dry it thoroughly in a cloth; pound the leaves in a mortar till all the juice is extracted, and put the juice in a teacup or small jar; place this in a saucepan of boiling water, and warm it on the *bain marie* principle just long enough to take off its rawness; let it drain, and it will be ready for colouring.

**TO PRESERVE PARSLEY THROUGH THE WINTER.**

496. Use freshly-gathered parsley for keeping, and wash it perfectly free from grit and dirt; put it into boiling water which has been slightly salted and well skimmed, and then let it boil for 2 or 3 minutes; take it out, let it drain, and lay it on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use, pour over it a little warm water, and let it stand for about 5 minutes.

*Seasonable.*—This may be done at any time between June and October.

**AN EXCELLENT PICKLE.**

497. **INGREDIENTS.**—Equal quantities of medium-sized onions, cucumbers, and sauce-apples; 1-1/2 teaspoonful of salt, 3/4 teaspoonful of cayenne, 1 wineglassful of soy, 1 wineglassful of sherry; vinegar.

*Mode.*—Slice sufficient cucumbers, onions, and apples to fill a pint stone jar, taking care to cut the slices very thin; arrange them in alternate layers, shaking in as you proceed salt and cayenne in the above proportion; pour in the soy and wine, and fill up with vinegar. It will be fit for use the day it is made.

*Seasonable* in August and September.

This recipe was forwarded to the editress of this work by a subscriber to the "Englishwoman's Domestic Magazine." Mrs. Beeton, not having tested it, cannot vouch for its excellence; but the contributor spoke very highly in its favour.

*SOY.*—This is a sauce frequently made use of for fish, and comes from Japan, where it is prepared from the seeds of a plant called *Dolichos Soja*. The Chinese also manufacture it; but that made by the Japanese is said to be the best. All sorts of statements have been made respecting the very general adulteration of this article in England, and we fear that many of them are too true. When genuine, it is of an agreeable flavour, thick, and of a clear brown colour.

**PICKLED RED CABBAGE.**

498. **INGREDIENTS.**—Red cabbages, salt and water; to each quart of vinegar, 1/2 oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

*Mode*.—Take off the outside decayed leaves of a nice red cabbage, cut it in quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours, turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, and, if kept for a very long time, the cabbage is liable get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

*Seasonable* in July and August, but the pickle will be much more crisp if the frost has just touched the leaves.

RED CABBAGE.—This plant, in its growth, is similar in form to that of the white, but is of a bluish-purple colour, which, however, turns red on the application of acid, as is the case with all vegetable blues. It is principally from the white vegetable that the Germans make their *sauer kraut*; a dish held in such high estimation with the inhabitants of Vaderland, but which requires, generally speaking, with strangers, a long acquaintance in order to become sufficiently impressed with its numerous merits. The large red Dutch is the kind generally recommended for pickling.

#### PLUM-PUDDING SAUCE.

499. INGREDIENTS.—1 wineglassful of brandy, 2 oz. of very fresh butter, 1 glass of Madeira, pounded sugar to taste.

*Mode*.—Put the pounded sugar in a basin, with part of the brandy and the butter; let it stand by the side of the fire until it is warm and the sugar and butter are dissolved; then add the rest of the brandy, with the Madeira. Either pour it over the pudding, or serve in a tureen. This is a very rich and excellent sauce.

*Average cost*, 1s. 3d. for this quantity.

*Sufficient* for a pudding made for 6 persons.

#### QUIN'S SAUCE, an excellent Fish Sauce.

500. INGREDIENTS.—1/2 pint of walnut pickle, 1/2 pint of port wine, 1 pint of mushroom ketchup, 1 dozen anchovies, 1 dozen shalots, 1/4 pint of soy, 1/2 teaspoonful of cayenne.

*Mode*.—Put all the ingredients into a saucepan, having previously chopped the shalots and anchovies very small; simmer for 15 minutes, strain, and, when cold, bottle off for use: the corks should be well sealed to exclude the air.

*Time*.—1/4 hour.

*Seasonable* at any time.

**RAVIGOTTE,**  
a French Salad Sauce.

*Mons. Ude's Recipe.*

501. **INGREDIENTS.**—1 teaspoonful of mushroom ketchup, 1 teaspoonful of cavice, 1 teaspoonful of Chili vinegar, 1 teaspoonful of Reading sauce, a piece of butter the size of an egg, 3 tablespoonfuls of thick Béchamel, No. 367, 1 tablespoonful of minced parsley, 3 tablespoonfuls of cream; salt and pepper to taste.

*Mode.*—Scald the parsley, mince the leaves very fine, and add it to all the other ingredients; after mixing the whole together thoroughly, the sauce will be ready for use.

*Average cost,* for this quantity, 10d.

*Seasonable* at any time.

**READING SAUCE.**

502. **INGREDIENTS.**—2-1/2 pints of walnut pickle, 1-1/2 oz. of shalots, 1 quart of spring water, 3/4 pint of Indian soy, 1/2 oz. of bruised ginger, 1/2 oz. of long pepper, 1 oz. of mustard-seed, 1 anchovy, 1/2 oz. of cayenne, 1/4 oz. of dried sweet bay-leaves.

*Mode.*—Bruise the shalots in a mortar, and put them in a stone jar with the walnut-liquor; place it before the fire, and let it boil until reduced to 2 pints. Then, into another jar, put all the ingredients except the bay-leaves, taking care that they are well bruised, so that the flavour may be thoroughly extracted; put this also before the fire, and let it boil for 1 hour, or rather more. When the contents of both jars are sufficiently cooked, mix them together, stirring them well as you mix them, and submit them to a slow boiling for 1/2 hour; cover closely, and let them stand 24 hours in a cool place; then open the jar and add the bay-leaves; let it stand a week longer closed down, when strain through a flannel bag, and it will be ready for use. The above quantities will make 1/2 gallon.

*Time.*—Altogether, 3 hours.

*Seasonable.*—This sauce may be made at any time.

**REMOULADE, or FRENCH SALAD-DRESSING.**

503. **INGREDIENTS.**—4 eggs, 1/2 tablespoonful of made mustard, salt and cayenne to taste, 3 tablespoonfuls of olive-oil, 1 tablespoonful of tarragon or plain vinegar.

*Mode.*—Boil 3 eggs quite hard for about 1/4 hour, put them into cold water, and let them remain in it for a few minutes; strip off the shells, put the yolks in a mortar, and pound them very smoothly; add to them, very gradually, the mustard, seasoning, and vinegar, keeping all well stirred and rubbed down with the back of a wooden spoon. Put in the oil drop by drop, and when this is thoroughly mixed with the other

ingredients, add the yolk of a raw egg, and stir well, when it will be ready for use. This sauce should not be curdled; and to prevent this, the only way is to mix a little of everything at a time, and not to cease stirring. The quantities of oil and vinegar may be increased or diminished according to taste, as many persons would prefer a smaller proportion of the former ingredient.

GREEN REMOULADE is made by using tarragon vinegar instead of plain, and colouring with a little parsley-juice, No. 495. Harvey's sauce, or Chili vinegar, may be added at pleasure.

*Time.*—1/4 hour to boil the eggs.

*Average cost*, for this quantity, 7d.

*Sufficient* for a salad made for 4 or 6 persons.

TARRAGON.—The leaves of this plant, known to naturalists as *Artemisia dracunculus*, are much used in France as a flavouring ingredient for salads. From it also is made the vinegar known as tarragon vinegar, which is employed by the French in mixing their mustard. It originally comes from Tartary, and does not seed in France.



TARRAGON.

#### **SAGE-AND-ONION STUFFING,** for Geese, Ducks, and Pork.

504. **INGREDIENTS.**—4 large onions, 10 sage-leaves, 1/4 lb. of bread crumbs, 1-1/2 oz. of butter, salt and pepper to taste, 1 egg.

*Mode.*—Peel the onions, put them into boiling water, let them simmer for 5 minutes or rather longer, and, just before they are taken out, put in the sage-leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage-leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg may be dispensed with.

*Time.*—Rather more than 5 minutes to simmer the onions.

*Average cost*, for this quantity, 4d.

*Sufficient* for 1 goose, or a pair of ducks.

#### **SOYER'S RECIPE FOR GOOSE STUFFING**

505. Take 4 apples, peeled and cored, 4 onions, 4 leaves of sage, and 4 leaves of lemon thyme not broken, and boil them in a stewpan with sufficient water to cover



them; when done, pulp them through a sieve, removing the sage and thyme; then add sufficient pulp of mealy potatoes to cause it to be sufficiently dry without sticking to the hand; add pepper and salt, and stuff the bird.

### SALAD DRESSING

(Excellent).

#### I.

506. INGREDIENTS.—1 teaspoonful of mixed mustard, 1 teaspoonful of pounded sugar, 2 tablespoonfuls of salad oil, 4 tablespoonfuls of milk, 2 tablespoonfuls of vinegar, cayenne and salt to taste.

*Mode.*—Put the mixed mustard into a salad-bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together. Proceed in this manner with the milk and vinegar, which must be added very *gradually*, or the sauce will curdle. Put in the seasoning, when the mixture will be ready for use. If this dressing is properly made, it will have a soft creamy appearance, and will be found very delicious with crab, or cold fried fish (the latter cut into dice), as well as with salads. In mixing salad dressings, the ingredients cannot be added *too gradually*, or *stirred too much*.

*Average cost*, for this quantity, 3d.

*Sufficient* for a small salad.

This recipe can be confidently recommended by the editress, to whom it was given by an intimate friend noted for her salads.

SCARCITY OF SALADS IN ENGLAND.—Three centuries ago, very few vegetables were cultivated in England, and an author writing of the period of Henry VIII.'s reign, tells us that neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom: they came from Holland and Flanders. We further learn, that Queen Catharine herself, with all her royalty, could not procure a salad of English growth for her dinner. The king was obliged to mend this sad state of affairs, and send to Holland for a gardener in order to cultivate those pot-herbs, in the growth of which England is now, perhaps, not behind any other country in Europe.

THE OLIVE AND OLIVE OIL.—This tree assumes a high degree of interest from the historical circumstances with which it is connected. A leaf of it was brought into the ark by the dove, when that vessel was still floating on the waters of the great deep, and gave the first token that the deluge was subsiding. Among the Greeks, the prize of the victor in the Olympic games was a wreath of wild olive; and the "Mount of Olives" is rendered familiar to our ears by its being mentioned in the Scriptures as near to Jerusalem. The tree is indigenous in the north of Africa, Syria, and Greece; and the Romans introduced it to Italy. In Spain and the south of France it is now cultivated; and although it grows in England, its fruit does not ripen in the open air. Both



THE OLIVE.

## THE BOOK OF HOUSEHOLD MANAGEMENT

in Greece and Portugal the fruit is eaten in its ripe state; but its taste is not agreeable to many palates. To the Italian shepherd, bread and olives, with a little wine, form a nourishing diet; but in England, olives are usually only introduced by way of dessert, to destroy the taste of the viands which have been previously eaten, that the flavour of the wine may be the better enjoyed. There are three kinds of olives imported to London,—the French, Spanish, and Italian: the first are from Provence, and are generally accounted excellent; the second are larger, but more bitter; and the last are from Lucca, and are esteemed the best. The oil extracted from olives, called olive oil, or salad oil, is, with the continentals, in continual request, more dishes being prepared with than without it, we should imagine. With us, it is principally used in mixing a salad, and when thus employed, it tends to prevent fermentation, and is an antidote against flatulency.

### II.

507. INGREDIENTS.—4 eggs, 1 teaspoonful of mixed mustard, 1/4 teaspoonful of white pepper, half that quantity of cayenne, salt to taste, 4 tablespoonfuls of cream, vinegar.

*Mode.*—Boil the eggs until hard, which will be in about 1/4 hour or 20 minutes; put them into cold water, take off the shells, and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly incorporated one with the other. Pour in sufficient vinegar to make it of the consistency of cream, taking care to add but little at a time. The mixture will then be ready for use.

*Average cost*, for this quantity, 7d.

*Sufficient* for a moderate-sized salad.

*Note.*—The whites of the eggs, cut into rings, will serve very well as a garnishing to the salad.

### III.

508. INGREDIENTS.—1 egg, 1 teaspoonful of salad oil, 1 teaspoonful of mixed mustard, 1/4 teaspoonful of salt, 1/2 teaspoonful of pounded sugar, 2 tablespoonfuls of vinegar, 6 tablespoonfuls of cream.

*Mode.*—Prepare and mix the ingredients by the preceding recipe, and be very particular that the whole is well stirred.

*Note.*—In making salads, the vegetables, &c., should never be added to the sauce very long before they are wanted for table; the dressing, however, may always be prepared some hours before required. Where salads are much in request, it is a good plan to bottle off sufficient dressing for a few days' consumption, as, thereby, much time and trouble are saved. If kept in a cool place, it will remain good for 4 or 5 days.

POETIC RECIPE FOR SALAD.—The Rev. Sydney Smith, the witty canon of St. Paul's, who thought that an enjoyment of the good things of this earth was compatible with aspirations for things higher, wrote the following excellent recipe for salad, which we should advise our readers not to pass by without a trial, when the hot weather invites to a dish of cold lamb. May they find the flavour equal to the rhyme.—

MRS. ISABELLA BEETON

"Two large potatoes, pass'd through kitchen sieve,  
Smoothness and softness to the salad give:  
Of mordent mustard add a single spoon,  
Distrust the condiment that bites too soon;  
But deem it not, thou man of herbs, a fault.  
To add a double quantity of salt:  
Four times the spoon with oil of Lucca crown,  
And twice with vinegar procured from 'town;  
True flavour needs it, and your poet begs,  
The pounded yellow of two well-boil'd eggs.  
Let onion's atoms lurk within the bowl,  
And, scarce suspected, animate the whole;  
And, lastly, in the flavour'd compound toss  
A magic spoonful of anchovy sauce.  
Oh! great and glorious, and herbaceous treat,  
'Twould tempt the dying anchorite to eat.  
Back to the world he'd turn his weary soul,  
And plunge his fingers in the salad-bowl."

**SAUCE ALLEMANDE, or GERMAN SAUCE.**

509. **INGREDIENTS.**—1/2 pint of sauce tournée (No. 517), the yolks of 2 eggs.

*Mode.*—Put the sauce into a stewpan, heat it, and stir to it the beaten yolks of 2 eggs, which have been previously strained. Let it just simmer, but not boil, or the eggs will curdle; and after they are added to the sauce, it must be stirred without ceasing. This sauce is a general favourite, and is used for many made dishes.

*Time.*—1 minute to simmer.

*Average cost,* 6d.

**SAUCE ARISTOCRATIQUE**

(a Store Sauce).

510. **INGREDIENTS.**—Green walnuts. To every pint of juice, 1 lb. of anchovies, 1 drachm of cloves, 1 drachm of mace, 1 drachm of Jamaica ginger bruised, 8 shalots. To every pint of the boiled liquor, 1/2 pint of vinegar, 1/4 pint of port wine, 2 tablespoonfuls of soy.

*Mode.*—Pound the walnuts in a mortar, squeeze out the juice through a strainer, and let it stand to settle. Pour off the clear juice, and to every pint of it, add anchovies, spices, and cloves in the above proportion. Boil all these together till the anchovies are dissolved, then strain the juice again, put in the shalots (8 to every pint), and boil again. To every pint of the boiled liquor add vinegar, wine, and soy, in the above quantities, and bottle off for use. Cork well, and seal the corks.

*Seasonable.*—Make this sauce from the beginning to the middle of July, when walnuts are in perfection for sauces and pickling.

*Average cost,* 3s. 6d. for a quart.

## THE BOOK OF HOUSEHOLD MANAGEMENT

MANUFACTURE OF SAUCES.—In France, during the reign of Louis XII., at the latter end of the 14th century, there was formed a company of sauce-manufacturers, who obtained, in those days of monopolies, the exclusive privilege of making sauces. The statutes drawn up by this company inform us that the famous sauce à la cameline, sold by them, was to be composed of "good cinnamon, good ginger, good cloves, good grains of paradise, good bread, and good vinegar." The sauce Tence, was to be made of "good sound almonds, good ginger, good wine, and good verjuice." May we respectfully express a hope—not that we desire to doubt it in the least—that the English sauce-manufacturers of the 19th century are equally considerate and careful in choosing their ingredients for their various well-known preparations.

### SAUCE A L'AUORE, for Trout, Soles, &c.

511. INGREDIENTS.—The spawn of 1 lobster, 1 oz. of butter, 1/2 pint of Béchamel (No. 367), the juice of 1/2 lemon, a high seasoning of salt and cayenne.

*Mode.*—Take the spawn and pound it in a mortar with the butter, until quite smooth, and work it through a hair sieve. Put the Béchamel into a stewpan, add the pounded spawn, the lemon-juice, which must be strained, and a plentiful seasoning of cayenne and salt; let it just simmer, but do not allow it to boil, or the beautiful red colour of the sauce will be spoiled. A small spoonful of anchovy essence may be added at pleasure.

*Time.*—1 minute to simmer. *Average cost*, for this quantity, 1s.

*Sufficient* for a pair of large soles.

*Seasonable* at any time.

### SAUCE A LA MATELOTE, for Fish.

512. INGREDIENTS.—1/2 pint of Espagnole (No. 411), 3 onions, 2 tablespoonfuls of mushroom ketchup, 1/2 glass of port wine, a bunch of sweet herbs, 1/2 bay-leaf, salt and pepper to taste, 1 clove, 2 berries of allspice, a little liquor in which the fish has been boiled, lemon-juice, and anchovy sauce.

*Mode.*—Slice and fry the onions of a nice brown colour, and put them into a stewpan with the Espagnole, ketchup, wine, and a little liquor in which the fish has been boiled. Add the seasoning, herbs, and spices, and simmer gently for 10 minutes, stirring well the whole time; strain it through a fine hair sieve, put in the lemon-juice and anchovy sauce, and pour it over the fish. This sauce may be very much enriched by adding a few small quenelles, or forcemeat balls made of fish, and also glazed onions or mushrooms. These, however, should not be added to the matelote till it is dished.

*Time.*—10 minutes. *Average cost*, 1s. 6d.

*Seasonable* at any time.

*Note.*—This sauce originally took its name as being similar to that which the French sailor (*matelot*) employed as a relish to the fish he caught and ate. In some cases, cider and perry were substituted for the wine. The Norman *matelotes* were very celebrated.

THE BAY.—We have already described (see No. 180) the difference between the cherry-laurel (*Prunus Laurus cerasus*) and the classic laurel (*Laurus nobilis*), the former only being used for culinary purposes. The latter beautiful evergreen was consecrated by the ancients to priests and heroes, and used in their sacrifices. "A crown of bay" was the earnestly-desired reward for great enterprises, and for the display of uncommon genius in oratory or writing. It was more particularly sacred to Apollo, because, according to the fable, the nymph Daphne was changed into a laurel-tree. The ancients believed, too, that the laurel had the power of communicating the gift of prophecy, as well as poetic genius; and, when they wished to procure pleasant dreams, would place a sprig under the pillow of their bed. It was the symbol, too, of victory, and it was thought that the laurel could never be struck by lightning. From this word comes that of "laureate;" Alfred Tennyson being the present poet laureate, crowned with laurel as the first of living bards.



THE BAY.

#### SAUCE PIQUANTE for Cutlets, Roast Meat, &c.

513. **INGREDIENTS.**—2 oz. of butter, 1 small carrot, 6 shalots, 1 small bunch of savoury herbs, including parsley, 1/2 a bay-leaf, 2 slices of lean ham, 2 cloves, 6 peppercorns, 1 blade of mace, 3 whole allspice, 4 tablespoonfuls of vinegar, 1/2 pint of stock (No. 104 or 105), 1 small lump of sugar, 1/4 saltspoonful of cayenne, salt to taste.

*Mode.*—Put into a stewpan the butter, with the carrot and shalots, both of which must be cut into small slices; add the herbs, bay-leaf, spices, and ham (which must be minced rather finely), and let these ingredients simmer over a slow fire, until the bottom of the stewpan is covered with a brown glaze. Keep stirring with a wooden spoon, and put in the remaining ingredients. Simmer very gently for 1/4 hour, skim off every particle of fat, strain the sauce through a sieve, and serve very hot. Care must be taken that this sauce be not made too acid, although it should possess a sharpness indicated by its name. Of course the above quantity of vinegar may be increased or diminished at pleasure, according to taste.

*Time.*—Altogether 1/2 hour. *Average cost*, 10d.

*Sufficient* for a medium-sized dish of cutlets.

*Seasonable* at any time.

**A GOOD SAUCE FOR VARIOUS BOILED PUDDINGS.**

514. **INGREDIENTS.**—1/4 lb. of butter, 1/4 lb. of pounded sugar, a wineglassful of brandy or rum.

*Mode.*—Beat the butter to a cream, until no lumps remain; add the pounded sugar, and brandy or rum; stir once or twice until the whole is thoroughly mixed, and serve. This sauce may either be poured round the pudding or served in a tureen, according to the taste or fancy of the cook or mistress.

*Average cost*, 8d. for this quantity.

*Sufficient* for a pudding.

**SAUCE ROBERT,**  
for Steaks, &c.

515. **INGREDIENTS.**—2 oz. of butter, 3 onions, 1 teaspoonful of flour, 4 tablespoonfuls of gravy, or stock No. 105, salt and pepper to taste, 1 teaspoonful of made mustard, 1 teaspoonful of vinegar, the juice of 1/2 lemon.

*Mode.*—Put the butter into a stewpan, set it on the fire, and, when browning, throw in the onions, which must be cut into small slices. Fry them brown, but do not burn them; add the flour, shake the onions in it, and give the whole another fry. Put in the gravy and seasoning, and boil it gently for 10 minutes; skim off the fat, add the mustard, vinegar, and lemon-juice; give it one boil, and pour round the steaks, or whatever dish the sauce has been prepared for.

*Time.*—Altogether 1/2 hour. *Average cost*, for this quantity, 6d.

*Seasonable* at any time.

*Sufficient* for about 2 lbs. of steak.

*Note.*—This sauce will be found an excellent accompaniment to roast goose, pork, mutton cutlets, and various other dishes.

**A GOOD SAUCE FOR STEAKS.**

516. **INGREDIENTS.**—1 oz. of whole black pepper, 1/2 oz. of allspice, 1 oz. of salt, 1/2 oz. grated horseradish, 1/2 oz. of pickled shalots, 1 pint of mushroom ketchup or walnut pickle.

*Mode.*—Pound all the ingredients finely in a mortar, and put them into the ketchup or walnut-liquor. Let them stand for a fortnight, when strain off the liquor and bottle for use. Either pour a little of the sauce over the steaks or mix it in the gravy.

*Seasonable.*—This can be made at any time.

*Note.*—In using a jar of pickled walnuts, there is frequently left a large quantity of liquor; this should be converted into a sauce like the above, and will be found a very useful relish.

THE GROWTH OF THE PEPPER-PLANT.—Our readers will see at Nos. 369 and 399, a description, with engravings, of the qualities of black and long pepper, and an account of where these spices are found. We will here say something of the manner of the growth of the pepper-plant. Like the vine, it requires support, and it is usual to plant a thorny tree by its side, to which it may cling. In Malabar, the chief pepper district of India, the jacca-tree (*Artocarpus integrifolia*) is made thus to yield its assistance, the same soil being adapted to the growth of both plants. The stem of the pepper-plant entwines round its support to a considerable height; the flexile branches then droop downwards, bearing at their extremities, as well as at other parts, spikes of green flowers, which are followed by the pungent berries. These hang in large bunches, resembling in shape those of grapes; but the fruit grows distinct, each on a little stalk, like currants. Each berry contains a single seed, of a globular form and brownish colour, but which changes to a nearly black when dried; and this is the pepper of commerce. The leaves are not unlike those of the ivy, but are larger and of rather lighter colour; they partake strongly of the peculiar smell and pungent taste of the berry.

### SAUCE TOURNEE.

517. INGREDIENTS.—1 pint of white stock (No. 107), thickening of flour and butter, or white roux (No. 526), a faggot of savoury herbs, including parsley, 6 chopped mushrooms, 6 green onions.

