

*Mackenzie sc.*

*S. G. Pinx.*



*Surgeon Major, 1822*  
THE

# FEMALE ECONOMIST;

OR, A PLAIN

377

## SYSTEM OF COOKERY,

FOR THE USE OF FAMILIES,

CONTAINING UPWARDS OF 850 VALUABLE RECEIPTS;

ALSO

## THE HOUSEKEEPER'S ASSISTANT

IN THE CHOICE OF PROVISIONS, CONTAINING A LIST OF THE ARTICLES IN SEASON  
DURING EACH MONTH OF THE YEAR;

AND A CONCISE

## GARDENER'S CALENDAR.

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BY MRS. SMITH.

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In every station, an ECONOMIST is a respectable character.

*Hunter's Culina.*

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1822.

FOUR SHILLINGS BOARDS.

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## P R E F A C E.

MANY young Females, when they first undertake the management of domestic concerns, are removed to a great distance from their friends, and probably do not know how to prepare many of those articles which are frequently wanted in a family; for it cannot be expected that they should be accurately acquainted with those things, a knowledge of which requires considerable experience; and yet many of them are unwilling to ask for information from their acquaintance, lest they should be thought defective in that knowledge which is deemed essential to the right management of domestic concerns. This inconvenience (great as it is, and frequently as it is felt) may now be removed by the perusal of the present work; for it is hoped that Females in the middle classes of society, who superintend their own family affairs, and who wish to unite hospitality with economy, will find this publication answer the purpose for which it was intended; for it is the wish of

the writer to furnish the young housekeeper with a considerable number of receipts, to which she may have recourse whenever occasion requires; to point out the best method of preparing those things which are frequently wanted in a family; and to enable her to render them agreeable to the palate, consistently with the rules of economy and frugality. It is also hoped that this publication will answer the purpose much better than any which have preceded it; for, though it contains many receipts for particular dishes, which would be too expensive for common use, it also contains many others adapted to daily service; and it must be remembered that a COOKERY BOOK is frequently consulted at a time when some article out of the common course is wanted, or when a table is to be set out for company.

The present publication contains many original and valuable receipts; and no pains have been spared to obtain the best information from the most approved authorities, as well as from the private practice of the most experienced and economical housekeepers.

No rules are given for carving; for, without engravings (which must have greatly increased the price of the work) they would be nearly useless. Indeed the writer is of opinion that this female accomplishment can be acquired only by practice. All Mothers ought to permit their Daughters to preside at table long before it is expected that they will



be out of the reach of maternal instruction: want of attention *here* often occasions the young wife much mortification.

“ Rules for marketing ” are also omitted, because butchers’ meat in particular is sent to market, in different places, cut in so different a manner, and the various pieces are distinguished by such a variety of names, that directions which would be suitable in one place would be useless in another.

The reader will not meet with many remarks concerning pickles and preserves; for the writer begs to observe, she is convinced by experience, that the receipts here given for those articles preserve the flavour much better than others which are more expensive and troublesome; only let it be remembered that pickles and preserves require a very dry place, without an attention to which, the most expensive mode of preparation would be found ineffectual.

Only a few articles of confectionary are inserted, as it would be impossible to give much information upon that subject in a publication like the present. Sufficient receipts, however, will be found for house-keepers in general; and those who wish for more information on that subject are referred to “ Nutt’s Complete Confectioner,” a new edition of which has been lately published, with additions.

The Reader will find directions for making most kinds of British wines in common use. The very high price of foreign wines has occasioned much attention to be paid to this branch of domestic economy ; and these articles are now brought to such perfection, that they find a