*Mode.*—Put the stock into a stewpan with the herbs, onions, and mushrooms, and let it simmer very gently for about 1/2 hour; stir in sufficient thickening to make it of a proper consistency; let it boil for a few minutes, then skim off all the fat, strain and serve. This sauce, with the addition of a little cream, is now frequently called velouté.

*Time.*—1/2 hour. *Average cost*, for this quantity, 6d.

*Note.*—If poultry trimmings are at hand, the stock should be made of these; and the above sauce should not be made too thick, as it does not then admit of the fat being nicely removed.

### SWEET SAUCE for Venison.

518. INGREDIENTS.—A small jar of red-currant jelly, 1 glass of port wine.

*Mode.*—Put the above ingredients into a stewpan, set them over the fire, and, when melted, pour in a tureen and serve. It should not be allowed to boil.

*Time.*—5 minutes to melt the jelly.

*Average cost*, for this quantity, 1s.

### SAUCE FOR WILDFOWL.

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519. **INGREDIENTS.**—1 glass of port wine, 1 tablespoonful of Leamington sauce (No. 459), 1 tablespoonful of mushroom ketchup, 1 tablespoonful of lemon-juice, 1 slice of lemon-peel, 1 large shalot cut in slices, 1 blade of mace, cayenne to taste.

*Mode.*—Put all the ingredients into a stewpan, set it over the fire, and let it simmer for about 5 minutes; then strain and serve the sauce in a tureen.

*Time.*—5 minutes. *Average cost*, for this quantity, 8d.

### **SAUSAGE-MEAT STUFFING** for Turkey.

520. **INGREDIENTS.**—6 oz. of lean pork, 6 oz. of fat pork, both weighed after being chopped (beef suet may be substituted for the latter), 2 oz. of bread crumbs, 1 small tablespoonful of minced sage, 1 blade of pounded mace, salt and pepper to taste, 1 egg.

*Mode.*—Chop the meat and fat very finely, mix with them the other ingredients, taking care that the whole is thoroughly incorporated. Moisten with the egg, and the stuffing will be ready for use. Equal quantities of this stuffing and forcemeat, No. 417, will be found to answer very well, as the herbs, lemon-peel, &c. in the latter, impart a very delicious flavour to the sausage-meat. As preparations, however, like stuffings and forcemeats, are matters to be decided by individual tastes, they must be left, to a great extent, to the discrimination of the cook, who should study her employer's taste in this, as in every other respect.

*Average cost*, 9d.

*Sufficient* for a small turkey.

### **SAVOURY JELLY FOR MEAT PIES.**

521. **INGREDIENTS.**—3 lbs. of shin of beef, 1 calf's-foot, 3 lbs. of knuckle of veal, poultry trimmings (if for game pies, any game trimmings), 2 onions stuck with cloves, 2 carrots, 4 shalots, a bunch of savoury herbs, 2 bay-leaves; when liked, 2 blades of mace and a little spice; 2 slices of lean ham, rather more than 2 quarts of water.

*Mode.*—Cut up the meat and put it into a stewpan with all the ingredients except the water; set it over a slow fire to draw down, and, when the gravy ceases to flow from the meat, pour in the water. Let it boil up, then carefully take away all scum from the top. Cover the stewpan closely, and let the stock simmer very gently for 4 hours: if rapidly boiled, the jelly will not be clear. When done, strain it through a fine sieve or flannel bag; and when cold, the jelly should be quite transparent. If this is not the case, clarify it with the whites of eggs, as described in recipe No. 109.

*Time.*—4 hours. *Average cost*, for this quantity, 5s.



**SHRIMP SAUCE**  
for Various Kinds of Fish.

522. **INGREDIENTS.**—1/3 pint of melted butter (No. 376), 1/4 pint of picked shrimps, cayenne to taste.

*Mode.*—Make the melted butter very smoothly by recipe No. 376, shell the shrimps (sufficient to make 1/4 pint when picked), and put them into the butter; season with cayenne, and let the sauce just simmer, but do not allow it to boil. When liked, a teaspoonful of anchovy sauce may be added.

*Time.*—1 minute to simmer. *Average cost*, 6d.

*Sufficient* for 3 or 4 persons.

**SPINACH GREEN FOR COLOURING VARIOUS DISHES.**

523. **INGREDIENTS.**—2 handfuls of spinach.

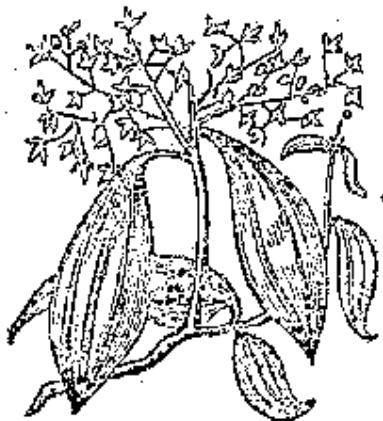
*Mode.*—Pick and wash the spinach free from dirt, and pound the leaves in a mortar to extract the juice; then press it through a hair sieve, and put the juice into a small stewpan or jar. Place this in a bain marie, or saucepan of boiling water, and let it set. Watch it closely, as it should not boil; and, as soon as it is done, lay it in a sieve, so that all the water may drain from it, and the green will then be ready for colouring. If made according to this recipe, the spinach-green will be found far superior to that boiled in the ordinary way.

**HOT SPICE**

a Delicious Adjunct to Chops, Steaks, Gravies, &c.

524. **INGREDIENTS.**—3 drachms each of ginger, black pepper, and cinnamon, 7 cloves, 1/2 oz. mace, 1/4 oz. of cayenne, 1 oz. grated nutmeg, 1-1/2 oz. white pepper.

*Mode.*—Pound the ingredients, and mix them thoroughly together, taking care that everything is well blended. Put the spice in a very dry glass bottle for use. The quantity of cayenne may be increased, should the above not be enough to suit the palate.



**CINNAMON.**

**CINNAMON.**—The cinnamon-tree (*Laurus Cinnamomum*) is a valuable and beautiful species of the laurel family, and grows to the height of 20 or 30 feet. The trunk is short and straight, with wide-spreading branches, and it has a smooth ash-like bark. The leaves are upon short stalks, and are of an oval shape, and 3 to 5 inches long. The flowers are in panicles, with six small petals, and the fruit is about the size of an olive, soft, insipid, and of a deep blue. This incloses a nut, the kernel of which germinates soon after it falls. The wood of the tree is white and not very solid, and its root is thick and branching, exuding a great quantity of camphor. The inner bark of the tree forms the cinnamon of

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commerce. Ceylon was thought to be its native island; but it has been found in Malabar, Cochin-China, Sumatra, and the Eastern Islands; also in the Brazils, the Mauritius, Jamaica, and other tropical localities.

### **BROWN ROUX,** a French Thickening for Gravies and Sauces.

525. INGREDIENTS.—6 oz. of butter, 9 oz. of flour.

*Mode.*—Melt the butter in a stewpan over a slow fire, and dredge in, very gradually, the flour; stir it till of a light-brown colour—to obtain this do it very slowly, otherwise the flour will burn and impart a bitter taste to the sauce it is mixed with. Pour it in a jar, and keep it for use: it will remain good some time.

*Time.*—About 1/2 hour. *Average cost*, 7d.

### **WHITE ROUX** for thickening White Sauces.

526. Allow the same proportions of butter and flour as in the preceding recipe, and proceed in the same manner as for brown roux, but do not keep it on the fire too long, and take care not to let it colour. This is used for thickening white sauce. Pour it into a jar to use when wanted.

*Time.*—1/4 hour. *Average cost*, 7d.

*Sufficient.*—A dessertspoonful will thicken a pint of gravy.

*Note.*—Besides the above, sauces may be thickened with potato flour, ground rice, baked flour, arrowroot, &c.: the latter will be found far preferable to the ordinary flour for white sauces. A slice of bread, toasted and added to gravies, answers the two purposes of thickening and colouring them.

### **SPANISH ONIONS—PICKLED.**

527. INGREDIENTS.—Onions, vinegar; salt and cayenne to taste.

*Mode.*—Cut the onions in thin slices; put a layer of them in the bottom of a jar; sprinkle with salt and cayenne; then add another layer of onions, and season as before. Proceeding in this manner till the jar is full, pour in sufficient vinegar to cover the whole, and the pickle will be fit for use in a month.

*Seasonable.*—May be had in England from September to February.

### **STORE SAUCE, or CHEROKEE.**

528. INGREDIENTS.—1/2 oz. of cayenne pepper, 5 cloves of garlic, 2 tablespoonfuls of soy, 1 tablespoonful of walnut ketchup, 1 pint of vinegar.

*Mode*.—Boil all the ingredients *gently* for about 1/2 hour; strain the liquor, and bottle off for use.

*Time*.—1/2 hour.

*Seasonable*.—This sauce can be made at any time.

**TOMATO SAUCE – HOT**  
to serve with Cutlets, Roast Meats, &c.

529. **INGREDIENTS**.—6 tomatoes, 2 shalots, 1 clove, 1 blade of mace, salt and cayenne to taste, 1/4 pint of gravy, No. 436, or stock No. 104.

*Mode*.—Cut the tomatoes in two, and squeeze the juice and seeds out; put them in a stewpan with all the ingredients, and let them simmer *gently* until the tomatoes are tender enough to pulp; rub the whole through a sieve, boil it for a few minutes, and serve. The shalots and spices may be omitted when their flavour is objected to.

*Time*.—1 hour, or rather more, to simmer the tomatoes.

*Average cost*, for this quantity, 1s.

*In full season* in September and October.

TOMATO, OR LOVE-APPLE.—The plant which bears this fruit is a native of South America, and takes its name from a Portuguese word. The tomato fruit is about the size of a small potato, and is chiefly used in soups, sauces, and gravies. It is sometimes served to table roasted or boiled, and when green, makes a good ketchup or pickle. In its unripe state, it is esteemed as excellent sauce for roast goose or pork, and when quite ripe, a good store sauce may be prepared from it.



**THE TOMATO.**

**TOMATO SAUCE FOR KEEPING**  
(Excellent).

I.

530. **INGREDIENTS**.—To every quart of tomato-pulp allow 1 pint of cayenne vinegar (No. 386), 3/4 oz. of shalots, 3/4 oz. of garlic, peeled and cut in slices; salt to taste. To every six quarts of liquor, 1 pint of soy, 1 pint of anchovy sauce.

*Mode*.—Gather the tomatoes quite ripe; bake them in a slow oven till tender; rub them through a sieve, and to every quart of pulp add cayenne vinegar, shalots, garlic, and salt, in the above proportion; boil the whole together till the garlic and shalots are quite soft; then rub it through a sieve, put it again into a saucepan, and, to every six quarts of the liquor, add 1 pint of soy and the same quantity of anchovy sauce, and boil altogether for about 20 minutes; bottle off for use, and carefully seal or rosin the corks. This will keep good for 2 or 3 years, but will be fit for use in a week. A useful and less expensive sauce may be made by omitting the anchovy and soy.

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*Time*.—Altogether 1 hour.

*Seasonable*.—Make this from the middle of September to the end of October.

### II.

531. **INGREDIENTS**.—1 dozen tomatoes, 2 teaspoonfuls of the best powdered ginger, 1 dessertspoonful of salt, 1 of garlic chopped fine, 2 tablespoonfuls of vinegar, 1 dessertspoonful of Chili vinegar (a small quantity of cayenne may be substituted for this).

*Mode*.—Choose ripe tomatoes, put them into a stone jar, and stand them in a cool oven until quite tender; when cold, take the skins and stalks from them, mix the pulp with the liquor which is in the jar, but do not strain it; add all the other ingredients, mix well together, and put it into well-sealed bottles. Stored away in a cool dry place, it will keep good for years. It is ready for use as soon as made, but the flavour is better after a week or two. Should it not appear to keep, turn it out, and boil it up with a little additional ginger and cayenne. For immediate use, the skins should be put into a wide-mouthed bottle with a little of the different ingredients, and they will be found very nice for hashes or stews.

*Time*.—4 or 5 hours in a cool oven.

*Seasonable* from the middle of September to the end of October.

### III.

532. **INGREDIENTS**.—3 dozen tomatoes; to every pound of tomato-pulp allow 1 pint of Chili vinegar, 1 oz. of garlic, 1 oz. of shalot, 2 oz. of salt, 1 large green capsicum, 1/2 teaspoonful of cayenne, 2 pickled gherkins, 6 pickled onions, 1 pint of common vinegar, and the juice of 6 lemons.

*Mode*.—Choose the tomatoes when quite ripe and red; put them in a jar with a cover to it, and bake them till tender. The better way is to put them in the oven overnight, when it will not be too hot, and examine them in the morning to see if they are tender. Do not allow them to remain in the oven long enough to break them; but they should be sufficiently soft to skin nicely and rub through the sieve. Measure the pulp, and to each pound of pulp, add the above proportion of vinegar and other ingredients, taking care to chop very fine the garlic, shalot, capsicum, onion, and gherkins. Boil the whole together till everything is tender; then again rub it through a sieve, and add the lemon-juice. Now boil the whole again till it becomes as thick as cream, and keep continually stirring; bottle it when quite cold, cork well, and seal the corks. If the flavour of garlic and shalot is very much disliked, diminish the quantities.

*Time*.—Bake the tomatoes in a cool oven all night.

*Seasonable* from the middle of September to the end of October.

*Note*.—A quantity of liquor will flow from the tomatoes, which must be put through the sieve with the rest. Keep it well stirred while on the fire, and use a wooden spoon.

**UNIVERSAL PICKLE.**

533. **INGREDIENTS.**—To 6 quarts of vinegar allow 1 lb. of salt, 1/4 lb. of ginger, 1 oz. of mace, 1/2 lb. of shalots, 1 tablespoonful of cayenne, 2 oz. of mustard-seed, 1-1/2 oz. of turmeric.

*Mode.*—Boil all the ingredients together for about 20 minutes; when cold, put them into a jar with whatever vegetables you choose, such as radish-pods, French beans, cauliflowers, gherkins, &c. &c., as these come into season; put them in fresh as you gather them, having previously wiped them perfectly free from moisture and grit. This pickle will be fit for use in about 8 or 9 months.

*Time.*—20 minutes.

*Seasonable.*—Make the pickle in May or June, to be ready for the various vegetables.

*Note.*—As this pickle takes 2 or 3 months to make,—that is to say, nearly that time will elapse before all the different vegetables are added,—care must be taken to keep the jar which contains the pickle well covered, either with a closely-fitting lid, or a piece of bladder securely tied over, so as perfectly to exclude the air.

**PICKLED WALNUTS**

(Very Good).

534. **INGREDIENTS.**—100 walnuts, salt and water. To each quart of vinegar allow 2 oz. of whole black pepper, 1 oz. of allspice, 1 oz. of bruised ginger.

*Mode.*—Procure the walnuts while young; be careful they are not woody, and prick them well with a fork; prepare a strong brine of salt and water (4 lbs. of salt to each gallon of water), into which put the walnuts, letting them remain 9 days, and changing the brine every third day; drain them off, put them on a dish, place it in the sun until they become perfectly black, which will be in 2 or 3 days; have ready dry jars, into which place the walnuts, and do not quite fill the jars. Boil sufficient vinegar to cover them, for 10 minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; tie down with bladder, and keep in a dry place. They will be fit for use in a month, and will keep good 2 or 3 years.

*Time.*—10 minutes.

*Seasonable.*—Make this from the beginning to the middle of July, before the walnuts harden.

*Note.*—When liked, a few shalots may be added to the vinegar, and boiled with it.

**WALNUT KETCHUP.**

I.

535. **INGREDIENTS.**—100 walnuts, 1 handful of salt, 1 quart of vinegar, 1/4 oz. of mace, 1/4 oz. of nutmeg, 1/4 oz. of cloves, 1/4 oz. of ginger, 1/4 oz. of whole black pepper, a small piece of horseradish, 20 shalots, 1/4 lb. of anchovies, 1 pint of port wine.

*Mode.*—Procure the walnuts at the time you can run a pin through them, slightly bruise, and put them into a jar with the salt and vinegar, let them stand 8 days, stirring every day; then drain the liquor from them, and boil it, with the above ingredients, for about 1/2 hour. It may be strained or not, as preferred, and, if required, a little more vinegar or wine can be added, according to taste. When bottled well, seal the corks.

*Time.*—1/2 hour.

*Seasonable.*—Make this from the beginning to the middle of July, when walnuts are in perfection for pickling purposes.

II.

536. **INGREDIENTS.**—1/2 sieve of walnut-shells, 2 quarts of water, salt, 1/2 lb. of shalots, 1 oz. of cloves, 1 oz. of mace, 1 oz. of whole pepper, 1 oz. of garlic.

*Mode.*—Put the walnut-shells into a pan, with the water, and a large quantity of salt; let them stand for 10 days, then break the shells up in the water, and let it drain through a sieve, putting a heavy weight on the top to express the juice; place it on the fire, and remove all scum that may arise. Now boil the liquor with the shalots, cloves, mace, pepper, and garlic, and let all simmer till the shalots sink; then put the liquor into a pan, and, when cold, bottle, and cork closely. It should stand 6 months before using: should it ferment during that time, it must be again boiled and skimmed.

*Time.*—About 3/4 hour.

*Seasonable* in September, when the walnut-shells are obtainable.

**THE WALNUT.**—This nut is a native of Persia, and was introduced into England from France. As a pickle, it is much used in the green state; and grated walnuts in Spain are much employed, both in tarts and other dishes. On the continent it is occasionally employed as a substitute for olive oil in cooking; but it is apt, under such circumstances, to become rancid. The matter which remains after the oil is extracted is considered highly nutritious for poultry. It is called *mare*, and in Switzerland is eaten under the name of *pain amer* by the poor. The oil is frequently manufactured into a kind of soap, and the leaves and green husks yield an extract, which, as a brown dye, is used to stain hair, wool, and wood.



**THE WALNUT.**

**WHITE SAUCE**

(Good).

537. **INGREDIENTS.**—1/2 pint of white stock (No. 107), 1/2 pint of cream, 1 dessertspoonful of flour, salt to taste.

*Mode.*—Have ready a delicately-clean saucepan, into which put the stock, which should be well flavoured with vegetables, and rather savoury; mix the flour smoothly with the cream, add it to the stock, season with a little salt, and boil all these ingredients very gently for about 10 minutes, keeping them well stirred the whole time, as this sauce is very liable to burn.

*Time.*—10 minutes. *Average cost*, 1s.

*Sufficient* for a pair of fowls.

*Seasonable* at any time.

**WHITE SAUCE,**  
made without Meat.

538. **INGREDIENTS.**—2 oz. of butter, 2 small onions, 1 carrot, 1/2 a small teacupful of flour, 1 pint of new milk, salt and cayenne to taste.

*Mode.*—Cut up the onions and carrot very small, and put them into a stewpan with the butter; simmer them till the butter is nearly dried up; then stir in the flour, and add the milk; boil the whole gently until it thickens, strain it, season with salt and cayenne, and it will be ready to serve.

*Time.*—1/4 hour. *Average cost*, 5d.

*Sufficient* for a pair of fowls.

*Seasonable* at any time.

**WHITE SAUCE** (a very Simple and Inexpensive Method).

539. **INGREDIENTS.**—1-1/2 pint of milk, 1-1/2 oz. of rice, 1 strip of lemon-peel, 1 small blade of pounded mace, salt and cayenne to taste.

*Mode.*—Boil the milk with the lemon-peel and rice until the latter is perfectly tender, then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream.

*Time.*—About 1-1/2 hour to boil the rice.

*Average cost*, 4d.

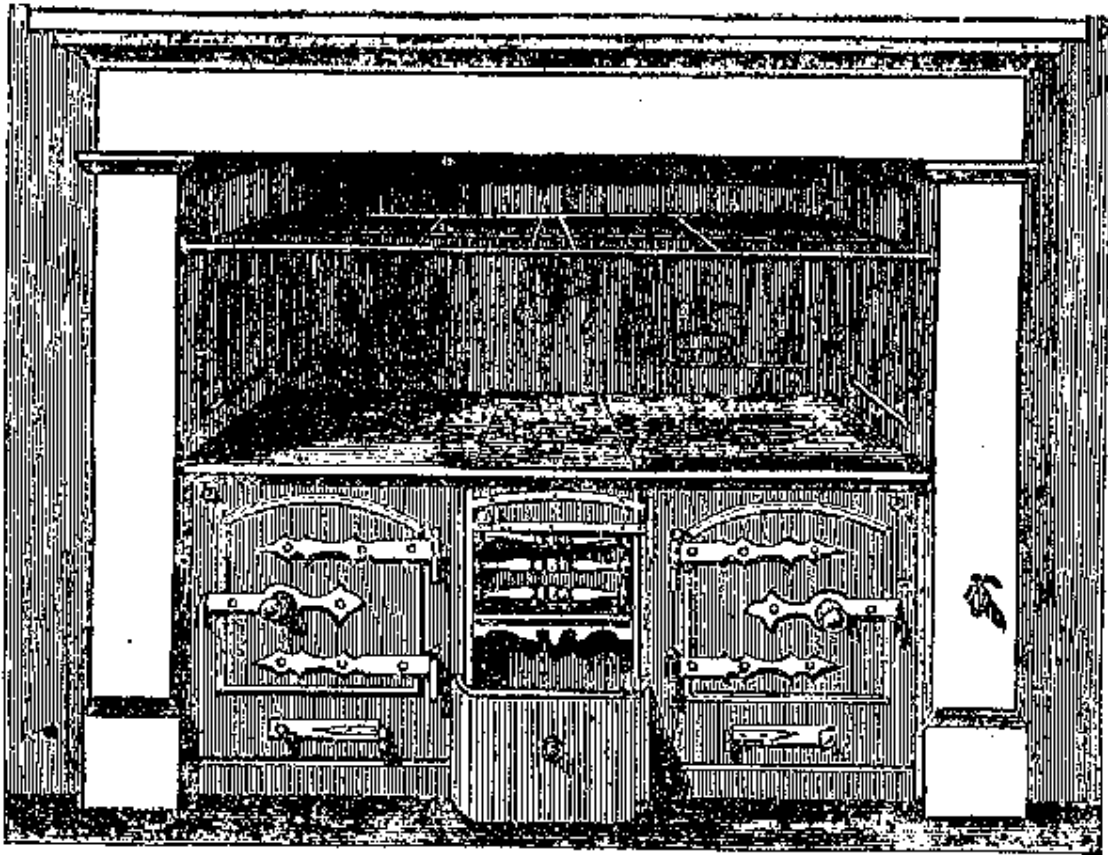
*Sufficient* for a pair of fowls.

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*Seasonable* at any time.



**CHAPTER XI.—Various modes of cooking meat.**



**THE LEAMINGTON STOVE, OR KITCHENER.**

**GENERAL REMARKS.**

540. In Our "INTRODUCTION TO COOKERY" (*see* No. 76) we have described the gradual progress of mankind in the art of cookery, the probability being, that the human race, for a long period, lived wholly on fruits. Man's means of attacking animals, even if he had the desire of slaughtering them, were very limited, until he acquired the use of arms. He, however, made weapons for himself, and, impelled by a carnivorous instinct, made prey of the animals that surrounded him. It is natural that man should seek to feed on flesh; he has too small a stomach to be supported alone by fruit, which has not sufficient nourishment to renovate him. It is possible he might subsist on vegetables; but their preparation needs the knowledge of art, only to be obtained after the lapse of many centuries. Man's first weapons were the branches of trees, which were succeeded by bows and arrows, and it is worthy of remark, that these latter weapons have been found with the natives of all climates and latitudes. It is singular how this idea presented itself to individuals so differently placed.

541. BRILLAT SAVARIN says, that raw flesh has but one inconvenience,—from its viscoseness it attaches itself to the teeth. He goes on to say, that it is not, however, disagreeable; but, when seasoned with salt, that it is easily digested. He tells a story of

a Croat captain, whom he invited to dinner in 1815, during the occupation of Paris by the allied troops. This officer was amazed at his host's preparations, and said, "When we are campaigning, and get hungry, we knock over the first animal we find, cut off a steak, powder it with salt, which we always have in the sabretasche, put it under the saddle, gallop over it for half a mile, and then dine like princes." Again, of the huntsmen of Dauphiny it is said, that when they are out shooting in September, they take with them both pepper and salt. If they kill a very fat bird, they pluck and season it, and, after carrying it some time in their caps, eat it. This, they declare, is the best way of serving it up.

542. SUBSEQUENTLY TO THE CROAT MODE, which, doubtless, was in fashion in the earlier ages of the world, fire was discovered. This was an accident; for fire is not, although we are accustomed to call it so, an element, or spontaneous. Many savage nations have been found utterly ignorant of it, and many races had no other way of dressing their food than by exposing it to the rays of the sun.

543. THE INHABITANTS OF THE MARIAN ISLANDS, which were discovered in 1521, had no idea of fire. Never was astonishment greater than theirs when they first saw it, on the descent of Magellan, the navigator, on one of their isles. At first they thought it a kind of animal, that fixed itself to and fed upon wood. Some of them, who approached too near, being burnt, the rest were terrified, and durst only look upon it at a distance. They were afraid, they said, of being bit, or lest that dreadful animal should wound with his violent respiration and dreadful breath; for these were the first notions they formed of the heat and flame. Such, too, probably, were the notions the Greeks originally formed of them.

544. FIRE HAVING BEEN DISCOVERED, mankind endeavoured to make use of it for drying, and afterwards for cooking their meat; but they were a considerable time before they hit upon proper and commodious methods of employing it in the preparation of their food.

545. MEAT, THEN, PLACED ON BURNING FUEL was found better than when raw: it had more firmness, was eaten with less difficulty, and the ozmazome being condensed by the carbonization, gave it a pleasing perfume and flavour. Still, however, the meat cooked on the coal would become somewhat befouled, certain portions of the fuel adhering to it. This disadvantage was remedied by passing spits through it, and placing it at a suitable height above the burning fuel. Thus grilling was invented; and it is well known that, simple as is this mode of cookery, yet all meat cooked in this way is richly and pleasantly flavoured. In Homer's time, the art of cookery had not advanced much beyond this; for we read in the "Iliad," how the great Achilles and his friend Patroclus regaled the three Grecian leaders on bread, wine, and broiled meat. It is noticeable, too, that Homer does not speak of boiled meat anywhere in his poems. Later, however, the Jews, coming out of their captivity in Egypt, had made much greater progress. They undoubtedly possessed kettles; and in one of these, Esau's mess of pottage, for which he sold his birthright, must have been prepared.

546. HAVING THUS BRIEFLY TRACED A HISTORY OF GASTRONOMICAL PROGRESSES, we will now proceed to describe the various methods of cooking meat, and make a few observations on the chemical changes which occur in each of the operations.

547. IN THIS COUNTRY, plain boiling, roasting, and baking are the usual methods of cooking animal food. To explain the philosophy of these simple culinary operations, we must advert to the effects that are produced by heat on the principal constituents of flesh. When finely-chopped mutton or beef is steeped for some time in a small quantity of clean water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white tasteless residue, consisting chiefly of muscular fibres. When this residue is heated to between 158° and 177° Fahrenheit, the fibres shrink together, and become hard and horny. The influence of an elevated temperature on the soluble extract of flesh is not less remarkable. When the watery infusion, which contains all the savoury constituents of the meat, is gradually heated, it soon becomes turbid; and, when the temperature reaches 133°, flakes of whitish matter separate. These flakes are *albumen*, a substance precisely similar, in all its properties, to the white of egg (see No. 101). When the temperature of the watery extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat.

548. THESE INTERESTING FACTS, discovered in the laboratory, throw a flood of light upon the mysteries of the kitchen. The fibres of meat are surrounded by a liquid which contains albumen in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting, this substance coagulates, and thereby prevents the contraction and hardening of the fibres. The tenderness of well-cooked meat is consequently proportioned to the amount of albumen deposited in its substance. Meat is underdone when it has been heated throughout only to the temperature of coagulating albumen: it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates: it is overdone when the heat has been continued long enough to harden the fibres.

549. THE JUICE OF FLESH IS WATER, holding in solution many substances besides albumen, which are of the highest possible value as articles of food. In preparing meat for the table, great care should be taken to prevent the escape of this precious juice, as the succulence and sapidty of the meat depend on its retention. The meat to be cooked should be exposed at first to a quick heat, which immediately coagulates the albumen on and near the surface. A kind of shell is thus formed, which effectually retains the whole of the juice within the meat.

550. DURING THE OPERATIONS OF BOILING, BOASTING, AND BAKING, fresh beef and mutton, when moderately fat, lose, according to Johnston, on an average about—

	In boiling. In baking. In roasting.		
4 lbs. of beef lose	1 lb.	1 lb. 3 oz.	1 lb. 5 oz.
4 lbs. of mutton lose	14 oz.	1 lb. 4 oz.	1 lb. 6 oz.

### BAKING.



BAKING-DISH.

551. THE DIFFERENCE BETWEEN ROASTING MEAT AND BAKING IT, may be generally described as consisting in the fact, that, in baking it, the fumes caused by the operation are not carried off in the same way as occurs in roasting. Much, however, of this disadvantage is obviated by the

improved construction of modern ovens, and of especially those in connection with the Leamington kitchener, of which we give an engraving here, and a full description of which will be seen at paragraph No. 65, with the prices at which they can be purchased of Messrs. R. and J. Slack, of the Strand. With meat baked in the generality of ovens, however, which do not possess ventilators on the principle of this kitchener, there is undoubtedly a peculiar taste, which does not at all equal the flavour developed by roasting meat. The chemistry of baking may be said to be the same as that described in roasting.

552. SHOULD THE OVEN BE VERY BRISK, it will be found necessary to cover the joint with a piece of white paper, to prevent the meat from being scorched and blackened outside, before the heat can penetrate into the inside. This paper should be removed half an hour before the time of serving dinner, so that the joint may take a good colour.

553. BY MEANS OF A JAR, many dishes, which will be enumerated under their special heads, may be economically prepared in the oven. The principal of these are soup, gravies, jugged hare, beef tea; and this mode of cooking may be advantageously adopted with a ham, which has previously been covered with a common crust of flour and water.

554. ALL DISHES PREPARED FOR BAKING should be more highly seasoned than when intended to be roasted. There are some dishes which, it may be said, are at least equally well cooked in the oven as by the roaster; thus, a shoulder of mutton and baked potatoes, a fillet or breast of veal, a sucking pig, a hare, well basted, will be received by connoisseurs as well, when baked, as if they had been roasted. Indeed, the baker's oven, or the family oven, may often, as has been said, be substituted for the cook and the spit with greater economy and convenience.

555. A BAKING-DISH, of which we give an engraving, should not be less than 6 or 7 inches deep; so that the meat, which of course cannot be basted, can stew in its own juices. In the recipe for each dish, full explanations concerning any special points in relation to it will be given.

### BOILING.

556. BOILING, or the preparation of meat by hot water, though one of the easiest processes in cookery, requires skilful management. Boiled meat should be tender, savoury, and full of its own juice, or natural gravy; but, through the carelessness and ignorance of cooks, it is too often sent to table hard, tasteless, and innutritious. To insure a successful result in boiling flesh, the heat of the fire must be judiciously

regulated, the proper quantity of water must be kept up in the pot, and the scum which rises to the surface must be carefully removed.

557. MANY WRITERS ON COOKERY assert that the meat to be boiled should be put into cold water, and that the pot should be heated gradually; but Liebig, the highest authority on all matters connected with the chemistry of food, has shown that meat so treated loses some of its most nutritious constituents. "If the flesh," says the great chemist, "be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot then placed in a warm place, so that the temperature of the water is kept at 158° to 165°, we have the united conditions for giving to the flesh the qualities which best fit it for being eaten." When a piece of meat is plunged into boiling water, the albumen which is near the surface immediately coagulates, forming an envelope, which prevents the escape of the internal juice, and most effectually excludes the water, which, by mixing with this juice, would render the meat insipid. Meat treated thus is juicy and well-flavoured, when cooked, as it retains most of its savoury constituents. On the other hand, if the piece of meat be set on the fire with cold water, and this slowly heated to boiling, the flesh undergoes a loss of soluble and nutritious substances, while, as a matter of course, the soup becomes richer in these matters. The albumen is gradually dissolved from the surface to the centre; the fibre loses, more or less, its quality of shortness or tenderness, and becomes hard and tough: the thinner the piece of meat is, the greater is its loss of savoury constituents. In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup gives the driest, toughest, and most vapid meat. Slow boiling whitens the meat; and, we suspect, that it is on this account that it is in such favour with the cooks. The wholesomeness of food is, however, a matter of much greater moment than the appearance it presents on the table. It should be borne in mind, that the whiteness of meat that has been boiled slowly, is produced by the loss of some important alimentary properties.

558. THE OBJECTIONS WE HAVE RAISED to the practice of putting meat on the fire in cold water, apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought never to be soaked, as all its most nutritive constituents are soluble in water. Soaking, however, is an operation that cannot be entirely dispensed with in the preparation of animal food. Salted and dried meats require to be soaked for some time in water before they are cooked.

559. FOR BOILING MEAT, the softer the water is, the better. When spring water is boiled, the chalk which gives to it the quality of hardness, is precipitated. This chalk stains the meat, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured, it should be softened by boiling it for an hour or two before it is used for culinary purposes.

560. THE FIRE MUST BE WATCHED with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule, the pot should be kept in a simmering state; a result which cannot be attained without vigilance.

561. THE TEMPERATURE AT WHICH WATER BOILS, under usual circumstances, is 212° Fahr. Water does not become hotter after it has begun to boil,

however long or with whatever violence the boiling is continued. This fact is of great importance in cookery, and attention to it will save much fuel. Water made to boil in a gentle way by the application of a moderate heat is just as hot as when it is made to boil on a strong fire with the greatest possible violence. When once water has been brought to the boiling point, the fire may be considerably reduced, as a very gentle heat will suffice to keep the water at its highest temperature.

562. THE SCUM WHICH RISES to the surface of the pot during the operation of boiling must be carefully removed, otherwise it will attach itself to the meat, and thereby spoil its appearance. The cook must not neglect to skim during the whole process, though by far the greater part of the scum rises at first. The practice of wrapping meat in a cloth may be dispensed with if the skimming be skillfully managed. If the scum be removed as fast as it rises, the meat will be cooked clean and pure, and come out of the vessel in which it was boiled, much more delicate and firm than when cooked in a cloth.

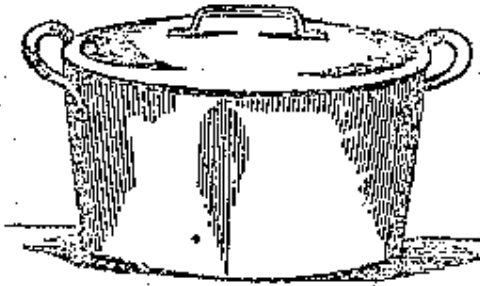
563. WHEN TAKEN FROM THE POT, the meat must be wiped with a clean cloth, or, what will be found more convenient, a sponge previously dipped in water and wrung dry. The meat should not be allowed to stand a moment longer than necessary, as boiled meat, as well as roasted, cannot be eaten too hot.

564. THE TIME ALLOWED FOR THE OPERATION OF BOILING must be regulated according to the size and quality of the meat. As a general rule, twenty minutes, reckoning from the moment when the boiling commences, may be allowed for every pound of meat. All the best authorities, however, agree in this, that the longer the boiling the more perfect the operation.

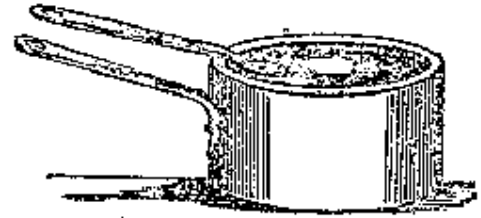
565. A FEW OBSERVATIONS ON THE NUTRITIVE VALUE OF SALTED MEAT may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of the meat to contract, and the juice to flow out from its pores: as much as one-third of the juice of the meat is often forced out in this manner. Now, as this juice is pure extract of meat, containing albumen, osmazome, and other valuable principles, it follows that meat which has been preserved by the action of salt can never have the nutritive properties of fresh meat.

566. THE VESSELS USED FOR BOILING should be made of cast-iron, well tinned within, and provided with closely-fitting lids. They must be kept scrupulously clean, otherwise they will render the meat cooked in them unsightly and unwholesome. Copper pans, if used at all, should be reserved for operations that are performed with rapidity; as, by long contact with copper, food may become dangerously contaminated. The kettle in which a joint is dressed should be large enough to allow room for a good supply of water; if the meat be cramped and be surrounded with but little water, it will be stewed, not boiled.

567. IN STEWING, IT IS NOT REQUISITE to have so great a heat as in boiling. A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices, is all that is necessary. It is a method much used on the continent, and is wholesome and economical.

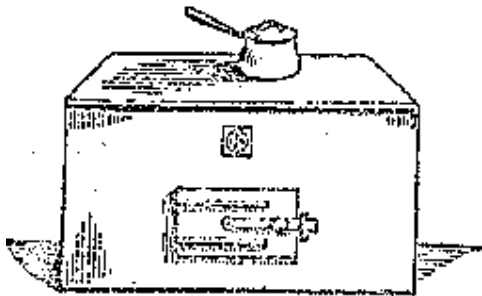


BOILING-POT.



STEW-PAN.

Two useful culinary vessels are represented above. One is a boiling-pot, in which large joints may be boiled; the other is a stewpan, with a closely-fitting lid, to which is attached a long handle; so that the cover can be removed without scalding the fingers.

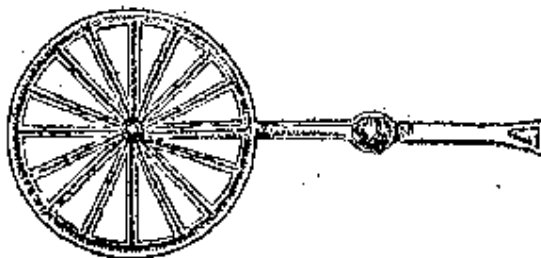


HOT-PLATE.

568. THE HOT-PLATE is a modern improvement on the old kitchen ranges, being used for boiling and stewing. It is a plate of cast iron, having a closed fire burning beneath it, by which it is thoroughly well heated. On this plate are set the various saucepans, stewpans, &c.; and, by this convenient and economical method, a number of dishes may be prepared at one time. The culinary processes of braising and stewing are, in this manner, rendered more gradual, and consequently the substance

acted on becomes more tender, and the gravy is not so much reduced.

### BROILING.



REVOLVING GRIDIRON.

569. GENERALLY SPEAKING, small dishes only are prepared by this mode of cooking; amongst these, the beef-steak and mutton chop of the solitary English diner may be mentioned as celebrated all the world over. Our beef-steak, indeed, has long crossed the Channel; and, with a view of pleasing the Britons, there is in

every *carte* at every French restaurant, by the side of à la Marengo, and à la Mayonnaise,—bifteck d'Angleterre. In order to succeed in a broil, the cook must have a bright, clear fire; so that the surface of the meat may be quickly heated. The result of this is the same as that obtained in roasting; namely, that a crust, so to speak, is formed outside, and thus the juices of the meat are retained. The appetite of an invalid, so difficult to minister to, is often pleased with a broiled dish, as the flavour and sapidity of the meat are so well preserved.

570. THE UTENSILS USED FOR BROILING need but little description. The common gridiron, for which see engraving at No. 68, is the same as it has been for ages past, although some little variety has been introduced into its manufacture, by the addition of grooves to the bars, by means of which the liquid fat is carried into a small trough. One point it is well to bear in mind, viz., that the gridiron should be kept in a direction slanting towards the cook, so that as little fat as possible may fall into the fire. It has been observed, that broiling is the most difficult manual office the general cook has to perform, and one that requires the most unremitting attention; for she may turn her back upon the stewpan or the spit, but the gridiron can never be left with impunity. The revolving gridiron, shown in the engraving, possesses some advantages of convenience, which will be at once apparent.

### FRYING.

571. THIS VERY FAVOURITE MODE OF COOKING may be accurately described as boiling in fat or oil. Substances dressed in this way are generally well received, for they introduce an agreeable variety, possessing, as they do, a peculiar flavour. By means of frying, cooks can soon satisfy many requisitions made on them, it being a very expeditious mode of preparing dishes for the table, and one which can be employed when the fire is not sufficiently large for the purposes of roasting and boiling. The great point to be borne in mind in frying, is that the liquid must be hot enough to act instantaneously, as all the merit of this culinary operation lies in the invasion of the boiling liquid, which carbonizes or burns, at the very instant of the immersion of the body placed in it. It may be ascertained if the fat is heated to the proper degree, by cutting a piece of bread and dipping it in the frying-pan for five or six seconds; and if it be firm and of a dark brown when taken out, put in immediately what you wish to prepare; if it be not, let the fat be heated until of the right temperature. This having been effected, moderate the fire, so that the action may not be too hurried, and that by a continuous heat the juices of the substance may be preserved, and its flavour enhanced.



SAUTE PAN.

572. THE PHILOSOPHY OF FRYING consists in this, that liquids subjected to the action of fire do not all receive the same quantity of heat. Being differently constituted in their nature, they possess different "capacities for caloric." Thus, you may, with impunity, dip your finger in boiling spirits of wine; you would take it very quickly from boiling brandy, yet more rapidly from water; whilst the effects of the most rapid immersion in boiling oil need not be told. As a consequence of this, heated fluids act differently on the sapid bodies presented to them. Those put in water, dissolve, and are reduced to a soft mass; the result being *bouillon*, stock, &c. (see No. 103). Those substances, on the contrary, treated with oil, harden, assume a more or less deep colour, and are finally carbonized. The reason of these different results is, that, in the first instance, water dissolves and extracts the interior juices of the alimentary substances placed in it; whilst, in the second, the juices are preserved; for they are insoluble in oil.

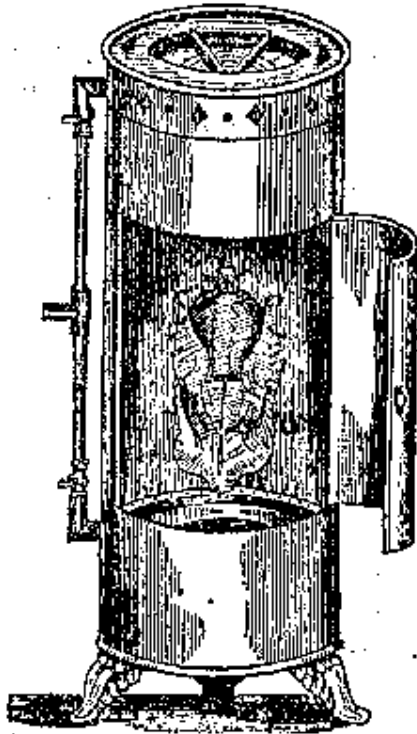
573. IT IS TO BE ESPECIALLY REMEMBERED, in connection with frying, that all dishes fried in fat should be placed before the fire on a piece of blotting-paper, or



sieve reversed, and there left for a few minutes, so that any superfluous greasy moisture may be removed.

574. THE UTENSILS USED FOR THE PURPOSES OF FRYING are confined to frying-pans, although these are of various sizes; and, for small and delicate dishes, such as collops, fritters, pancakes, &c., the *sauté* pan, of which we give an engraving, is used.

### COOKING BY GAS.



GAS-STOVE.

575. GAS-COOKING can scarcely now be considered a novelty,—many establishments, both small and large, have been fitted with apparatus for cooking by this mode, which undoubtedly exhibits some advantages. Thus the heat may be more regularly supplied to the substance cooking, and the operation is essentially a clean one, because there can be no cinders or other dirt to be provided for. Some labour and attention necessary, too, with a coal fire or close stove, may be saved; and, besides this, it may, perhaps, be said that culinary operations are reduced, by this means, to something like a certainty.

576. THERE ARE, HOWEVER, WE THINK, MANY OBJECTIONS to this mode of cooking, more especially when applied to small domestic establishments. For instance, the ingenious machinery necessary for carrying it out, requires cooks perfectly conversant with its use; and if the gas, when the cooking operations are finished, be not turned off, there

will be a large increase in the cost of cooking, instead of the economy which it has been supposed to bring. For large establishments, such as some of the immense London warehouses, where a large number of young men have to be catered for daily, it may be well adapted, as it is just possible that a slight increase in the supply of gas necessary for a couple of joints, may serve equally to cook a dozen dishes.

### ROASTING.

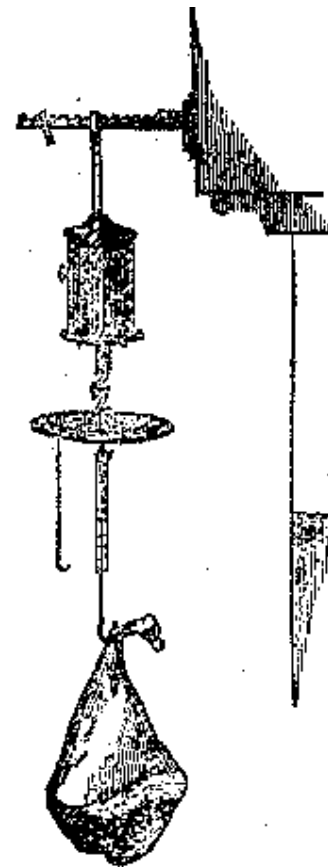
577. OF THE VARIOUS METHODS OF PREPARING MEAT, ROASTING is that which most effectually preserves its nutritive qualities. Meat is roasted by being exposed to the direct influence of the fire. This is done by placing the meat before an open grate, and keeping it in motion to prevent the scorching on any particular part. When meat is properly roasted, the outer layer of its albumen is coagulated, and thus presents a barrier to the exit of the juice. In roasting meat, the heat must be strongest at first, and it should then be much reduced. To have a good juicy roast, therefore, the fire must be red and vigorous at the very commencement of the operation. In the most careful roasting, some of the juice is squeezed out of the meat: this evaporates on the

surface of the meat, and gives it a dark brown colour, a rich lustre, and a strong aromatic taste. Besides these effects on the albumen and the expelled juice, roasting converts the cellular tissue of the meat into gelatine, and melts the fat out of the fat-cells.

578. IF A SPIT is used to support the meat before the fire, it should be kept quite bright. Sand and water ought to be used to scour it with, for brickdust and oil may give a disagreeable taste to the meat. When well scoured, it must be wiped quite dry with a clean cloth; and, in spitting the meat, the prime parts should be left untouched, so as to avoid any great escape of its juices.

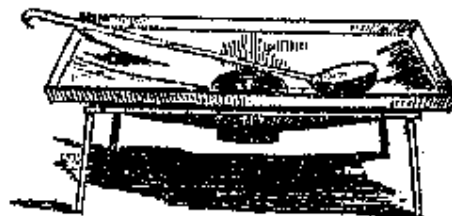
579. KITCHENS IN LARGE ESTABLISHMENTS are usually fitted with what are termed "smoke-jacks." By means of these, several spits, if required, may be turned at the same time. This not being, of course, necessary in smaller establishments, a roasting apparatus, more economical in its consumption of coal, is more frequently in use.

580. THE BOTTLE-JACK, of which we here give an illustration, with the wheel and hook, and showing the precise manner of using it, is now commonly used in many kitchens. This consists of a spring inclosed in a brass cylinder, and requires winding up before it is used, and sometimes, also, during the operation of roasting. The joint is fixed to an iron hook, which is suspended by a chain connected with a wheel, and which, in its turn, is connected with the bottle-jack. Beneath it stands the dripping-pan, which we have also engraved, together with the basting-ladle, the use of which latter should not be spared; as there can be no good roast without good basting. "Spare the rod, and spoil the child," might easily be paraphrased into "Spare the basting, and spoil the meat." If the joint is small and light, and so turns unsteadily, this may be remedied by fixing to the wheel one of the kitchen weights. Sometimes this jack is fixed inside a screen; but there is this objection to this apparatus,—that the meat cooked in it resembles the flavour of baked meat. This is derived from its being so completely surrounded with the tin, that no sufficient current of air gets to it. It will be found preferable to make use of a common meat-screen, such as is shown in the woodcut. This contains shelves for warming plates and dishes; and with this, the reflection not being so powerful, and more air being admitted to the joint, the roast may be very excellently cooked.



BOTTLE-JACK, WITH  
WHEEL AND HOOK.

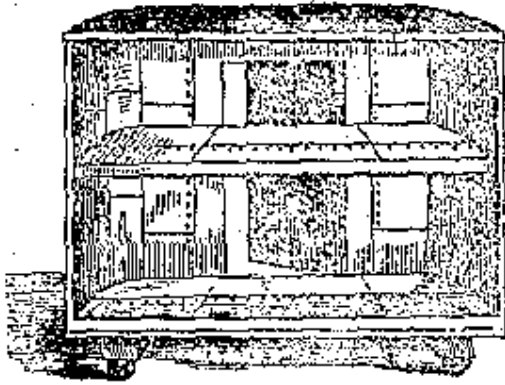
581. IN STIRRING THE FIRE, or putting fresh coals on it, the dripping-pan should always be drawn back, so that there may be



DRIPPING-PAN AND BASTING-LADLE.

no danger of the coal, cinders, or ashes falling down into it.

582. UNDER EACH PARTICULAR RECIPE there is stated the time required for roasting each joint; but, as a general rule, it may be here given, that for every pound of meat, in ordinary-sized joints, a quarter of an hour may be allotted.

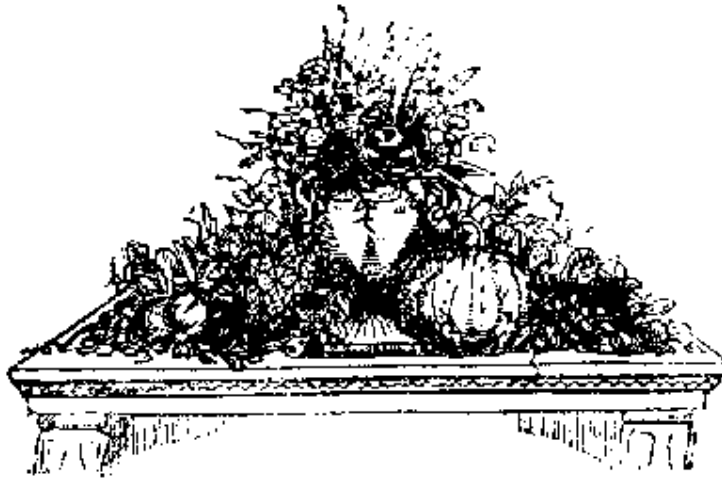


MEAT-SCREEN.

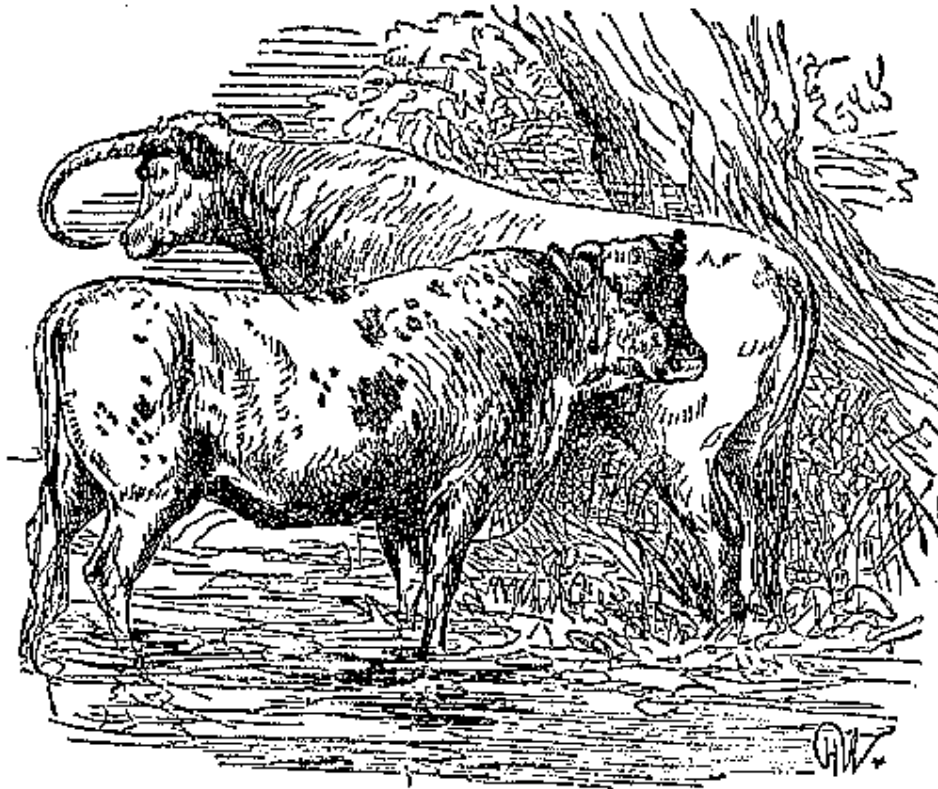
583. WHITE MEATS, AND THE MEAT OF YOUNG ANIMALS, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork, and lamb, should be thoroughly done to the centre.

584. MUTTON AND BEEF, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point, that, in carving them, the gravy should just

run, but not too freely. Of course in this, as in most other dishes, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.



CHAPTER XII.—General observations on quadrupeds.



585. BY THE GENERAL ASSENT OF MANKIND, THE EMPIRE OF NATURE has been divided into three kingdoms; the first consisting of minerals, the second of vegetables, and the third of animals. The Mineral Kingdom comprises all substances which are without those organs necessary to locomotion, and the due performance of the functions of life. They are composed of the accidental aggregation of particles, which, under certain circumstances, take a constant and regular figure, but which are more frequently found without any definite conformation. They also occupy the interior parts of the earth, as well as compose those huge masses by which we see the land in some parts guarded against the encroachments of the sea. The Vegetable Kingdom covers and beautifies the earth with an endless variety of form and colour. It consists of organized bodies, but destitute of the power of locomotion. They are nourished by means of roots; they breathe by means of leaves; and propagate by means of seed, dispersed within certain limits. The Animal Kingdom consists of sentient beings, that enliven the external parts of the earth. They possess the powers of voluntary motion, respire air, and are forced into action by the cravings of hunger or the parching of thirst, by the instincts of animal passion, or by pain. Like the vegetable kingdom, they are limited within the boundaries of certain countries by the conditions of climate and soil; and some of the species prey upon each other. Linnaeus has divided them into six classes;—Mammalia, Birds, Fishes, Amphibious Animals, Insects, and Worms. The three latter do not come within the limits of our

domain; of fishes we have already treated, of birds we shall treat, and of mammalia we will now treat.

586. THIS CLASS OF ANIMALS embraces all those that nourish their young by means of lacteal glands, or teats, and are so constituted as to have a warm or red blood. In it the whale is placed,—an order which, from external habits, has usually been classed with the fishes; but, although this animal exclusively inhabits the water, and is supplied with fins, it nevertheless exhibits a striking alliance to quadrupeds. It has warm blood, and produces its young alive; it nourishes them with milk, and, for that purpose, is furnished with teats. It is also supplied with lungs, and two auricles and two ventricles to the heart; all of which bring it still closer into an alliance with the quadrupedal species of the animal kingdom.

587. THE GENERAL CHARACTERISTICS OF THE MAMMALIA have been frequently noticed. The bodies of nearly the whole species are covered with hair, a kind of clothing which is both soft and warm, little liable to injury, and bestowed in proportion to the necessities of the animal and the nature of the climate it inhabits. In all the higher orders of animals, the is the principal seat of the organs of sense. It is there that the eyes, the ears, the nose, and the mouth are placed. Through the last they receive their nourishment. In it are the *teeth*, which, in most of the mammalia, are used not only for the mastication of food, but as weapons of offence. They are inserted into two movable bones called jaws, and the front teeth are so placed that their sharp edges may easily be brought in contact with their food, in order that its fibres may readily be separated. Next to these, on each side, are situated the canine teeth, or tusks, which are longer than the other teeth, and, being pointed, are used to tear the food. In the back jaws are placed another form of teeth, called grinders. These are for masticating the food; and in those animals that live on vegetables, they are flattened at the top; but, in carnivora, their upper surfaces are furnished with sharp-pointed protuberances. From the numbers, form, and disposition of the teeth, the various genera of quadrupeds have been arranged. The *nose* is a cartilaginous body, pierced with two holes, which are called nostrils. Through these the animal is affected by the sense of smell; and in some it is prominent, whilst in others it is flat, compressed, turned upwards, or bent downwards. In beasts of prey, it is frequently longer than the lips; and in some other animals it is elongated into a movable trunk or proboscis, whilst, in the rhinoceros tribe, it is armed with a horn. The *eyes* of quadrupeds are generally defended by movable lids, on the outer margins of which are fringes of hair, called eyelashes. The opening of the pupil is in general circular; but to some species, as in those of the Cat and Hare, it is contracted into a perpendicular line, whilst in the Horse, the Ox, and a few others, it forms a transverse bar. The *ears* are openings, generally accompanied with a cartilage which defends and covers them, called the external ears. In water-animals the latter are wanting; sound, in them, being transmitted merely through orifices in the , which have the name of auditory-holes. The most defenceless animals are extremely delicate in the sense of hearing, as are likewise most beasts of prey. Most of the mammiferous animals *walk* on four feet, which, at the extremities, are usually divided into toes or fingers. In some, however, the feet end in a single corneous substance called a hoof. The toes of a few end in broad, flat nails, and of most others, in pointed claws. Some, again, have the toes connected by a membrane, which is adapted to those that are destined to pass a considerable portion of their lives in water. Others, again, as in the Bat, have the digitations of the anterior feet greatly elongated, the intervening space being filled by

a membrane, which extends round the hinder legs and tail, and by means of which they are enabled to rise into the air. In Man, the hand alone comprises fingers, separate, free, and flexible; but Apes, and some other kinds of animals, have fingers both to the hands and feet. These, therefore, are the only animals that can hold movable objects in a single hand. Others, such as Rats and Squirrels, have the fingers sufficiently small and flexible to enable them to pick up objects; but they are compelled to hold them in both hands. Others, again, have the toes shorter, and must rest on the fore-feet, as is the case with dogs and cats when they wish to hold a substance firmly on the ground with their paws. There are still others that have their toes united and drawn under the skin, or enveloped in corneous hoofs, and are thereby enabled to exercise no prehensile power whatever.

588. ACCORDING TO THE DESIGN AND END OF NATURE, mammiferous animals are calculated, when arrived at maturity, to subsist on various kinds of food,—some to live wholly upon flesh, others upon grain, herbs, or fruits; but in their infant state, milk is the appropriate food of the whole. That this food may never fail them, it is universally ordained, that the young should no sooner come into the world, than the milk should flow in abundance into the members with which the mother is supplied for the secretion of that nutritious fluid. By a wonderful instinct of Nature, too, the young animal, almost as soon as it has come into life, searches for the teat, and knows perfectly, at the first, how, by the process of suction, it will be able to extract the fluid necessary to its existence.

589. IN THE GENERAL ECONOMY OF NATURE, this class of animals seems destined to preserve a constant equilibrium in the number of animated beings that hold their existence on the surface of the earth. To man they are immediately useful in various ways. Some of their bodies afford him food, their skin shoes, and their fleece clothes. Some of them unite with him in participating the dangers of combat with an enemy, and others assist him in the chase, in exterminating wilder sorts, or banishing them from the haunts of civilization. Many, indeed, are injurious to him; but most of them, in some shape or other, he turns to his service. Of these there is none he has made more subservient to his purposes than the common ox, of which there is scarcely a part that he has not been able to convert into some useful purpose. Of the horns he makes drinking-vessels, knife-handles, combs, and boxes; and when they are softened by means of boiling water, he fashions them into transparent plates for lanterns. This invention is ascribed to King Alfred, who is said to have been the first to use them to preserve his candle time-measures from the wind. Glue is made of the cartilages, gristles, and the finer pieces of the parings and cuttings of the hides. Their bone is a cheap substitute for ivory. The thinnest of the calf-skins are manufactured into vellum. Their blood is made the basis of Prussian blue, and saddlers use a fine sort of thread prepared from their sinews. The hair is used in various valuable manufactures; the suet, fat, and tallow, are moulded into candles; and the milk and cream of the cow yield butter and cheese. Thus is every part of this animal valuable to man, who has spared no pains to bring it to the highest state of perfection.

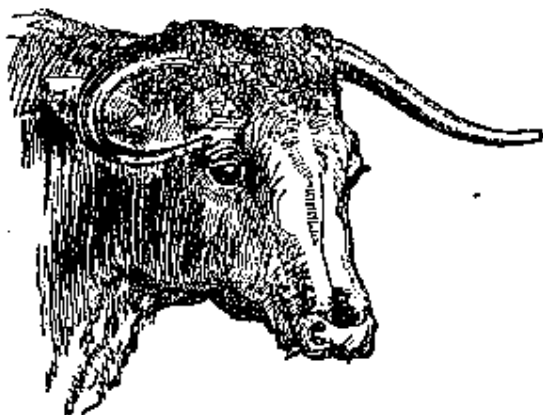


SHORT-HORN COW.



SHORT-HORN BULL.

590. AMONG THE VARIOUS BREEDS OF THE OX, upon which man has bestowed his highest powers of culture, there is now none takes a higher place than that known by the name of Short-Horns. From the earliest ages, Great Britain has been distinguished for the excellence of her native breeds of cattle, and there are none in England that have obtained greater celebrity than those which have this name, and which originated, about seventy years ago, on the banks of the Tees. Thence they have spread into the valleys of the Tweed; thence to the Lothians, in Scotland; and southward, into the fine pastures of England. They are now esteemed the most profitable breed of cattle, as there is no animal which attains sooner to maturity, and none that supplies meat of a superior quality. The value of some of the improved breeds is something enormous. At the sale of Mr. Charles Colling, a breeder in Yorkshire, in 1810, his bull "Comet" sold for 1,000 guineas. At the sale of Earl Spencer's herd in 1846, 104 cows, heifers, and calves, with nineteen bulls, fetched £8,468. 5s.; being an average of £68. 17s. apiece. The value of such animals is scarcely to be estimated by those who are unacquainted with the care with which they are tended, and with the anxious attention which is paid to the purity of their breed. A modern writer, well acquainted with this subject, says, "There are now, at least, five hundred herds, large and small, in this kingdom, and from six to seven thousand registered every alternate year in the herd-book." The necessity for thus recording the breeds is greater than might, at first sight, be imagined, as it tends directly to preserve the character of the cattle, while it sometimes adds to the value and reputation of the animal thus entered. Besides, many of the Americans, and large purchasers for the foreign market, will not look at an animal without the breeder has taken care to qualify him for such reference. Of short-horned stock, there is annually sold from £40,000 to £50,000 worth by public auction, independent of the vast numbers disposed of by private contract. The breed is highly prized in Belgium, Prussia, France, Italy, and Russia; it is imported into most of the British colonies, and is greatly esteemed both for its meat and its dairy produce, wherever it is known. The quickness with which it takes on flesh, and the weight which it frequently makes, are well known; but we may mention that it is not uncommon to see steers of from four to five years old realize a weight of from 800 to 1,000 lbs. Such animals command from the butcher from £30 to £40 per , according to the quality; whilst others, of two or three years old, and, of course, of less weight, bring as much as £20 apiece.



LONG-HORN BULL.



LONG-HORN COW.

591. LONG-HORNS.—This is the prevailing breed in our midland counties and in Ireland; but they are greatly inferior to the short-horns, and are fast being supplanted by them. Even where they have been cultivated with the nicest care and brought to the greatest perfection, they are inferior to the others, and must ultimately be driven from the farm.



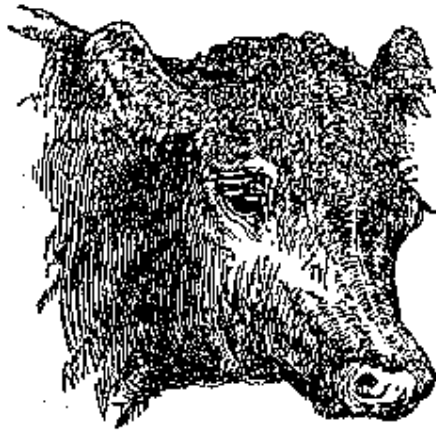
ALDERNEY COW.



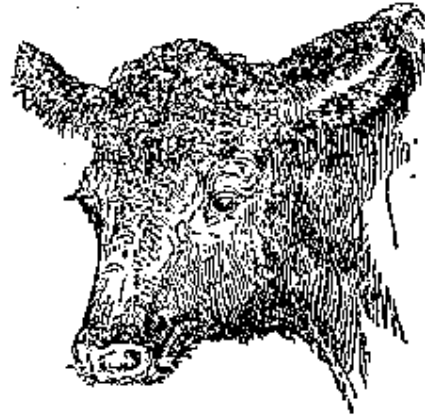
ALDERNEY BULL.

592. THE ALDERNEY.—Among the dairy breeds of England, the Alderney takes a prominent place, not on account of the quantity of milk which it yields, but on account of the excellent quality of the cream and butter which are produced from it. Its docility is marvellous, and in appearance it greatly resembles the Ayrshire breed of Scotland, the excellence of which is supposed to be, in some degree, derived from a mixture of the Alderney blood with that breed. The distinction between them, however, lies both in the quantity and quality of the milk which they severally produce; that of the Alderney being rich in quality, and that of the Ayrshire abundant in quantity. The merit of the former, however, ends with its milk, for as a grazer it is worthless.





GALLOWAY BULL.



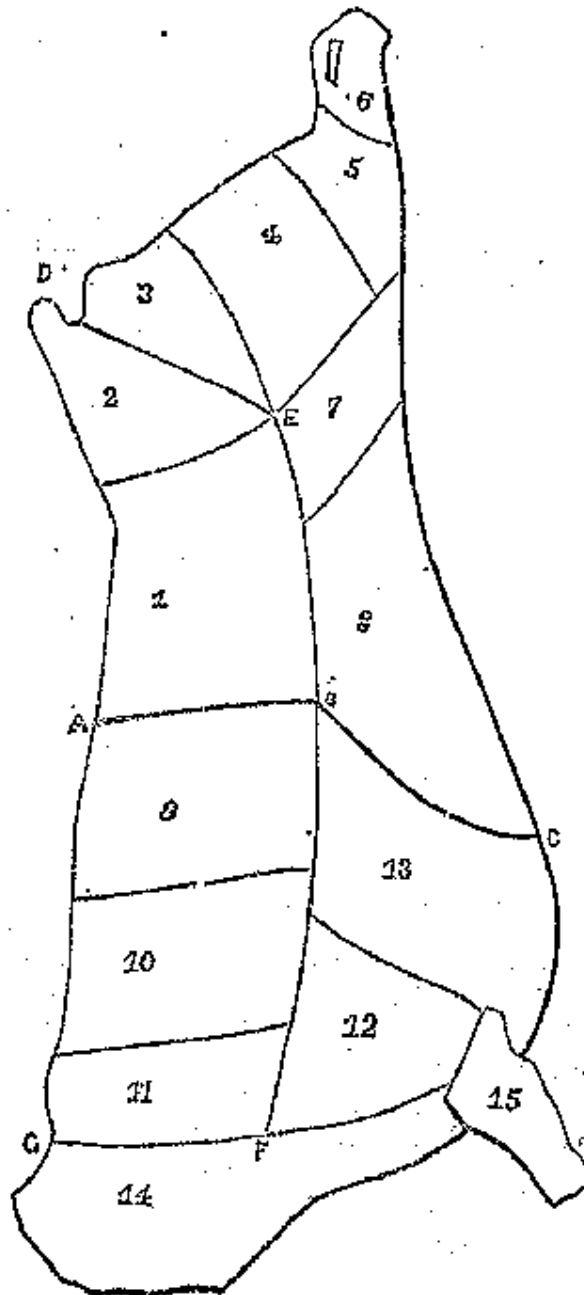
GALLOWAY COW.

593. SCOTTISH BREEDS.—Of these the Kyloe, which belongs to the Highlands of Scotland; the Galloway, which has been called the Kyloe without horns; and the Ayrshire, are the breeds most celebrated. The first has kept his place, and on account of the compactness of his form, and the excellent quality of his flesh, he is a great favourite with butchers who have a select family trade. It is alike unsuitable for the dairy and the arable farm; but in its native Highlands it attains to great perfection, thriving upon the scanty and coarse herbage which it gathers on the sides of the mountains. The Galloway has a larger frame, and when fattened makes excellent beef. But it has given place to the short-horns in its native district, where turnip-husbandry is pursued with advantage. The Ayrshire is peculiarly adapted for the dairy, and for the abundance of its milk cannot be surpassed in its native district. In this it stands unrivalled, and there is no other breed capable of converting the produce of a poor soil into such fine butter and cheese. It is difficult to fatten, however, and its beef is of a coarse quality. We have chosen these as among the principal representative breeds of the ox species; but there are other breeds which, at all events, have a local if not a general celebrity.

594. The general Mode of Slaughtering Oxen in this country is by striking them a smart blow with a hammer or poleaxe on the , a little above the eyes. By this means, when the blow is skilfully given, the beast is brought down at one blow, and, to prevent recovery, a cane is generally inserted, by which the spinal cord is perforated, which instantly deprives the ox of all sensation of pain. In Spain, and some other countries on the continent, it is also usual to deprive oxen of life by the operation of pithing or dividing the spinal cord in the neck, close to the back part of the . This is, in effect, the same mode as is practised in the celebrated Spanish bull-fights by the matador, and it is instantaneous in depriving the animal of sensation, if the operator be skilful. We hope and believe that those men whose disagreeable duty it is to slaughter the "beasts of the field" to provide meat for mankind, inflict as little punishment and cause as little suffering as possible.

595. THE MANNER IN WHICH A SIDE OF BEEF is cut up in London, is shown in the engraving on this page. In the metropolis, on account of the large number of its

population possessing the means to indulge in the "best of everything," the demand for the most delicate joints of meat is great, the price, at the same time, being much higher for these than for the other parts. The consequence is, that in London the carcass is there divided so as to obtain the greatest quantity of meat on the most esteemed joints. In many places, however, where, from a greater equality in the social condition and habits of the inhabitants, the demand and prices for the different parts of the carcasses are more equalized, there is not the same reason for the butcher to cut the best joints so large.



SIDE OF BEEF, SHOWING THE SEVERAL JOINTS.

596. THE MEAT ON THOSE PARTS OF THE ANIMAL in which the muscles are least called into action, is most tender and succulent; as, for instance, along the back, from the rump to the hinder part of the shoulder; whilst the limbs, shoulder, and neck, are the toughest, driest, and least-esteemed.

597. THE NAMES OF THE SEVERAL JOINTS in the hind and fore quarters of a side of beef, and the purposes for which they are used, are as follows:—

HIND QUARTER.

1. Sirloin.—The two sirloins, cut together in one joint, form a baron; this, when roasted, is the famous national dish of Englishmen, at entertainments, on occasion of rejoicing.
2. Rump,—the finest part for steaks.
3. Aitch-bone,—boiling piece.
4. Buttock,—prime boiling piece.
5. Mouse-round,—boiling or stewing.
6. Hock,—stewing.
7. Thick flank, cut with the udder-fat,—primest boiling piece.
8. Thin flank,—boiling.

FORE QUARTER.

9. Five ribs, called the fore-rib.—This is considered the primest roasting piece.
10. Four ribs, called the middle-rib,—greatly esteemed by housekeepers as the most economical joint for roasting.
11. Two ribs, called the chuck-rib,—used for second quality of steaks.
12. Leg-of-mutton piece,—the muscles of the shoulder dissected from the breast.
13. Brisket, or breast,—used for boiling, after being salted.
14. Neck, clod, and sticking-piece,—used for soups, gravies, stocks, pies, and mincing for sausages.
15. Shin,—stewing.

The following is a classification of the qualities of meat, according to the several joints of beef, when cut up in the London manner.

*First class.*—includes the sirloin, with the kidney suet (1), the rump-steak piece (2), the fore-rib (9).

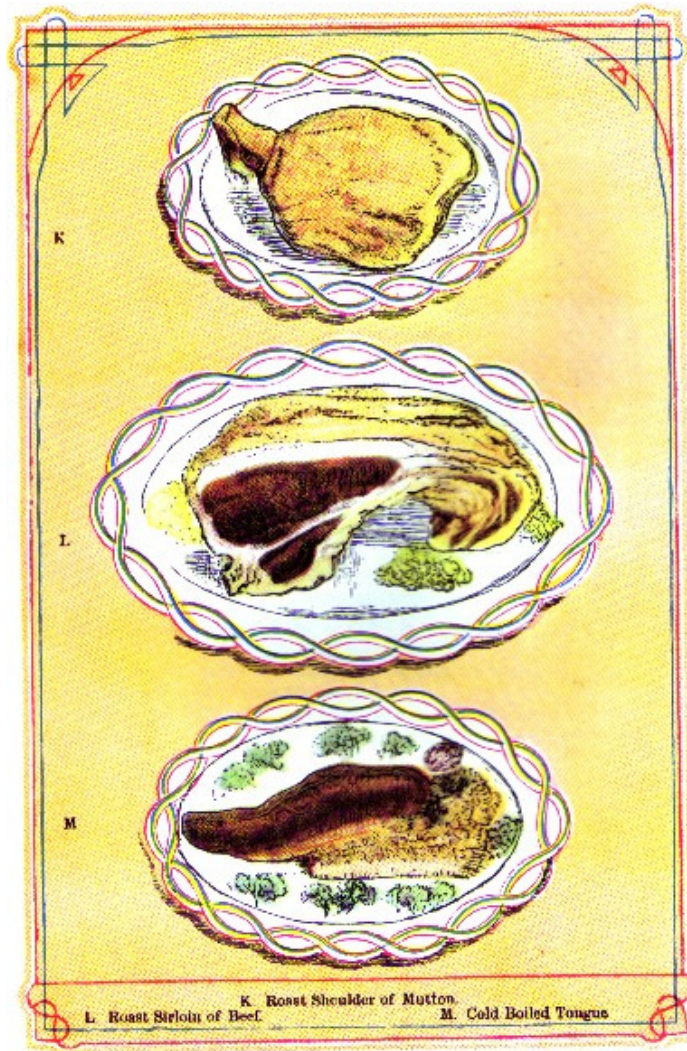
*Second class.*—The buttock (4), the thick flank (7), the middle-rib (10).

*Third class.*—The aitch-bone (3), the mouse-round (5), the thin flank (8), the chuck (11), the leg-of-mutton piece (12), the brisket (13).

*Fourth class.*—The neck, clod, and sticking-piece (14).

*Fifth class.*—The hock (6), the shin (15).

CHAPTER XIII.—Beef recipes.



**BAKED BEEF**  
(Cold Meat Cookery).

I.

598. **INGREDIENTS.**—About 2 lbs. of cold roast beef, 2 small onions, 1 large carrot or two small ones, 1 turnip, a small bunch of savoury herbs, salt and pepper to taste, 4 tablespoonfuls of gravy, 3 tablespoonfuls of ale, crust or mashed potatoes.

*Mode.*—Cut the beef in slices, allowing a small amount of fat to each slice; place a layer of this in the bottom of a pie-dish, with a portion of the onions, carrots, and turnips, which must be sliced; mince the herbs, strew them over the meat, and season with pepper and salt. Then put another layer of meat, vegetables, and seasoning; and proceed in this manner until all the ingredients are used. Pour in the gravy and ale

(water may be substituted for the former, but it is not so nice), cover with a crust or mashed potatoes, and bake for 1/2 hour, or rather longer.

*Time.*—Rather more than 1/2 hour.

*Average cost*, exclusive of the meat, 6d.

*Sufficient* for 5 or 6 persons.

*Seasonable* at any time.

*Note.*—It is as well to parboil the carrots and turnips before adding them to the meat, and to use some of the liquor in which they were boiled as a substitute for gravy; that is to say, when there is no gravy at hand. Be particular to cut the onions in very *thin* slices.

## II.

599. **INGREDIENTS.**—Slices of cold roast beef, salt and pepper to taste, 1 sliced onion, 1 teaspoonful of minced savoury herbs, 5 or 6 tablespoonfuls of gravy or sauce of any kind, mashed potatoes.

*Mode.*—Butter the sides of a deep dish, and spread mashed potatoes over the bottom of it; on this place layers of beef in thin slices (this may be minced if there is not sufficient beef to cut into slices), well seasoned with pepper and salt, and a very little onion and herbs, which should be previously fried of a nice brown; then put another layer of mashed potatoes, and beef, and other ingredients, as before; pour in the gravy or sauce, cover the whole with another layer of potatoes, and bake for 1/2 hour. This may be served in the dish, or turned out.

*Time.*—1/2 hour. *Average cost*, exclusive of the cold beef, 6d.

*Sufficient.*—A large pie-dish full for 5 or 6 persons.

*Seasonable* at any time.

**BEEF.**—The quality of beef depends on various circumstances; such as the age, the sex, the breed of the animal, and also on the food upon which it has been raised. Bull beef is, in general, dry and tough, and by no means possessed of an agreeable flavour; whilst the flesh of the ox is not only highly nourishing and digestible, but, if not too old, extremely agreeable. The flesh of the cow is, also, nourishing, but it is not so agreeable as that of the ox, although that of a heifer is held in high estimation. The flesh of the smaller breeds is much sweeter than that of the larger, which is best when the animal is about seven years old. That of the smaller breeds is best at about five years, and that of the cow can hardly be eaten too young.

## **BAKED BEEF-STEAK PUDDING.**

600. **INGREDIENTS.**—6 oz. of flour, 2 eggs, not quite 1 pint of milk, salt to taste, 1-1/2 lb. of rump-steaks, 1 kidney, pepper and salt.

*Mode.*—Cut the steaks into nice square pieces, with a small quantity of fat, and the kidney divide into small pieces. Make a batter of flour, eggs, and milk in the above proportion; lay a little of it at the bottom of a pie-dish; then put in the steaks and kidney, which should be well seasoned with pepper and salt, and pour over the remainder of the batter, and bake for 1-1/2 hour in a brisk but not fierce oven.

*Time.*—1-1/2 hour. *Average cost*, 2s.

*Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

### **BEEF A LA MODE.**

*(Economical.)*

601. **INGREDIENTS.**—About 3 lbs. of clod or sticking of beef, 2 oz. of clarified dripping, 1 large onion, flour, 2 quarts of water, 12 berries of allspice, 2 bay-leaves, 1/2 teaspoonful of whole black pepper, salt to taste.

*Mode.*—Cut the beef into small pieces, and roll them in flour; put the dripping into a stewpan with the onion, which should be sliced thin. Let it get quite hot; lay in the pieces of beef, and stir them well about. When nicely browned all over, add *by degrees* boiling water in the above proportion, and, as the water is added, keep the whole well stirred. Put in the spice, bay-leaves, and seasoning, cover the stewpan closely, and set it by the side of the fire to stew very *gently*, till the meat becomes quite tender, which will be in about 3 hours, when it will be ready to serve. Remove the bay-leaves before it is sent to table.

*Time.*—3 hours.

*Average cost*, 1s. 3d.

*Sufficient* for 6 persons.

*Seasonable* at any time.

### **BEEF A LA MODE.**

602. **INGREDIENTS.**—6 or 7 lbs. of the thick flank of beef, a few slices of fat bacon, 1 teacupful of vinegar, black pepper, allspice, 2 cloves well mixed and finely pounded, making altogether 1 heaped teaspoonful; salt to taste, 1 bunch of savoury herbs, including parsley, all finely minced and well mixed; 3 onions, 2 large carrots, 1 turnip, 1 of celery, 1-1/2 pint of water, 1 glass of port wine.

*Mode.*—Slice and fry the onions of a pale brown, and cut up the other vegetables in small pieces, and prepare the beef for stewing in the following manner:—Choose a fine piece of beef, cut the bacon into long slices, about an inch in thickness, dip them into vinegar, and then into a little of the above seasoning of spice, &c., mixed with the same quantity of minced herbs. With a sharp knife make holes deep enough to let in the bacon; then rub the beef over with the remainder of the seasoning and herbs, and

bind it up in a nice shape with tape. Have ready a well-tinned stewpan (it should not be much larger than the piece of meat you are cooking), into which put the beef, with the vegetables, vinegar, and water. Let it simmer *very gently* for 5 hours, or rather longer, should the meat not be extremely tender, and turn it once or twice. When ready to serve, take out the beef, remove the tape, and put it on a hot dish. Skim off every particle of fat from the gravy, add the port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that this does not boil fast, or the meat will be tough and tasteless; it should only just bubble. When convenient, all kinds of stews, &c., should be cooked on a hot-plate, as the process is so much more gradual than on an open fire.

*Time.*—5 hours, or rather more.

*Average cost*, 7d. per lb.

*Sufficient* for 7 or 8 persons.

*Seasonable* all the year, but more suitable for a winter dish.

GOOD MEAT.—The layer of meat when freshly killed, and the animal, when slaughtered, being in a state of perfect health, adheres firmly to the bones. Beef of the best quality is of a deep-red colour; and when the animal has approached maturity, and been well fed, the lean is intermixed with fat, giving it the mottled appearance which is so much esteemed. It is also full of juice, which resembles in colour claret wine. The fat of the best beef is of a firm and waxy consistency, of a colour resembling that of the finest grass butter; bright in appearance, neither greasy nor friable to the touch, but moderately unctuous, in a medium degree between the last-mentioned properties.

### **BEEF-STEAKS AND OYSTER SAUCE.**

603. **INGREDIENTS.**—3 dozen oysters, ingredients for oyster sauce (see No. 492), 2 lbs. of rump-steak, seasoning to taste of pepper and salt.

*Mode.*—Make the oyster sauce by recipe No. 492, and when that is ready, put it by the side of the fire, but do not let it keep boiling. Have the steaks cut of an equal thickness, broil them over a very clear fire, turning them often, that the gravy may not escape. In about 8 minutes they will be done, then put them on a very hot dish; smother with the oyster sauce, and the remainder send to table in a tureen. Serve quickly.

*Time.*—About 8 to 10 minutes, according to the thickness of the steak.

*Average cost*, 1s. per lb.

*Sufficient* for 4 persons.

*Seasonable* from September to April.

**BEEF-STEAK PIE.**

604. **INGREDIENTS.**—3 lbs. of rump-steak, seasoning to taste of salt, cayenne, and black pepper, crust, water, the yolk of an egg.



**BEEF-STEAK PIE.**

*Mode.*—Have the steaks cut from a rump that has hung a few days, that they may be tender, and be particular that every portion is perfectly sweet. Cut the steaks into pieces about 3 inches long and 2 wide, allowing a *small* piece of fat to each piece of lean, and arrange the meat in layers in a pie-dish. Between

each layer sprinkle a seasoning of salt, pepper, and, when liked, a few grains of cayenne. Fill the dish sufficiently with meat to support the crust, and to give it a nice raised appearance when baked, and not to look flat and hollow. Pour in sufficient water to half fill the dish, and border it with paste (see Pastry); brush it over with a little water, and put on the cover; slightly press down the edges with the thumb, and trim off close to the dish. Ornament the pie with leaves, or pieces of paste cut in any shape that fancy may direct, brush it over with the beaten yolk of an egg; make a hole in the top of the crust, and bake in a hot oven for about 1-1/2 hour.

*Time.*—In a hot oven, 1-1/2 hour.

*Average cost*, for this size, 3s 6d.

*Sufficient* for 6 or 8 persons.

*Seasonable* at any time.

*Note.*—Beef-steak pies may be flavoured in various ways, with oysters and their liquor, mushrooms, minced onions, &c. For family pies, suet may be used instead of butter or lard for the crust, and clarified beef-dripping answers very well where economy is an object. Pieces of underdone roast or boiled meat may in pies be used very advantageously; but always remove the bone from pie-meat, unless it be chicken or game. We have directed that the meat shall be cut smaller than is usually the case; for on trial we have found it much more tender, more easily helped, and with more gravy, than when put into the dish in one or two large steaks.

**BEEF-STEAK AND KIDNEY PUDDING.**

605. **INGREDIENTS.**—2 lbs. of rump-steak, 2 kidneys, seasoning to taste of salt and black pepper, suet crust made with milk (see Pastry), in the proportion of 6 oz. of suet to each 1 lb. of flour.

*Mode.*—Procure some tender rump steak (that which has been hung a little time), and divide it into pieces about an inch square, and cut each kidney into 8 pieces. Line the dish (of which we have given an engraving) with crust made with suet and flour in the above proportion, leaving a small piece of crust to



**SUSSEX PUDDING DISH,**



overlap the edge. Then cover the bottom with a portion of the steak and a few pieces of kidney; season with salt and pepper (some add a little flour to thicken the gravy, but it is not necessary), and then add another layer of steak, kidney, and seasoning. Proceed in this manner till the dish is full, when pour in sufficient water to come within 2 inches of the top of the basin. Moisten the edges of the crust, cover the pudding over, press the two crusts together, that the gravy may not escape, and turn up the overhanging paste. Wring out a cloth in hot water, flour it, and tie up the pudding; put it into boiling water, and let it boil for at least 4 hours. If the water diminishes, always replenish with some, hot in a jug, as the pudding should be kept covered all the time, and not allowed to stop boiling. When the cloth is removed, cut out a round piece in the top of the crust, to prevent the pudding bursting, and send it to table in the basin, either in an ornamental dish, or with a napkin pinned round it. Serve quickly.

*Time.*—For a pudding with 2 lbs. of steak and 2 kidneys allow 4 hours.

*Average cost*, 2s. 8d.

*Sufficient* for 6 persons.

*Seasonable* all the year, but more suitable in winter.

*Note.*—Beef-steak pudding may be very much enriched by adding a few oysters or mushrooms. The above recipe was contributed to this work by a Sussex lady, in which county the inhabitants are noted for their savoury puddings. It differs from the general way of making them, as the meat is cut up into very small pieces and the basin is differently shaped: on trial, this pudding will be found far nicer, and more full of gravy, than when laid in large pieces in the dish.

BAD MEAT. In the flesh of animals slaughtered whilst suffering acute inflammation or fever, the hollow fibres, or capillaries, as they are called, which form the substance of the liver, are filled with congested and unassimilated animal fluid, which, from its impurity, gives the liver a dark colour, and produces a tendency to rapid putrefaction. In a more advanced stage of such disease, serous, and sometimes purulent matter, is formed in the cellular tissues between the muscles of the flesh; and when such is the case, nothing can be more poisonous than such abominable carrion. In the flesh of animals killed whilst under the influence of any disease of an emaciating effect, the liver adheres but slightly to the bones, with its fibres contracted and dry; and the little fat that there may be is friable, and shrunk within its integuments. The flesh of animals slaughtered whilst under considerable depression of vital energy (as from previous bleeding) has a diminished tendency to stiffen after death, the feebleness of this tendency being in proportion to the degree of depression. It presents, also, an unnatural blue or pallid appearance, has a faint and slightly sour smell, and soon becomes putrid. When an animal has died otherwise than by slaughtering, its flesh is flaccid and clammy, emits a peculiar faint and disagreeable smell, and, it need scarcely be added, spontaneous decomposition proceeds very rapidly.

### **BEEF-STEAKS WITH FRIED POTATOES, or BIFTEK AUX POMMES-DE-TERRE (a la mode Francaise).**

606. *INGREDIENTS.*—2 lbs. of steak, 8 potatoes, 1/4 lb. of butter, salt and pepper to taste, 1 teaspoonful of minced herbs.

*Mode.*—Put the butter into a frying or *sauté* pan, set it over the fire, and let it get very hot; peel, and cut the potatoes into long thin slices; put them into the hot butter, and fry them till of a nice brown colour. Now broil the steaks over a bright clear fire, turning them frequently, that every part may be equally done: as they should not be thick, 5 minutes will broil them. Put the herbs and seasoning in the butter the potatoes were fried in, pour it under the steak, and place the fried potatoes round, as a garnish. To have this dish in perfection, a portion of the fillet of the sirloin should be used, as the meat is generally so much more tender than that of the rump, and the steaks should be cut about 1/3 of an inch in thickness.

*Time.*—5 minutes to broil the steaks, and about the same time to fry the potatoes.

*Average cost*, 1s. per lb.

*Sufficient* for 4 persons.

*Seasonable* all the year; but not so good in warm weather, as the meat cannot hang to get tender.

### BOILED AITCH-BONE OF BEEF.

607. INGREDIENTS.—Beef, water.

*Mode.*—After this joint has been in salt 5 or 6 days, it will be ready for use, and will not take so long boiling: as a round, for it is not so solid. Wash the meat, and, if too salt, soak it for a few hours, changing the water once or twice, till the required freshness is obtained. Put into a saucepan, or boiling-pot, sufficient water to cover the meat; set it over the fire, and when it boils, plunge in the joint (see No. 557), and let it boil up quickly. Now draw the pot to the side of the fire, and let the process be very gradual, as the water must only simmer, or the meat will be hard and tough. Carefully remove the scum from the surface of the water, and continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, which may be boiled with the beef. Garnish with a few of the carrots and turnips, and serve the remainder in a vegetable-dish.



AITCH-BONE OF BEEF.

*Time.*—An aitch-bone of 10 lbs., 2-1/2 hours after the water boils; one of 20 lbs., 4 hours. *Average cost*, 6d. per lb.

*Sufficient.*—10 lbs. for 7 or 8 persons.

*Seasonable* all the year, but best from September to March.

*Note.*—The liquor in which the meat has been boiled may be easily converted into a very excellent pea-soup. It will require very few vegetables, as it will be impregnated with the flavour of those boiled with the meat.

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THE ACTION OF SALT ON MEAT.—The manner in which salt acts in preserving meat is not difficult to understand. By its strong affinity, it, in the first place, extracts the juices from the substance of meat in sufficient quantity to form a saturated solution with the water contained in the juice, and the meat then absorbs the saturated brine in place of the juice extracted by the salt. In this way, matter incapable of putrefaction takes the places of that portion in the meat which is most perishable. Such, however, is not the only office of salt as a means of preserving meat; it acts also by its astringency in contracting the fibres of the muscles, and so excludes the action of air on the interior of the substance of the meat. The last-mentioned operation of salt as an antiseptic is evinced by the diminution of the volume of meat to which it is applied. The astringent action of *saltpetre* on meat is much greater than that of salt, and thereby renders meat to which it is applied very hard; but, in small quantities, it considerably assists the antiseptic action of salt, and also prevents the destruction of the florid colour of meat, which is caused by the application of salt. Thus, it will be perceived, from the foregoing statement, that the application of salt and saltpetre diminishes, in a considerable degree, the nutritive, and, to some extent, the wholesome qualities of meat; and, therefore, in their use, the quantity applied should be as small as possible, consistent with the perfect preservation of the meat.

### BOILED ROUND OF BEEF.

608. INGREDIENTS.—Beef, water.

*Mode*.—As a whole round of beef, generally speaking, is too large for small families, and very seldom required, we here give the recipe for dressing a portion of the silver side of the round. Take from 12 to 16 lbs., after it has been in salt about 10 days; just wash off the salt, skewer it up in a nice round-looking form, and bind it with tape to keep the skewers in their places. Put it in a saucepan of boiling water, as in the preceding recipe, set it upon a good fire, and when it begins to boil, carefully remove all scum from the surface, as, if this is not attended to, it sinks on to the meat, and when brought to table, presents a very unsightly appearance. When it is well skimmed, draw the pot to the corner of the fire, and let it simmer very gently until done. Remove the tape and skewers, which should be replaced by a silver one; pour over a little of the pot-liquor, and garnish with carrots. Carrots, turnips, parsnips, and sometimes suet dumplings, accompany this dish; and these may all be boiled with the beef. The pot-liquor should be saved, and converted into pea-soup; and the outside slices, which are generally hard, and of an uninviting appearance, may be cut off before being sent to table, and potted. These make an excellent relish for the breakfast or luncheon table.

*Time*.—Part of a round of beef weighing 12 lbs., about 3 hours after the water boils.  
*Average cost*, 8d. per lb.

*Sufficient* for 10 persons.

*Seasonable* all the year, but more suitable for winter.

609. SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, WHEN IT IS TO BE SERVED COLD.—Fill two tubs with cold water, into which throw a few pounds of rough ice; and when the meat is done, put it into one of the tubs of ice-water; let it remain 1 minute, when take out, and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white

as possible, besides having saved the whole, of the gravy. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

*Note.*—The BRISKET and RUMP may be boiled by the above recipe; of course allowing more or less time, according to the size of the joint.

### **BEEF CAKE.**

610. INGREDIENTS.—The remains of cold roast beef; to each pound of cold meat allow 1/4 lb. of bacon or ham; seasoning to taste of pepper and salt, 1 small bunch of minced savoury herbs, 1 or 2 eggs.

*Mode.*—Mince the beef very finely (if underdone it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or 2 should 1 not be sufficient. Make it into small square cakes, about 1/2 inch thick, fry them in hot dripping, and serve in a dish with good gravy poured round them.

*Time.*—10 minutes.

*Average cost*, exclusive of the cold meat, 6d.

*Seasonable* at any time.

### **BROILED BEEF-STEAKS or RUMP-STEAKS.**

611. INGREDIENTS.—Steaks, a piece of butter the size of a walnut, salt to taste, 1 tablespoonful of good mushroom ketchup or Harvey's sauce.

*Mode.*—As the success of a good broil so much depends on the state of the fire, see that it is bright and clear, and perfectly free from smoke, and do not add any fresh fuel just before you require to use the gridiron. Sprinkle a little salt over the fire, put on the gridiron for a few minutes, to get thoroughly hot through; rub it with a piece of fresh, suet, to prevent the meat from sticking, and lay on the steaks, which should be cut of an equal thickness, about 3/4 of an inch, or rather thinner, and level them by beating them as *little* as possible with a rolling-pin. Turn them frequently with steak-tongs (if these are not at hand, stick a fork in the edge of the fat, that no gravy escapes), and in from 8 to 10 minutes they will be done. Have ready a very hot dish, into which put the ketchup, and, when liked, a little minced shalot; dish up the steaks, rub them over with butter, and season with pepper and salt. The exact time for broiling steaks must be determined by taste, whether they are liked underdone or well done; more than from 8 to 10 minutes for a steak 3/4 inch in thickness, we think, would spoil and dry up the juices of the meat. Great expedition is necessary in sending broiled steaks to table; and, to have them in perfection, they should not be cooked till everything else prepared for dinner has been dished up, as their excellence entirely depends on their being served very hot. Garnish with scraped horseradish, or slices of cucumber. Oyster, tomato, onion, and many other sauces, are frequent accompaniments to rump-steak, but true lovers of this English dish generally reject all additions but pepper and salt.

*Time*.—8 to 10 minutes.

*Average cost*, 1s. per lb.

*Sufficient*.—Allow 1/2 lb. to each person; if the party consist entirely of gentlemen, 3/4 lb. will not be too much.

*Seasonable* all the year, but not good in the height of summer, as the meat cannot hang long enough to be tender.

DIFFERENT SEASONS FOR BEEF.—We have already stated (see No. 593) that the Scots breed of oxen, like the South-down in mutton, stands first in excellence. It should be borne in mind, however, that each county has its particular season, and that the London and other large markets are always supplied by those counties whose meat, from local circumstances, is in the best condition at the time. Thus, the season in Norfolk, from which the Scots come (these being the principal oxen bred by the Norfolk and Suffolk graziers), commences about Christmas and terminates about June, when this breed begins to fall off, their place being taken by grass-fed oxen. A large quantity of most excellent meat is sent to the "dead markets" from Scotland, and some of the best London butchers are supplied from this source.

### **BROILED BEEF AND MUSHROOM SAUCE.**

(Cold Meat Cookery).

612. *INGREDIENTS*.—2 or 3 dozen small button mushrooms, 1 oz. of butter, salt and cayenne to taste, 1 tablespoonful of mushroom ketchup, mashed potatoes, slices of cold roast beef.

*Mode*.—Wipe the mushrooms free from grit with a piece of flannel, and salt; put them in a stewpan with the butter, seasoning, and ketchup; stir over the fire until the mushrooms are quite done, when pour it in the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef, nicely broiled, over a clear fire. In making the mushroom sauce, the ketchup may be dispensed with, if there is sufficient gravy.

*Time*.—1/4 hour. *Average cost*, exclusive of the meat, 8d.

*Seasonable* from August to October.

### **BROILED BEEF AND OYSTER SAUCE**

(Cold Meat Cookery).

613. *INGREDIENTS*.—2 dozen oysters, 3 cloves, 1 blade of mace, 2 oz. of butter, 1/2 teaspoonful of flour, cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef.

*Mode*.—Put the oysters in a stewpan, with their liquor strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for 5 minutes. Have ready in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time*.—5 minutes. *Average cost*, 1s, 6d., exclusive of the cold meat.

*Sufficient* for 4 or 5 persons.

*Seasonable* from September to April.

### **BROILED BEEF-BONES.**

614. **INGREDIENTS**.—The bones of ribs or sirloin; salt, pepper, and cayenne.

*Mode*.—Separate the bones, taking care that the meat on them is not too thick in any part; sprinkle them well with the above seasoning, and broil over a very clear fire. When nicely browned they are done; but do not allow them to blacken.

### **TO DRESS A BULLOCK'S HEART.**

615. **INGREDIENTS**.—1 heart, stuffing of veal forcemeat, No. 417.

*Mode*.—Put the heart into warm water to soak for 2 hours; then wipe it well with a cloth, and, after cutting off the lobes, stuff the inside with a highly-seasoned forcemeat (No. 417). Fasten it in, by means of a needle and coarse thread; tie the heart up in paper, and set it before a good fire, being very particular to keep it well basted, or it will eat dry, there being very little of its own fat. Two or three minutes before serving, remove the paper, baste well, and serve with good gravy and red-currant jelly or melted butter. If the heart is very large, it will require 2 hours, and, covered with a caul, may be baked as well as roasted.

*Time*.—Large heart, 2 hours. *Average cost*, 2s. 6d.

*Sufficient* for 6 or 8 persons.

*Seasonable* all the year.

*Note*.—This is an excellent family dish, is very savoury, and, though not seen at many good tables, may be recommended for its cheapness and economy.

### **BUBBLE-AND-SQUEAK** (Cold Meat Cookery).

616. **INGREDIENTS**.—A few thin slices of cold boiled beef; butter, cabbage, 1 sliced onion, pepper and salt to taste.

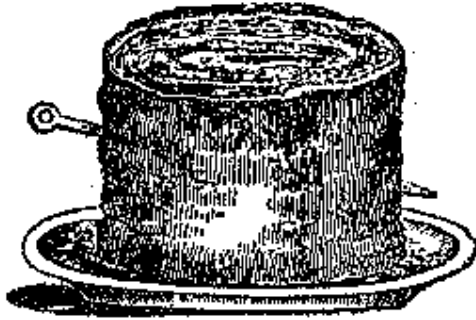
*Mode*.—Fry the slices of beef gently in a little butter, taking care not to dry them up. Lay them on a flat dish, and cover with fried greens. The greens may be prepared from cabbage sprouts or green savoy. They should be boiled till tender, well drained, minced, and placed, till quite hot, in a frying-pan, with butter, a sliced onion, and seasoning of pepper and salt. When the onion is done, it is ready to serve.

*Time*.—Altogether, 1/2 hour.

*Average cost*, exclusive of the cold beef, 3d.

*Seasonable* at any time.

### COLLARED BEEF.



COLLARED BEEF.

617. **INGREDIENTS.**—7 lbs. of the thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, 1/2 teaspoonful of pounded allspice; salt and pepper to taste.

*Mode.*—Choose fine tender beef, but not too fat; lay it in a dish; rub in the sugar, salt, and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing

it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice, and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible, in the same shape as shown in the engraving; bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table.

*Time.*—6 hours. *Average cost*, for this quantity, 4s.

*Seasonable* at any time.

*Note.*—During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

### BEEF-COLLOPS.

618. **INGREDIENTS.**—2 lbs. of rump-steak, 1/4 lb. of butter, 1 pint of gravy (water may be substituted for this), salt and pepper to taste, 1 shalot finely minced, 1/2 pickled walnut, 1 teaspoonful of capers.

*Mode.*—Have the steak cut thin, and divide it in pieces about 3 inches long; beat these with the blade of a knife, and dredge with flour. Put them in a frying-pan with the butter, and let them fry for about 3 minutes; then lay them in a small stewpan, and pour over them the gravy. Add a piece of butter, kneaded with a little flour, put in the seasoning and all the other ingredients, and let the whole simmer, but not boil, for 10 minutes. Serve in a hot covered dish.

*Time.*—10 minutes. *Average cost*, 1s. per lb.

*Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

**MINCED COLLOPS**

(an Entree).

619. **INGREDIENTS.**—1 lb. of rump-steak, salt and pepper to taste, 2 oz. of butter, 1 onion minced, 1/4 pint of water, 1 tablespoonful of Harvey's sauce, or lemon-juice, or mushroom ketchup; 1 small bunch of savoury herbs.

*Mode.*—Mince the beef and onion very small, and fry the latter in butter until of a pale brown. Put all the ingredients together in a stewpan, and boil gently for about 10 minutes; garnish with sippets of toasted bread, and serve very hot.

*Time.*—10 minutes. *Average cost*, 1s. per lb.

*Sufficient* for 2 or 3 persons.

*Seasonable* at any time.

**CURRIED BEEF**

(Cold Meat Cookery).

620. **INGREDIENTS.**—A few slices of tolerably lean cold roast or boiled beef, 3 oz. of butter, 2 onions, 1 wineglassful of beer, 1 dessertspoonful of curry powder.

*Mode.*—Cut up the beef into pieces about 1 inch square, put the butter into a stewpan with the onions sliced, and fry them of a lightly-brown colour. Add all the other ingredients, and stir gently over a brisk fire for about 10 minutes. Should this be thought too dry, more beer, or a spoonful or two of gravy or water, may be added; but a good curry should not be very thin. Place it in a deep dish, with an edging of dry boiled rice, in the same manner as for other curries.

*Time.*—10 minutes. *Average cost*, exclusive of the meat, 4d.

*Seasonable* in winter.

**TO CLARIFY BEEF DRIPPING.**

I.

621. Good and fresh dripping answers very well for basting everything except game and poultry, and, when well clarified, serves for frying nearly as well as lard; it should be kept in a cool place, and will remain good some time. To clarify it, put the dripping into a basin, pour over it boiling water, and keep stirring the whole to wash away the impurities. Let it stand to cool, when the water and dirty sediment will settle at the bottom of the basin. Remove the dripping, and put it away in jars or basins for use.



ANOTHER WAY.

622. Put the dripping into a clean saucepan, and let it boil for a few minutes over a slow fire, and be careful to skim it well. Let it stand to cool a little, then strain it through a piece of muslin into jars for use. Beef dripping is preferable to any other for cooking purposes, as, with mutton dripping, there is liable to be a tallowy taste and smell.

**ROAST FILLET OF BEEF**

(Larded).

623. **INGREDIENTS.**—About 4 lbs. of the inside fillet of the sirloin, 1 onion, a small bunch of parsley, salt and pepper to taste, sufficient vinegar to cover the meat, glaze, Spanish sauce, No. 411.

*Mode.*—Lard the beef with bacon, and put it into a pan with sufficient vinegar to cover it, with an onion sliced, parsley, and seasoning, and let it remain in this pickle for 12 hours. Roast it before a nice clear fire for about 1-1/4 hour, and, when done, glaze it. Pour some Spanish sauce round the beef, and the remainder serve in a tureen. It may be garnished with Spanish onions boiled and glazed.

*Time.*—1-1/2 hour. Average cost, exclusive of the sauce, 4s.

*Sufficient* for 6 or 8 persons.

*Seasonable* at any time.

**FRICANDEAU OF BEEF.**

624. **INGREDIENTS.**—About 3 lbs. of the inside fillet of the sirloin (a piece of the rump may be substituted for this), pepper and salt to taste, 3 cloves, 2 blades of mace, 6 whole allspice, 1 pint of stock No. 105, or water, 1 glass of sherry, 1 bunch of savoury herbs, 2 shalots, bacon.

*Mode.*—Cut some bacon into thin strips, and sprinkle over them a seasoning of pepper and salt, mixed with cloves, mace, and allspice, well pounded. Lard the beef with these, put it into a stewpan with the stock or water, sherry, herbs, shalots, 2 cloves, and more pepper and salt. Stew the meat gently until tender, when take it out, cover it closely, skim off all the fat from the gravy, and strain it. Set it on the fire, and boil, till it becomes a glaze. Glaze the larded side of the beef with this, and serve on sorrel sauce, which is made as follows:—Wash and pick some sorrel, and put it into a stewpan with only the water that hangs about it. Keep stirring, to prevent its burning, and when done, lay it in a sieve to drain. Chop it, and stew it with a small piece of butter and 4 or 6 tablespoonfuls of good gravy, for an hour, and rub it through a tammy. If too acid, add a little sugar; and a little cabbage-lettuce boiled with the sorrel will be found an improvement.

*Time.*—2 hours to gently stew the meat.

*Average cost*, for this quantity, 4s.

*Sufficient* for 6 persons.

*Seasonable* at any time.

**FRIED SALT BEEF**  
(Cold Meat Cookery).

625. **INGREDIENTS.**—A few slices of cold salt beef, pepper to taste, 1/4 lb. of butter, mashed potatoes.

*Mode.*—Cut any part of cold salt beef into thin slices, fry them gently in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them, and garnish with 3 or 4 pickled gherkins. Cold salt beef, warmed in a little liquor from mixed pickle, drained, and served as above, will be found good.

*Time.*—About 5 minutes. *Average cost*, exclusive of the meat, 4d.

*Seasonable* at any time.

**FRIED RUMP-STEAK.**

626. **INGREDIENTS.**—Steaks, butter or clarified dripping.

*Mode.* Although broiling is a far superior method of cooking steaks to frying them, yet, when the cook is not very expert, the latter mode may be adopted; and, when properly done, the dish may really look very inviting, and the flavour be good. The steaks should be cut rather thinner than for broiling, and with a small quantity of fat to each. Put some butter or clarified dripping into a frying-pan; let it get quite hot, then lay in the steaks. Turn them frequently until done, which will be in about 8 minutes, or rather more, should the steaks be very thick. Serve on a very hot dish, in which put a small piece of butter and a tablespoonful of ketchup, and season with pepper and salt. They should be sent to table quickly, as, when cold, the steaks are entirely spoiled.

*Time.*—8 minutes for a medium-sized steak, rather longer for a very thick one.

*Average cost*, 1s. per lb.

*Seasonable all the year, but not good in summer, as the meat cannot hang to get tender.*

*Note.*—Where much gravy is liked, make it in the following manner:—As soon as the steaks are done, dish them, pour a little boiling water into the frying-pan, add a seasoning of pepper and salt, a small piece of butter, and a tablespoonful of Harvey's sauce or mushroom ketchup. Hold the pan over the fire for a minute or two, just let the gravy simmer, then pour on the steak, and serve.

A FRENCHMAN'S OPINION OF BEEF. The following is translated from a celebrated modern French work, the production of one who in Paris enjoys a great reputation as cook and chemist:—The flesh of the ox, to be in the best condition, should be taken from an animal of from four to six years old, and neither too fat nor too lean. This meat, which possesses in the

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highest degree the most nutritive qualities, is generally easily digested; stock is made from it, and it is eaten boiled, broiled, roasted, stewed, braised, and in a hundred other different ways. Beef is the foundation of stock, gravies, braises, &c.; its nutritious and succulent gravy gives body and flavour to numberless ragoûts. It is an exhaustless mine in the hands of a skilful artist, and is truly the king of the kitchen. Without it, no soup, no gravy; and its absence would produce almost a famine in the civilized world!

**BEEF FRITTERS**  
(Cold Meat Cookery).

627. **INGREDIENTS.**—The remains of cold roast beef, pepper and salt to taste, 3/4 lb. of flour, 1/2 pint of water, 2 oz. of butter, the whites of 2 eggs.

*Mode.*—Mix very smoothly, and by degrees, the flour with the above proportion of water; stir in 2 oz. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onions, mixed with the batter, is an improvement.

*Time.*—From 7 to 10 minutes.

*Average cost*, exclusive of the meat, 6d. *Seasonable* at any time.

**HASHED BEEF**  
(Cold Meat Cookery).

I.

628. **INGREDIENTS.**—Gravy saved from the meat, 1 teaspoonful of tomato sauce, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of good mushroom ketchup, 1/2 glass of port wine or strong ale, pepper and salt to taste, a little flour to thicken, 1 onion finely minced, a few slices of cold roast beef.

*Mode.*—Put all the ingredients but the beef into a stewpan with whatever gravy may have been saved from the meat the day it was roasted; let these simmer gently for 10 minutes, then take the stewpan off the fire; let the gravy cool, and skim off the fat. Cut the beef into thin slices, dredge them with flour, and lay them in the gravy; let the whole simmer gently for 5 minutes, but not boil, or the meat will be tough and hard. Serve very hot, and garnish with sippets of toasted bread.

*Time.*—20 minutes. *Average cost*, exclusive of the cold meat, 4d.

*Seasonable* at any time.

II.

629. **INGREDIENTS.**—The remains of ribs or sirloin of beef, 2 onions, 1 carrot, 1 bunch of savoury herbs, pepper and salt to taste, 1/2 blade of pounded mace, thickening of flour, rather more than 1 pint of water.

*Mode.*—Take off all the meat from the bones of ribs or sirloin of beef; remove the outside brown and gristle; place the meat on one side, and well stew the bones and pieces, with the above ingredients, for about 2 hours, till it becomes a strong gravy, and is reduced to rather more than 1/2 pint; strain this, thicken with a teaspoonful of flour, and let the gravy cool; skim off all the fat; lay in the meat, let it get hot through, but do not allow it to boil, and garnish with sippets of toasted bread. The gravy may be flavoured as in the preceding recipe.

*Time.*—Rather more than 2 hours.

*Average cost*, exclusive of the cold meat, 2d.

*Seasonable* at any time.

*Note.*—Either of the above recipes may be served in walls of mashed potatoes browned; in which case the sippets should be omitted. Be careful that hashed meat does not boil, or it will become tough.

**TO PREPARE HUNG BEEF.**

630. This is preserved by salting and drying, either with or without smoke. Hang up the beef 3 or 4 days, till it becomes tender, but take care it does not begin to spoil; then salt it in the usual way, either by dry-salting or by brine, with bay-salt, brown sugar, saltpetre, and a little pepper and allspice; afterwards roll it tight in a cloth, and hang it up in a warm, but not hot place, for a fortnight or more, till it is sufficiently hard. If required to have a little of the smoky flavour, it may be hung for some time in a chimney-corner, or smoked in any other way: it will keep a long time.

**HUNTER'S BEEF.**

631. **INGREDIENTS.**—For a round of beef weighing 25 lbs. allow 3 oz. of saltpetre, 3 oz. of coarse sugar, 1 oz. of cloves, 1 grated nutmeg, 1/2 oz. of allspice, 1 lb. of salt, 1/2 lb. bay-salt.

*Mode.*—Let the beef hang for 2 or 3 days, and remove the bone. Pound spices, salt, &c. in the above proportion, and let them be reduced to the finest powder. Put the beef into a pan, rub all the ingredients well into it, and turn and rub it every day for rather more than a fortnight. When it has been sufficiently long in pickle, wash the meat, bind it up securely with tape, and put it into a pan with 1/2 pint of water at the bottom; mince some suet, cover the top of the meat with it, and over the pan put a common crust of flour and water; bake for 6 hours, and, when cold, remove the paste. Save the gravy that flows from it, as it adds greatly to the flavour of hashes, stews, &c. The beef may be glazed and garnished with meat jelly.

*Time.*—6 hours.

*Seasonable* all the year.

*Note.*—In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, a less quantity of salt and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed, which could not be adopted by the curer of the immense quantities of meat required to be preserved for victualling the shipping of this maritime country. Sugar, which is well known to possess the preserving principle in a very great degree, without the pungency and astringency of salt, may be, and is, very generally used in the preserving of meat for family consumption. Although it acts without corrugating or contracting the fibres of meat, as is the case in the action of salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preservative effect, without the addition of other antiseptics, would impart a flavour not agreeable to the taste of many persons. It may be used, however, together with salt, with the greatest advantage in imparting mildness and mellowness to cured meat, in a proportion of about one part by weight to four of the mixture; and, perhaps, now that sugar is so much lower in price than it was in former years, one of the obstructions to its more frequent use is removed.

### TO DRESS BEEF KIDNEY.

#### I.

632. **INGREDIENTS.**—1 kidney, clarified butter, pepper and salt to taste, a small quantity of highly-seasoned gravy, 1 tablespoonful of lemon-juice, 1/4 teaspoonful of powdered sugar.

*Mode.*—Cut the kidneys into neat slices, put them into warm water to soak for 2 hours, and change the water 2 or 3 times; then put them on a clean cloth to dry the water from them, and lay them in a frying-pan with some clarified butter, and fry them of a nice brown; season each side with pepper and salt, put them round the dish, and the gravy in the middle. Before pouring the gravy in the dish, add the lemon-juice and sugar.

*Time.*—From 5 to 10 minutes. *Average cost*, 9d. each.

*Seasonable* at any time.

#### II.

633. **INGREDIENTS.**—1 kidney, 1 dessertspoonful of minced parsley, 1 teaspoonful of minced shalot, salt and pepper to taste, 1/4 pint of gravy, No. 438, 3 tablespoonfuls of sherry.

*Mode.*—Take off a little of the kidney fat, mince it very fine, and put it in a frying-pan; slice the kidney, sprinkle over it parsley and shalots in the above proportion, add a seasoning of pepper and salt, and fry it of a nice brown. When it is done enough, dredge over a little flour, and pour in the gravy and sherry. Let it just simmer, but not

boil any more, or the kidney would harden; serve very hot, and garnish with croûtons. Where the flavour of the shalot is disliked, it may be omitted, and a small quantity of savoury herbs substituted for it. *Time*.—From 5 to 10 minutes, according to the thickness of the slices.

*Average cost*, 9d. each. *Sufficient* for 3 persons.

*Seasonable* at any time.

III.

*A more Simple Method.*

634. Cut the kidney into thin slices, flour them, and fry of a nice brown. When done, make a gravy in the pan by pouring away the fat, putting in a small piece of butter, 1/4 pint of boiling water, pepper and salt, and a tablespoonful of mushroom ketchup. Let the gravy just boil up, pour over the kidney, and serve.

**BOILED MARROW-BONES.**

635. **INGREDIENTS.**—Bones, a small piece of common paste, a floured cloth.

*Mode.*—Have the bones neatly sawed into convenient sizes, and cover the ends with a small piece of common crust, made with flour and water. Over this tie a floured cloth, and place them upright in a saucepan of boiling water, taking care there is sufficient to cover the bones. Boil them for 2 hours, remove the cloth and paste, and serve them upright on a napkin with dry toast. Many persons clear the marrow from the bones after they are cooked, spread it over a slice of toast and add a seasoning of pepper; when served in this manner, it must be very expeditiously sent to table, as it so soon gets cold.

*Time.*—2 hours.

*Seasonable* at any time.

*Note.*—Marrow-bones may be baked after preparing them as in the preceding recipe; they should be laid in a deep dish, and baked for 2 hours.

MARROW-BONES.—Bones are formed of a dense cellular tissue of membranous matter, made stiff and rigid by insoluble earthy salts; of which, phosphate of lime is the most abundant. In a large bone, the insoluble matter is generally deposited in such a manner as to leave a cavity, into which a fatty substance, distinguished by the name of marrow, is thrown. Hollow cylindrical bones possess the qualities of strength and lightness in a remarkable degree. If bones were entirely solid, they would be unnecessarily heavy; and if their materials were brought into smaller compass, they would be weaker, because the strength of a bone is in proportion to the distance at which its fibres are from the centre. Some animals, it must, however, be observed, have no cavities in the centre of their bones; such as the whale tribe, skate, and turtles.



**MARROW-BONES.**

**MINCED BEEF**  
(Cold Meat Cookery).

636. **INGREDIENTS.**—1 oz. of butter, 1 small onion, 2 tablespoonfuls of gravy left from the meat, 1 tablespoonful of strong ale, 1/2 a teaspoonful of flour, salt and pepper to taste, a few slices of lean roast beef.

*Mode.*—Put into a stewpan the butter with an onion chopped fine; add the gravy, ale, and 1/2 a teaspoonful of flour to thicken; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but do not chop the meat *very fine*, add it to the gravy, stir till quite hot, and serve. Garnish with sippets of toasted bread. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

*Time.*—About 1/2 hour. *Average cost*, exclusive of the meat, 3d.

*Seasonable* at any time.

**MIROTON OF BEEF.**

637. **INGREDIENTS.**—A few slices of cold roast beef, 3 oz. of butter, salt and pepper to taste, 3 onions, 1/2 pint of gravy.

*Mode.*—Slice the onions and put them into a frying-pan with the cold beef and butter; place it over the fire, and keep turning and stirring the ingredients to prevent them burning. When of a pale brown, add the gravy and seasoning; let it simmer for a few minutes, and serve very hot. This dish is excellent and economical.

*Time.*—5 minutes. *Average cost*, exclusive of the meat, 6d.

*Seasonable* at any time.

**STEWED OX-CHEEK.**

638. **INGREDIENTS.**—1 cheek, salt and water, 4 or 5 onions, butter and flour, 6 cloves, 3 turnips, 2 carrots, 1 bay-leaf, 1 of celery, 1 bunch of savoury herbs, cayenne, black pepper and salt to taste, 1 oz. of butter, 2 dessertspoonfuls of flour, 2 tablespoonfuls of Chili vinegar, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine, 2 tablespoonfuls of Harvey's sauce.

*Mode.*—Have the cheek boned, and prepare it the day before it is to be eaten, by cleaning and putting it to soak all night in salt and water. The next day, wipe it dry and clean, and put it into a stewpan. Just cover it with water, skim well when it boils, and let it gently simmer till the meat is quite tender. Slice and fry 3 onions in a little butter and flour, and put them into the gravy; add 2 whole onions, each stuck with 3 cloves, 3 turnips quartered, 2 carrots sliced, a bay-leaf, 1 of celery, a bunch of herbs, and seasoning to taste of cayenne, black pepper, and salt. Let these stew till perfectly tender; then take out the cheek, divide into pieces fit to help at table, skim and strain the gravy, and thicken 1-1/2 pint of it with butter and flour in the above proportions. Add the vinegar, ketchup, and port wine; put in the pieces of cheek; let the whole boil

up, and serve quite hot. Send it to table in a ragout-dish. If the colour of the gravy should not be very good, add a tablespoonful of the browning, No. 108.

*Time.*—4 hours. *Average cost*, 3d. per lb.

*Sufficient* for 8 persons.

*Seasonable* at any time.

### **FRIED OX-FEET, or COW-HEEL.**

639. **INGREDIENTS.**—Ox-feet, the yolk of 1 egg, bread crumbs, parsley, salt and cayenne to taste, boiling butter.

*Mode.*—Wash, scald, and thoroughly clean the feet, and cut them into pieces about 2 inches long; have ready some fine bread crumbs mixed with a little minced parsley, cayenne, and salt; dip the pieces of heel into the yolk of egg, sprinkle them with the bread crumbs, and fry them until of a nice brown in boiling butter.

*Time.*—1 hour. *Average cost*, 6d. each.

*Seasonable* at any time.

*Note.*—Ox-feet may be dressed in various ways, stowed in gravy or plainly boiled and served with melted butter. When plainly boiled, the liquor will answer for making sweet or relishing jellies, and also to give richness to soups or gravies.

### **STEWED OX-TAILS.**

640. **INGREDIENTS.**—2 ox-tails, 1 onion, 3 cloves, 1 blade of mace, 1 teaspoonful of whole black pepper, 1 teaspoonful of allspice, 1/2 a teaspoonful of salt, a small bunch of savoury herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup.

*Mode.*—Divide the tails at the joints, wash, and put them into a stewpan with sufficient water to cover them, and set them on the fire; when the water boils, remove the scum, and add the onion cut into rings, the spice, seasoning, and herbs. Cover the stewpan closely, and let the tails simmer very gently until tender, which will be in about 2-1/2 hours. Take them out, make a thickening of butter and flour, add it to the gravy, and let it boil for 1/4 hour. Strain it through a sieve into a saucepan, put back the tails, add the lemon-juice and ketchup; let the whole just boil up, and serve. Garnish with croûtons or sippets of toasted bread.

*Time.*—2-1/2 hours to stew the tails.

*Average cost*, 9d. to 1s. 6d., according to the season.

*Sufficient* for 8 persons.

*Seasonable* all the year.



THE TAILS OF ANIMALS.—In the class Mammalia, the vertebral column or backbone presents only slight modifications, and everywhere shows the same characteristics as in man, who stands at the of this division of the animal kingdom. The length of this column, however, varies much, and the number of vertebrae of which it is composed is far from being uniform. These numerical differences principally depend on the unequal development of the caudal portion, or tail-end, of the column. Thus, the tail-forming vertebrae sometimes do not exist at all,—amongst certain bats for example; in other instances we reckon forty, fifty, and even upwards of sixty of these bones. Among the greater number of mammals, the tail is of little use for locomotion, except that it acts in many cases as does the rudder of a ship, steadying the animal in his rapid movements, and enabling him to turn more easily and quickly. Among some animals, it becomes a very powerful instrument of progression. Thus, in the kangaroos and jerboas, the tail forms, with the hind feet, a kind of tripod from which the animal makes its spring. With most of the American monkeys it is prehensile, and serves the animal as a fifth hand to suspend itself from the branches of trees; and, lastly, among the whales, it grows to an enormous size, and becomes the principal instrument for swimming.

### A PICKLE FOR TONGUES OR BEEF (Newmarket Recipe).

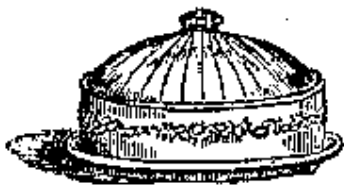
641. INGREDIENTS.—1 gallon of soft water, 3 lbs. of coarse salt, 6 oz. of coarse brown sugar, 1/2 oz. of saltpetre.

*Mode.*—Put all the ingredients into a saucepan, and let them boil for 1/2 hour, clear off the scum as it rises, and when done pour the pickle into a pickling-pan. Let it get cold, then put in the meat, and allow it to remain in the pickle from 8 to 14 days, according to the size. It will keep good for 6 months if well boiled once a fortnight. Tongues will take 1 month or 6 weeks to be properly cured; and, in salting meat, beef and tongues should always be put in separate vessels.

*Time.*—A moderate-sized tongue should remain in the pickle about a month, and be turned every day.

### POTTED BEEF.

#### I.



POTTING-JAR

642. INGREDIENTS.—2 lbs. of lean beef, 1 tablespoonful of water, 1/4 lb. of butter, a seasoning to taste of salt, cayenne, pounded mace, and black pepper.

*Mode.*—Procure a nice piece of lean beef, as free as possible from gristle, skin, &c., and put it into a jar (if at hand, one with a lid) with 1 tablespoonful of water. Cover it *closely*, and put the jar into a saucepan of boiling water, letting the water come within 2 inches of the top of the jar. Boil gently for 3-1/2 hours, then take the beef, chop it very small with a chopping-knife, and pound it thoroughly in a mortar. Mix with it by degrees all, or a portion, of the gravy that will have run from it, and a little clarified butter; add the seasoning, put it in small pots for use, and cover with a little butter just warmed and poured over. If much gravy is added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

*Time.*—3-1/2 hours. *Average cost*, for this quantity, 1s. 8d.

*Seasonable* at any time.

POTTED BEEF  
(Cold Meat Cookery).

II.

643. INGREDIENTS.—The remains of cold roast or boiled beef, 1/4 lb. of butter, cayenne to taste, 2 blades of pounded mace.

*Mode.*—As we have stated in recipe No. 608, the outside slices of boiled beef may, with a little trouble, be converted into a very nice addition to the breakfast-table. Cut up the meat into small pieces and pound it well, with a little butter, in a mortar; add a seasoning of cayenne and mace, and be very particular that the latter ingredient is reduced to the finest powder. When all the ingredients are thoroughly mixed, put it into glass or earthen potting-pots, and pour on the top a coating of clarified butter.

*Seasonable* at any time.

*Note.*—If cold roast beef is used, remove all pieces of gristle and dry outside pieces, as these do not pound well.

PRESERVED MEATS.—When an organic substance, like the flesh of animals, is heated to the boiling-point, it loses the property of passing into a state of fermentation and decay. Fresh animal milk, as is well known, coagulates, after having been kept for two or three days, into a gelatinous mass; but it may be preserved for an indefinite period, as a perfectly sweet liquid, if it be heated daily to the boiling-point. The knowledge of this effect of an elevated temperature has given rise to a most important branch of industry,—namely, the preparation of preserved meats for the use of the navy and merchant service. At Leith, in the neighbourhood of Edinburgh, at Aberdeen, at Bordeaux, at Marseilles, and in many parts of Germany, establishments of enormous magnitude exist, in which soup, vegetables, and viands of every description are prepared, in such a manner that they retain their freshness for years. The prepared aliments are inclosed in canisters of tinned iron plate, the covers are soldered airtight, and the canisters exposed to the temperature of boiling water for three or four hours. The aliments thus acquire a stability, which one may almost say is eternal; and when a canister is opened, after the lapse of several years, its contents are found to be unaltered in taste, colour, and smell. We are indebted to the French philosopher Gay-Lussac for this beautiful practical application of the discovery that boiling checks fermentation. An exclusive salt-meat diet is extremely injurious to the health; and, in former times, thousands of mariners lost their lives for the want of fresh aliments during long voyages. We are sorry to say that the preserved meats are sometimes carelessly prepared, and, though the statement seems incredible, sometimes adulterated. Dr. Lankester, who has done so much to expose the frauds of trade, that he ought to be regarded as a public benefactor, says that he has seen things which were utterly unfit for food, shipped as preserved meats. Surely, as he observes, there ought to be some superintendent to examine the so-called articles of food that are taken on board ship, so that the poor men who have been fighting our battles abroad may run no risk of being starved or poisoned on their way home.

**RIB OF BEEF BONES.**

*(A Pretty Dish.)*

644. **INGREDIENTS.**—Rib of beef bones, 1 onion chopped fine, a few slices of carrot and turnip, 1/4 pint of gravy.

*Mode.*—The bones for this dish should have left on them a slight covering of meat; saw them into pieces 3 inches long; season them with pepper and salt, and put them into a stewpan with the remaining ingredients. Stew gently, until the vegetables are tender, and serve on a flat dish within walls of mashed potatoes.

*Time.*—3/4 hour. *Average cost*, exclusive of the bones, 2d.

*Seasonable* at any time.

**BEEF RISsoles**

*(Cold Meat Cookery).*

645. **INGREDIENTS.**—The remains of cold roast beef; to each pound of meat allow 3/4 lb. of bread crumbs, salt and pepper to taste, a few chopped savoury herbs, 1/2 a teaspoonful of minced lemon-peel, 1 or 2 eggs, according to the quantity of meat.

*Mode.*—Mince the beef very fine, which should be rather lean, and mix with this bread crumbs, herbs, seasoning, and lemon-peel, in the above proportion, to each pound of meat. Make all into a thick paste with 1 or 2 eggs; divide into balls or cones, and fry a rich brown. Garnish the dish with fried parsley, and send with them to table some good brown gravy in a tureen. Instead of garnishing with fried parsley, gravy may be poured in the dish, round the rissoles: in this case, it will not be necessary to send any in a tureen.

*Time.*—From 5 to 10 minutes, according to size.

*Average cost*, exclusive of the meat, 5d.

*Seasonable* at any time.

**ROLLED BEEF,**

to eat like Hare.

646. **INGREDIENTS.**—About 5 lbs. of the inside of the sirloin, 2 glasses of port wine, 2 glasses of vinegar, a small quantity of forcemeat (No. 417), 1 teaspoonful of pounded allspice.

*Mode.*—Take the inside of a large sirloin, soak it in 1 glass of port wine and 1 glass of vinegar, mixed, and let it remain for 2 days. Make a forcemeat by recipe No. 417, lay it on the meat, and bind it up securely. Roast it before a nice clear fire, and baste it with 1 glass each of port wine and vinegar, with which mix a teaspoonful of pounded allspice. Serve, with a good gravy in the dish, and send red-currant jelly to table with it.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time*.—A piece of 5 lbs. about 1-1/2 hour before a brisk fire.

*Average cost*, for this quantity, 5s. 4d.

*Sufficient* for 4 persons.

*Seasonable* at any time.

### **BEEF ROLLS** (Cold Meat Cookery).

647. **INGREDIENTS**.—The remains of cold roast or boiled beef, seasoning to taste of salt, pepper, and minced herbs; puff paste.

*Mode*.—Mince the beef tolerably fine with a small amount of its own fat; add a seasoning of pepper, salt, and chopped herbs; put the whole into a roll of puff paste, and bake for 1/2 hour, or rather longer, should the roll be very large. Beef patties may be made of cold meat, by mincing and seasoning beef as directed above, and baking in a rich puff paste in patty-tins.

*Time*,—1/2 hour.

*Seasonable* at any time.

### **MINIATURE ROUND OF BEEF.** (*An Excellent Dish for a Small Family.*)

648. **INGREDIENTS**.—From 5 to 10 lbs. of rib of beef, sufficient brine to cover the meat.

*Mode*.—Choose a fine rib, have the bone removed, rub some salt over the inside, and skewer the meat up into a nice round form, and bind it with tape. Put it into sufficient brine to cover it (the brine should be made by recipe No. 654), and let it remain for 6 days, turning the meat every day. When required to be dressed, drain from the pickle, and put the meat into very hot water; let it boil rapidly for a few minutes, when draw the pot to the side of the fire, and let it simmer very gently until done. Remove the skewer, and replace it by a plated or silver one. Carrots and turnips should be served with this dish, and may be boiled with the meat.

*Time*.—A small round of 8 lbs., about 2 hours after the water boils; one of 12 lbs., about 3 hours.

*Average cost*, 9d. per lb.

*Sufficient* for 6 persons.

*Seasonable* at any time.

*Note*.—Should the joint be very small, 4 or 5 days will be sufficient time to salt it.

**BRISKET OF BEEF, a la Flamande.**

649. **INGREDIENTS.**—About 6 or 8 lbs. of the brisket of beef, 4 or 5 slices of bacon, 2 carrots, 1 onion, a bunch of savoury herbs, salt and pepper to taste, 4 cloves, 4 whole allspice, 2 blades of mace.

*Mode.*—Choose that portion of the brisket which contains the gristle, trim it, and put it into a stewpan with the slices of bacon, which should be put under and over the meat. Add the vegetables, herbs, spices, and seasoning, and cover with a little weak stock or water; close the stewpan as hermetically as possible, and simmer very gently for 4 hours. Strain the liquor, reserve a portion of it for sauce, and the remainder boil quickly over a sharp fire until reduced to a glaze, with which glaze the meat. Garnish the dish with scooped carrots and turnips, and when liked, a little cabbage; all of which must be cooked separately. Thicken and flavour the liquor that was saved for sauce, pour it round the meat, and serve. The beef may also be garnished with glazed onions, artichoke-bottoms, &c.

*Time.*—4 hours. *Average cost,* 7d. per lb.

*Sufficient* for 6 or 8 persons.

*Seasonable* at any time.

**FRENCH BEEF.**—It has been all but universally admitted, that the beef of France is greatly inferior in quality to that of England, owing to inferiority of pasturage. M. Curmer, however, one of the latest writers on the culinary art, tells us that this is a vulgar error, and that French beef is far superior to that of England. This is mere vaunting on the part of our neighbours, who seem to want *la gloire* in everything; and we should not deign to notice it, if it had occurred in a work of small pretensions; but M. Curmer's book professes to be a complete exposition of the scientific principles of cookery, and holds a high rank in the didactic literature of France. We half suspect that M. Curmer obtained his knowledge of English beef in the same way as did the poor Frenchman, whom the late Mr. Mathews, the comedian, so humorously described. Mr. Lewis, in his "Physiology of Common Life," has thus revived the story of the beef-eating son of France:—"A Frenchman was one day blandly remonstrating against the supercilious scorn expressed by Englishmen for the beef of France, which he, for his part, did not find so inferior to that of England. 'I have been two times in England,' he remarked, but I never find the bif so supérieur to ours. I find it vary convenient that they bring it you on leetle pieces of stick, for one penny: but I do not find the bif supérieur.' On hearing this, the Englishman, red with astonishment, exclaimed, 'Good heavens, sir! you have been eating cat's meat.'" No, M. Curmer, we are ready to acknowledge the superiority of your cookery, but we have long since made up our minds as to the inferiority of your raw material.

**BEEF OLIVES.**

**I.**

650. **INGREDIENTS.**—2 lbs. of rump-steak, 1 egg, 1 tablespoonful of minced savoury herbs, pepper and salt to taste, 1 pint of stock, No. 105, 2 or 3 slices of bacon, 2 tablespoonfuls of any store sauce, a slight thickening of butter and flour.

*Mode.*—Have the steaks cut rather thin, slightly beat them to make them level, cut them into 6 or 7 pieces, brush over with egg, and sprinkle with herbs, which should be very finely minced; season with pepper and salt, and roll up the pieces tightly, and

fasten with a small skewer. Put the stock in a stewpan that will exactly hold them, for by being pressed together, they will keep their shape better; lay in the rolls of meat, cover them with the bacon, cut in thin slices, and over that put a piece of paper. Stew them very *gently* for full 2 hours; for the slower they are done the better. Take them out, remove the skewers, thicken the gravy with butter and flour, and flavour with any store sauce that may be preferred. Give one boil, pour over the meat, and serve.

*Time*.—2 hours. *Average cost*, 1s. per pound.

*Sufficient* for 4 or 6 persons.

*Seasonable* at any time.

## II.

(*Economical*.)

651. **INGREDIENTS**.—The remains of underdone cold roast beef, bread crumbs, 1 shalot finely minced, pepper and salt to taste, gravy made from the beef bones, thickening of butter and flour, 1 tablespoonful of mushroom ketchup.

*Mode*.—Cut some slices of underdone roast beef about half an inch thick; sprinkle over them some bread crumbs, minced shalot, and a little of the fat and seasoning; roll them, and fasten with a small skewer. Have ready some gravy made from the beef bones; put in the pieces of meat, and stew them till tender, which will be in about 1-1/4 hour, or rather longer. Arrange the meat in a dish, thicken and flavour the gravy, and pour it over the meat, when it is ready to serve.

*Time*.—1-1/2 hour. *Average cost*, exclusive of the beef, 2d.

*Seasonable* at any time.

## **BROILED OX-TAIL**

(an Entree).

652. **INGREDIENTS**.—2 tails, 1-1/2 pint of stock, No. 105, salt and cayenne to taste, bread crumbs, 1 egg.

*Mode*.—Joint and cut up the tails into convenient-sized pieces, and put them into a stewpan, with the stock, cayenne, and salt, and, if liked very savoury, a bunch of sweet herbs. Let them simmer gently for about 2-1/2 hours; then take them out, drain them, and let them cool. Beat an egg upon a plate; dip in each piece of tail, and, afterwards, throw them into a dish of bread crumbs; broil them over a clear fire, until of a brownish colour on both sides, and serve with a good gravy, or any sauce that may be preferred.

*Time*.—About 2-1/2 hours. *Average cost*, from 9d. to 1s. 6d., according to the season.

*Sufficient* for 6 persons.

*Seasonable* at any time.

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*Note.*—These may be more easily prepared by putting the tails in a brisk oven, after they have been dipped in egg and bread-crumbs; and, when brown, they are done. They must be boiled the same time as for broiling.

STRANGE TAILS.—Naturalists cannot explain the uses of some of the strange tails borne by animals. In the Egyptian and Syrian sheep, for instance, the tail grows so large, that it is not infrequently supported upon a sort of little cart, in order to prevent inconvenience to the animal. Thin monstrous appendage sometimes attains a weight of seventy, eighty, or even a hundred pounds.

### TO DRESS BEEF PALATES

(an Entree).

653. INGREDIENTS.—4 palates, sufficient gravy to cover them (No. 438), cayenne to taste, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of pickled-onion liquor, thickening of butter and flour.

*Mode.*—Wash the palates, and put them into a stewpan, with sufficient water to cover them, and let them boil until perfectly tender, or until the upper skin may be easily peeled off. Have ready sufficient gravy (No. 438) to cover them; add a good seasoning of cayenne, and thicken with roux, No. 625, or a little butter kneaded with flour; let it boil up, and skim. Cut the palates into square pieces, put them in the gravy, and let them simmer gently for 1/2 hour; add ketchup and onion-liquor, give one boil, and serve.

*Time.*—From 3 to 5 hours to boil the palates.

*Sufficient* for 4 persons.

*Seasonable* at any time.

*Note.*—Palates may be dressed in various ways with sauce tourn  e, good onion sauce, tomato sauce, and also served in a vol-au-vent; but the above will be found a more simple method of dressing them.

### BEEF PICKLE,

which may also be used for any kind of Meat, Tongues, or Hams.

654. INGREDIENTS.—6 lbs. of salt, 2 lbs. of fine sugar, 3 oz. of powdered saltpetre, 3 gallons of spring water.

*Mode.*—Boil all the ingredients gently together, so long as any scum or impurity arises, which carefully remove; when quite cold, pour it over the meat, every part of which must be covered with the brine. This may be used for pickling any kind of meat, and may be kept for some time, if boiled up occasionally with an addition of the ingredients.

*Time.*—A ham should be kept in the pickle for a fortnight; a piece of beef weighing 14 lbs., 12 or 15 days; a tongue, 10 days or a fortnight.

*Note.*—For salting and pickling meat, it is a good plan to rub in only half the quantity of salt directed, and to let it remain for a day or two to disgorge and effectually to get rid of the blood and slime; then rub in the remainder of the salt and other ingredients, and proceed as above. This rule may be applied to all the recipes we have given for salting and pickling meat.

**TO PICKLE PART OF A ROUND OF BEEF FOR HANGING.**

655. **INGREDIENTS.**—For 14 lbs. of a round of beef allow 1-1/2 lb. of salt, 1/2 oz. of powdered saltpetre; or, 1 lb. of salt, 1/2 lb. of sugar, 4 oz. of powdered saltpetre.

*Mode.*—Rub in, and sprinkle either of the above mixtures on 14 lbs. of meat. Keep it in an earthenware pan, or a deep wooden tray, and turn twice a week during 3 weeks; then bind up the beef tightly with coarse linen tape, and hang it in a kitchen in which a fire is constantly kept, for 3 weeks. Pork, hams, and bacon may be cured in a similar way, but will require double the quantity of the salting mixture; and, if not smoke-dried, they should be taken down from hanging after 3 or 4 weeks, and afterwards kept in boxes or tubs, amongst dry oat-husks.

*Time.*—2 or 3 weeks to remain in the brine; to be hung 3 weeks.

*Seasonable* at any time.

*Note.*—The meat may be boiled fresh from this pickle, instead of smoking it.

**BEEF RAGOUT**  
(Cold Meat Cookery).

656. **INGREDIENTS.**—About 2 lbs. of cold roast beef, 6 onions, pepper, salt, and mixed spices to taste; 1/2 pint of boiling water, 3 tablespoonfuls of gravy.

*Mode.*—Cut the beef into rather large pieces, and put them into a stewpan with the onions, which must be sliced. Season well with pepper, salt, and mixed spices, and pour over about 1/2 pint of boiling water, and gravy in the above proportion (gravy saved from the meat answers the purpose); let the whole stew very gently for about 2 hours, and serve with pickled walnuts, gherkins, or capers, just warmed in the gravy.

*Time.*—2 hours. *Average cost*, exclusive of the meat, 4d.

*Seasonable* at any time.

**ROAST RIBS OF BEEF.**

657. **INGREDIENTS.**—Beef, a little salt.

*Mode.*—The fore-rib is considered the primest roasting piece, but the middle-rib is considered the most economical. Let the meat be well hung (should the weather permit), and cut off the thin ends of the bones, which should be salted for a few days, and then boiled. Put the meat down to a nice clear fire, put some clean dripping into the pan, dredge the joint with a little flour, and keep continually basting the whole



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time. Sprinkle some fine salt over it (this must never be done until the joint is dished, as it draws the juices from the meat); pour the dripping from the pan, put in a little boiling: water slightly salted, and *strain* the gravy over the meat. Garnish with tufts of scraped horseradish, and send horseradish sauce to table with it (*see* No. 447). A Yorkshire pudding (*see* Puddings) sometimes accompanies this dish, and, if lightly made and well cooked, will be found a very agreeable addition.

*Time*.—10 lbs. of beef, 2-1/2 hours; 14 to 16 lbs., from 3-1/2 to 4 hours.

*Average cost*, 8-1/2d. per lb.

*Sufficient*.—A joint of 10 lbs. sufficient for 8 or 9 persons.

*Seasonable* at any time.

MEMORANDA IN ROASTING.—The management of the fire is a point of primary importance in roasting. A radiant fire throughout the operation is absolutely necessary to insure a good result. When the article to be dressed is thin and delicate, the fire may be small; but when the joint is large, the fire must fill the grate. Meat must never be put down before a hollow or exhausted fire, which may soon want recruiting; on the other hand, if the heat of the fire becomes too fierce, the meat must be removed to a considerable distance till it is somewhat abated. Some cooks always fail in their roasts, though they succeed in nearly everything else. A French writer on the culinary art says that anybody can learn how to cook, but one must be born a roaster. According to Liebig, beef or mutton cannot be said to be sufficiently roasted until it has acquired, throughout the whole mass, a temperature of 158°; but poultry may be well cooked when the inner parts have attained a temperature of from 130° to 140°. This depends on the greater amount of blood which beef and mutton contain, the colouring matter of blood not being coagulable under 158°.

### **ROAST RIBS OF BEEF, Boned and Rolled** (a very Convenient Joint for a Small Family).

658. **INGREDIENTS**.—1 or 2 ribs of beef.

*Mode*.—Choose a fine rib of beef, and have it cut according to the weight you require, either wide or narrow. Bone and roll the meat round, secure it with wooden skewers, and, if necessary, bind it round with a piece of tape. Spit the beef firmly, or, if a bottle-jack is used, put the joint on the hook, and place it *near* a nice clear fire. Let it remain so till the outside of the meat is set, when draw it to a distance, and keep continually basting until the meat is done, which can be ascertained by the steam from it drawing towards the fire. As this joint is solid, rather more than 1/4 hour must be allowed for each lb. Remove the skewers, put in a plated or silver one, and send the joint to table with gravy in the dish, and garnish with tufts of horseradish. Horseradish sauce, No. 447, is a great improvement to roast beef.

*Time*.—For 10 lbs. of the rolled ribs, 3 hours (as the joint is very solid, we have allowed an extra 1/2 hour); for 6 lbs., 1-1/2 hour.

*Average cost*, 8-1/2d. per lb.

*Sufficient*.—A joint of 10 lbs. for 6 or 8 persons.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Seasonable* all the year.

*Note.*—When the weight exceeds 10 lbs., we would not advise the above method of boning and rolling; only in the case of 1 or 2 ribs, when the joint cannot stand upright in the dish, and would look awkward. The bones should be put in with a few vegetables and herbs, and made into stock.

ROAST BEEF has long been a national dish in England. In most of our patriotic songs it is contrasted with the fricasseed frogs, popularly supposed to be the exclusive diet of Frenchmen.

"O the roast beef of old England,  
And O the old English roast beef."

This national chorus is appealed to whenever a song-writer wishes to account for the valour displayed by Englishmen at sea or on land.

### ROAST SIRLOIN OF BEEF.

659. INGREDIENTS.—Beef, a little salt.

*Mode.*—As a joint cannot be well roasted without a good fire, see that it is well made up about 3/4 hour before it is required, so that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the inside would not be done enough. Spit it or hook it on to the jack firmly, dredge it slightly with flour, and place it near the fire at first, as directed in the preceding recipe. Then draw it to a distance, and keep continually basting until the meat is done. Sprinkle a small quantity of salt over it, empty the dripping-pan of all the dripping, pour in some boiling water slightly salted, stir it about, and *strain* over the meat. Garnish with tufts of horseradish, and send horseradish sauce and Yorkshire pudding to table with it. For carving, *see* p. 317.

*Time.*—A sirloin of 10 lbs., 2-1/2 hours; 14 to 16 lbs., about 4 or 4-1/2 hours.

*Average cost, 8-1/2d. per lb.*

*Sufficient.*—A joint of 10 lbs. for 8 or 9 persons.

*Seasonable* at any time.

The rump, round, and other pieces of beef are roasted in the same manner, allowing for solid joints; 1/4 hour to every lb.

*Note.*—The above is the usual method of roasting meat; but to have it in perfection and the juices kept in, the meat should at first be laid close to the fire, and when the outside is set and firm, drawn away to a good distance, and then left to roast very slowly; where economy is studied, this plan would not answer, as the meat requires to be at the fire double the time of the ordinary way of cooking; consequently, double the quantity of fuel would be consumed.



SIRLOIN OF BEEF.

ORIGIN OF THE WORD

"SIRLOIN."—The loin of beef is said to have been knighted by King Charles II., at Friday Hall, Chingford. The "Merry Monarch" returned to this hospitable mansion for Epping Forest literally "as hungry as a hunter," and beheld, with delight, a huge loin of beef steaming upon the table. "A noble joint!" exclaimed the king. "By St. George, it shall have a title!" Then drawing his sword, he raised it above

the meat, and cried, with mock dignity, "Loin, we dub thee knight; henceforward be Sir Loin!" This anecdote is doubtless apocryphal, although the oak table upon which the joint was supposed to have received its knighthood, might have been seen by any one who visited Friday-Hill House, a few years ago. It is, perhaps, a pity to spoil so noble a story; but the interests of truth demand that we declare that *sirloin* is probably a corruption of *surloin*, which signifies the upper part of a loin, the prefix *sur* being equivalent to *over* or *above*. In French we find this joint called *surlonge*, which so closely resembles our *sirloin*, that we may safely refer the two words to a common origin.

TO SALT BEEF.

660. INGREDIENTS.—1/2 round of beef, 4 oz. of sugar, 1 oz. of powdered saltpetre, 2 oz. of black pepper, 1/4 lb. of bay-salt, 1/2 lb. of common salt. *Mode*.—Rub the meat well with salt, and let it remain for a day, to disgorge and clear it from slime. The next day, rub it well with the above ingredients on every side, and let it remain in the pickle for about a fortnight, turning it every day. It may be boiled fresh from the pickle, or smoked.

*Time*.—1/2 round of beef to remain in pickle about a fortnight. *Average cost*, 7d. per lb. *Seasonable* at any time.

*Note*.—The aitch-bone, flank, or brisket may be salted and pickled by any of the recipes we have given for salting beef, allowing less time for small joints to remain in the pickle; for instance, a joint of 8 or 9 lbs. will be sufficiently salt in about a week.

THE DUTCH WAY TO SALT BEEF.

661. INGREDIENTS.—10 lbs. of lean beef, 1 lb. of treacle, 1 oz. of saltpetre, 1 lb. of common salt.

*Mode*.—Rub the beef well with the treacle, and let it remain for 3 days, turning and rubbing it often; then wipe it, pound the salt and saltpetre very fine, rub these well in, and turn it every day for 10 days. Roll it up tightly in a coarse cloth, and press it under a large weight; have it smoked, and turn it upside down every day. Boil it, and, on taking it out of the pot, put a heavy weight on it to press it.

*Time*.—17 days.

*Seasonable* at any time.

**BEEF SAUSAGES.**

662. INGREDIENTS.—To every lb. of suet allow 2 lbs. of lean beef; seasoning to taste of salt, pepper, and mixed spices.

*Mode.*—Clear the suet from skin, and chop that and the beef as finely as possible; season with pepper, salt, and spices, and mix the whole well together. Make it into flat cakes, and fry of a nice brown. Many persons pound the meat in a mortar after it is chopped ( but this is not necessary when the meat is minced finely.)

*Time.*—10 minutes. *Average cost*, for this quantity, 1s. 6d.

*Seasonable* at any time.

**BEEF-STEAK, Rolled, Roasted, and Stuffed.**

663. INGREDIENTS.—2 lbs. of rump-steak, forcemeat No. 417, pepper and salt to taste, clarified butter.

*Mode.*—Have the steaks cut rather thick from a well-hung rump of beef, and sprinkle over them a seasoning of pepper and salt. Make a forcemeat by recipe No. 417; spread it over *half* of the steak; roll it up, bind and skewer it firmly, that the forcemeat may not escape, and roast it before a nice clear fire for about 1-1/2 hour, or rather longer, should the roll be very large and thick. Keep it constantly basted with butter, and serve with brown gravy, some of which must be poured round the steak, and the remainder sent to table in a tureen.

*Time.*—1-1/2 hour. *Average cost*, 1s. per lb.

*Sufficient* for 4 persons.

*Seasonable* all the year, but best in winter.

**SLICED AND BROILED BEEF**

a Pretty Dish (Cold Meat Cookery).

664. INGREDIENTS.—A few slices of cold roast beef, 4 or 5 potatoes, a thin batter, pepper and salt to taste.

*Mode.*—Pare the potatoes as you would peel an apple; fry the parings in a thin batter seasoned with salt and pepper, until they are of a light brown colour, and place them on a dish over some slices of beef, which should be nicely seasoned and broiled.

*Time.*—5 minutes to broil the meat.

*Seasonable* at any time.

**SPICED BEEF**

(to Serve Cold).

665. **INGREDIENTS.**—14 lbs. of the thick flank or rump of beef, 1/2 lb. of coarse sugar, 1 oz. of saltpetre, 1/4 lb. of pounded allspice, 1 lb. of common salt.

*Mode.*—Rub the sugar well into the beef, and let it lay for 12 hours; then rub the saltpetre and allspice, both of which should be pounded, over the meat, and let it remain for another 12 hours; then rub in the salt. Turn daily in the liquor for a fortnight, soak it for a few hours in water, dry with a cloth, cover with a coarse paste, put a little water at the bottom of the pan, and bake in a moderate oven for 4 hours. If it is not covered with a paste, be careful to put the beef into a deep vessel, and cover with a plate, or it will be too crisp. During the time the meat is in the oven it should be turned once or twice.

*Time.*—4 hours. *Average cost*, 7d. per lb.

*Seasonable* at any time.

**BAKING MEAT.**—Baking exerts some unexplained influence on meat, rendering it less savoury and less agreeable than meat which has been roasted. "Those who have travelled in Germany and France," writes Mr. Lewis, one of our most popular scientific authors, "must have repeatedly marvelled at the singular uniformity in the flavour, or want of flavour, of the various 'roasts' served up at the *table-d'hôte*." The general explanation is, that the German and French meat is greatly inferior in quality to that of England and Holland, owing to the inferiority of pasturage; and doubtless this is one cause, but it is not the chief cause. The meat is inferior, but the cooking is mainly at fault. The meat is scarcely ever *roasted*, because there is no coal, and firewood is expensive. The meat is therefore *baked*; and the consequence of this baking is, that no meat is eatable or eaten, with its own gravy, but is always accompanied by some sauce more or less piquant. The Germans generally believe that in England we eat our beef and mutton almost raw; they shudder at our gravy, as if it were so much blood.

**STEWED BEEF or RUMP STEAK**

(an Entree).

666. **INGREDIENTS.**—About 2 lbs. of beef or rump steak, 3 onions, 2 turnips, 3 carrots, 2 or 3 oz. of butter, 1/2 pint of water, 1 teaspoonful of salt, 1/2 do. of pepper, 1 tablespoonful of ketchup, 1 tablespoonful of flour.

*Mode.*—Have the steaks cut tolerably thick and rather lean; divide them into convenient-sized pieces, and fry them in the butter a nice brown on both sides. Cleanse and pare the vegetables, cut the onions and carrots into thin slices, and the turnips into dice, and fry these in the same fat that the steaks were done in. Put all into a saucepan, add 1/2 pint of water, or rather more should it be necessary, and simmer very gently for 2-1/2 or 3 hours; when nearly done, skim well, add salt, pepper, and ketchup in the above proportions, and thicken with a tablespoonful of flour mixed with 2 of cold water. Let it boil up for a minute or two after the thickening is added, and serve. When a vegetable-scoop is at hand, use it to cut the vegetables in fanciful shapes, and tomato, Harvey's sauce, or walnut-liquor may be used to flavour the gravy. It is less rich if stewed the previous day, so that the fat may be taken off when cold; when wanted for table, it will merely require warming through.

## THE BOOK OF HOUSEHOLD MANAGEMENT

*Time*.—3 hours. Average cost, 1s. per lb.

*Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

### **STEWED BEEF AND CELERY SAUCE** (Cold Meat Cookery).

667. **INGREDIENTS**.—3 roots of celery, 1 pint of gravy, No. 436, 2 onions sliced, 2 lbs. of cold roast or boiled beef.

*Mode*.—Cut the celery into 2-inch pieces, put them in a stew-pan, with the gravy and onions, simmer gently until the celery is tender, when add the beef cut into rather thick pieces; stew gently for 10 minutes, and serve with fried potatoes.

*Time*.—From 20 to 25 minutes to stew the celery.

*Average cost*, exclusive of the meat, 6d.

*Seasonable* from September to January.

### **STEWED BEEF WITH OYSTERS** (Cold Meat Cookery).

668. **INGREDIENTS**.—A few thick steaks of cold ribs or sirloin of beef, 2 oz. of butter, 1 onion sliced, pepper and salt to taste, 1/2 glass of port wine, a little flour to thicken, 1 or 2 dozen oysters, rather more than 1/2 pint of water.

*Mode*.—Cut the steaks rather thick, from cold sirloin or ribs of beef; brown them lightly in a stewpan, with the butter and a little water; add 1/2 pint of water, the onion, pepper, and salt, and cover the stewpan closely, and let it simmer very gently for 1/2 hour; then mix about a teaspoonful of flour smoothly with a little of the liquor; add the port wine and oysters, their liquor having been previously strained and put into the stewpan; stir till the oysters plump, and serve. It should not boil after the oysters are added, or they will harden.

*Time*.—1/2 hour. *Average cost*, exclusive of the meat, 1s. 4d.

*Seasonable* from September to April.

### **STEWED BRISKET OF BEEF.**

669. **INGREDIENTS**.—7 lbs. of a brisket of beef, vinegar and salt, 6 carrots, 6 turnips, 6 small onions, 1 blade of pounded mace, 2 whole allspice pounded, thickening of butter and flour, 2 tablespoonfuls of ketchup; stock, or water.

*Mode*.—About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stewpan, with sufficient stock to cover it (when this is not at hand, water may be substituted for it), and be particular that the stewpan is not much larger than the

meat. Skim well, and when it has simmered very gently for 1 hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and ketchup in the above proportion, give one boil, pour some of it over the meat, and the remainder send in a tureen.

*Time*.—rather more than 3 hours. *Average cost*, 7d. per lb.

*Sufficient* for 7 or 8 persons.

*Seasonable* at any time.

*Note*.—The remainder of the liquor in which the beef was boiled may be served as a soup, or it may be sent to table with the meat in a tureen.

### STEWED RUMP OF BEEF.

670. **INGREDIENTS**.—1/2 rump of beef, sufficient stock to cover it (No. 105), 4 tablespoonfuls of vinegar, 2 tablespoonfuls of ketchup, 1 large bunch of savoury herbs, 2 onions, 12 cloves, pepper and salt to taste, thickening of butter and flour, 1 glass of port wine.

*Mode*.—Cut out the bone, sprinkle the meat with a little cayenne (this must be sparingly used), and bind and tie it firmly up with tape; put it into a stewpan with sufficient stock to cover it, and add vinegar, ketchup, herbs, onions, cloves, and seasoning in the above proportion, and simmer very gently for 4 or 5 hours, or until the meat is perfectly tender, which may be ascertained by piercing it with a thin skewer. When done, remove the tape, lay it into a deep dish, which keep hot; strain and skim the gravy, thicken it with butter and flour, add a glass of port wine and any flavouring to make the gravy rich and palatable; let it boil up, pour over the meat, and serve. This dish may be very much enriched by garnishing with forcemeat balls, or filling up the space whence the bone is taken with a good forcemeat; sliced carrots, turnips, and onions boiled with the meat, are also a great improvement, and, where expense is not objected to, it may be glazed. This, however, is not necessary where a good gravy is poured round and over the meat.

*Time*.—1/2 rump stewed gently from 4 to 5 hours.

*Average cost*, 10d. per lb. *Sufficient* for 8 or 10 persons.

*Seasonable* at any time.

*Note*.—A stock or gravy in which to boil the meat, may be made of the bone and trimmings, by boiling them with water, and adding carrots, onions, turnips, and a bunch of sweet herbs. To make this dish richer and more savoury, half-roast the rump, and afterwards stew it in strong stock and a little Madeira. This is an expensive method, and is not, after all, much better than a plainer-dressed joint.

## THE BOOK OF HOUSEHOLD MANAGEMENT

THE BARON OF BEEF.—This noble joint, which consisted of two sirloins not cut asunder, was a favourite dish of our ancestors. It is rarely seen nowadays; indeed, it seems out of place on a modern table, as it requires the grim boar's and Christmas pie as supporters. Sir Walter Scott has described a feast at which the baron of beef would have appeared to great advantage. We will quote a few lines to remind us of those days when "England was merry England," and when hospitality was thought to be the highest virtue.

"The fire, with well-dried logs supplied,  
Went roaring up the chimney wide;  
The huge hall-table's oaken face,  
Scrub'd till it shone, the day to grace,  
Bore then, upon its massive board,  
No mark to part the squire and lord.  
Then was brought in the lusty brawn,  
By old blue-coated serving-man;  
Then the grim boar's frown'd on high,  
Crested with bays and rosemary.  
Well can the green-garb'd ranger tell  
How, when, and where the monster fell;  
What dogs before his death he tore,  
And all the baiting of the boar;  
While round the merry wassel bowl,  
Garnish'd with ribbons, blithe did trowl.  
There the huge sirloin reek'd; hard by  
Plum-porridge stood, and Christmas pie;  
Nor fail'd old Scotland to produce,  
At such high tide, her savoury goose."

When a lord's son came of age, in the olden time, the baron of beef was too small a joint, by many degrees, to satisfy the retainers who would flock to the hall; a whole ox was therefore generally roasted over a fire built up of huge logs. We may here mention, that an ox was roasted entire on the frozen Thames, in the early part of the present century.

### STEWED SHIN OF BEEF.

671. INGREDIENTS.—A shin of beef, 1 of celery, 1 onion, a faggot of savoury herbs, 1/2 teaspoonful of allspice, 1/2 teaspoonful of whole black pepper, 4 carrots, 12 button onions, 2 turnips, thickening of butter and flour, 3 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine; pepper and salt to taste.

*Mode.*—Have the bone sawn into 4 or 5 pieces, cover with hot water, bring it to a boil, and remove any scum that may rise to the surface. Put in the celery, onion, herbs, spice, and seasoning, and simmer very gently until the meat is tender. Peel the vegetables, cut them into any shape fancy may dictate, and boil them with the onions until tender; lift out the beef, put it on a dish, which keep hot, and thicken with butter and flour as much of the liquor as will be wanted for gravy; keep stirring till it boils, then strain and skim. Put the gravy back in the stewpan, add the seasoning, port wine, and ketchup, give one boil, and pour it over the beef; garnish with the boiled carrots, turnips, and onions.

*Time.*—The meat to be stewed about 4 hours. *Average cost*, 4d. per lb. with bone.

*Sufficient* for 7 or 8 persons.

*Seasonable* at any time.



**TOAD-IN-THE-HOLE**  
(a Homely but Savoury Dish).

672. **INGREDIENTS.**—1-1/2 lb. of rump-steak, 1 sheep's kidney, pepper and salt to taste. For the batter, 3 eggs, 1 pint of milk, 4 tablespoonfuls of flour, 1/2 saltspoonful of salt.

*Mode.*—Cut up the steak and kidney into convenient-sized pieces, and put them into a pie-dish, with a good seasoning of salt and pepper; mix the flour with a small quantity of milk at first, to prevent its being lumpy; add the remainder, and the 3 eggs, which should be well beaten; put in the salt, stir the batter for about 5 minutes, and pour it over the steak. Place it in a tolerably brisk oven immediately, and bake for 1-1/2 hour.

*Time.*—1-1/2 hour. *Average cost,* 1s. 9d.

*Sufficient* for 4 or 5 persons.

*Seasonable* at any time.

*Note.*—The remains of cold beef, rather underdone, may be substituted for the steak, and, when liked, the smallest possible quantity of minced onion or shalot may be added.

**BOILED TONGUE.**

673. **INGREDIENTS.**—1 tongue, a bunch of savoury herbs, water.

*Mode.*—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it; if, however, it is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in sock. Put the tongue in a stewpan with plenty of cold water and a bunch of savoury herbs; let it gradually come to a boil, skim well and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it, and put a paper ruche round the root, and garnish with tufts of parsley.

*Time.*—A large smoked tongue, 4 to 4-1/2 hours; a small one, 2-1/2 to 3 hours. A large unsmoked tongue, 3 to 3-1/2 hours; a small one, 2 to 2-1/2 hours.

*Average cost,* for a moderate sized tongue, 3s. 6d.

*Seasonable* at any time.

TO CURE TONGUES.

I.

674. INGREDIENTS.—For a tongue of 7 lbs., 1 oz. of saltpetre, 1/2 oz. of black pepper, 4 oz. of sugar, 3 oz. of juniper berries, 6 oz. of salt.

*Mode.*—Rub the above ingredients well into the tongue, and let it remain in the pickle for 10 days or a fortnight; then drain it, tie it up in brown paper, and have it smoked for about 20 days over a wood fire; or it may be boiled out of this pickle.

*Time.*—From 10 to 14 days to remain in the pickle; to be smoked 24 days.

*Average cost*, for a medium-sized uncured tongue, 2s. 6d.

*Seasonable* at any time.

*Note.*—If not wanted immediately, the tongue will keep 3 or 4 weeks without being too salt; then it must not be rubbed, but only turned in the pickle.

II.

675. INGREDIENTS.—9 lbs. of salt, 8 oz. of sugar, 9 oz. of powdered saltpetre.

*Mode.*—Rub the above ingredients well into the tongues, and keep them in this curing mixture for 2 months, turning them every day. Drain them from the pickle, cover with brown paper, and have them smoked for about 3 weeks.

*Time.*—The tongues to remain in pickle 2 months; to be smoked 3 weeks.

*Sufficient.*—The above quantity of brine sufficient for 12 tongues, of 5 lbs. each.

*Seasonable* at any time.

THE TONGUES OF ANIMALS.—The tongue, whether in the ox or in man, is the seat of the sense of taste. This sense warns the animal against swallowing deleterious substances. Dr. Carpenter says, that, among the lower animals, the instinctive perceptions connected with this sense, are much more remarkable than our own; thus, an omnivorous monkey will seldom touch fruits of a poisonous character, although their taste may be agreeable. However this may be, man's instinct has decided that ox-tongue is better than horse-tongue; nevertheless, the latter is frequently substituted by dishonest dealers for the former. The horse's tongue may be readily distinguished by a spoon-like expansion at its end.



BEEF TONGUE.

**TO PICKLE AND DRESS A TONGUE TO EAT COLD.**

676. **INGREDIENTS.**—6 oz. of salt, 2 oz. of bay-salt, 1 oz. of saltpetre, 3 oz. of coarse sugar; cloves, mace, and allspice to taste; butter, common crust of flour and water.

*Mode.*—Lay the tongue for a fortnight in the above pickle, turn it every day, and be particular that the spices are well pounded; put it into a small pan just large enough to hold it, place some pieces of butter on it, and cover with a common crust. Bake in a slow oven until so tender that a straw would penetrate it; take off the skin, fasten it down to a piece of board by running a fork through the root and another through the tip, at the same time straightening it and putting it into shape. When cold, glaze it, put a paper ruche round the root, which is generally very unsightly, and garnish with tufts of parsley.

*Time.*—From 3 or 4 hours in a slow oven, according to size.

*Average cost,* for a medium-sized uncured tongue, 2s. 6d.

*Seasonable* at any time.

**TO DRESS TRIPE.**

677. **INGREDIENTS.**—Tripe, onion sauce, No. 484, milk and water.

*Mode.*—Ascertain that the tripe is quite fresh, and have it cleaned and dressed. Cut away the coarsest fat, and boil it in equal proportions of milk and water for 3/4 hour. Should the tripe be entirely undressed, more than double that time should be allowed for it. Have ready some onion sauce made by recipe No. 484, dish the tripe, smother it with the sauce, and the remainder send to table in a tureen.

*Time.*—1 hour: for undressed tripe, from 2-1/2 to 3 hours.

*Average cost,* 7d. per lb.

*Seasonable* at any time.

*Note.*—Tripe may be dressed in a variety of ways: it may be cut in pieces and fried in batter, stewed in gravy with mushrooms, or cut into collops, sprinkled with minced onion and savoury herbs, and fried a nice brown in clarified butter.

**Beef carving.**

**AITCHBONE OF BEEF.**

A boiled aitch-bone of beef is not a difficult joint to carve, as will be seen on reference to the accompanying engraving. By following with the knife the direction of the line from 1 to 2, nice slices will be easily cut. It may be necessary, as in a round of beef, to cut a thick slice off the outside before commencing to serve.



### BRISKET OF BEEF.

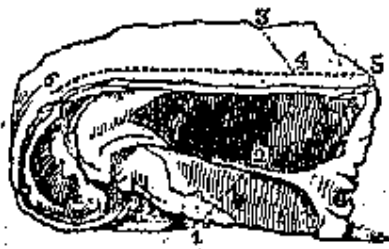
There is but little description necessary to add, to show the carving of a boiled brisket of beef, beyond the engraving here inserted. The only point to be observed is, that the joint should be cut evenly and firmly quite across the bones, so that, on its reappearance at table, it should not have a jagged and untidy look.

### RIBS OF BEEF.

This dish resembles the sirloin, except that it has no fillet or undercut. As explained in the recipes, the end piece is often cut off, salted and boiled. The mode of carving is similar to that of the sirloin, viz., in the direction of the dotted line from 1 to 2. This joint will be the more easily cut if the plan be pursued which is suggested in carving the sirloin; namely, the inserting of the knife immediately between the bone and the meat, before commencing to cut it into slices. All joints of roast beef should be cut in even and thin slices. Horseradish, finely scraped, may be served as a garnish; but horseradish sauce is preferable for eating with the beef.

### SIRLOIN OF BEEF.

This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost. The reverse way, as shown in the cut, is that most usually adopted. Still the undercut is best eaten when hot; consequently, the carver himself may raise the joint, and cut some slices from the under side, in the direction of from 1 to 2, as the fillet is very much preferred by some eaters. The upper part of the sirloin should be cut in the direction of the line from 5 to 6, and care should be taken to carve it evenly and in thin slices. It will be found a great assistance, in carving this joint well, if the knife be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint. The slices will then come away more readily.



be used as a garnish.

Some carvers cut the upper side of the sirloin across, as shown by the line from 3 to 4; but this is a wasteful plan, and one not to be recommended. With the sirloin, very finely-scraped horseradish is usually served, and a little given, when liked, to each guest. Horseradish sauce is preferable, however, for serving on the plate, although the scraped horseradish may still

### A ROUND OF BEEF.



A round of beef is not so easily carved as many other joints of beef, and to manage it properly, a thin-bladed and very sharp knife is necessary. Off

the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth; then thin and even slices should be cleverly carved in the direction of the line 1 to 2; and with each slice of the lean a delicate morsel of the fat should be served.

### BEEF TONGUE.



Passing the knife down in the direction of from 1 to 2, a not too thin slice should be helped; and the carving of a tongue may be continued in this way until the best portions of the upper side are served. The fat which lies about the root of the tongue can be served by turning the tongue, and cutting in the direction of from 3 to 4.



END OF VOLUME 1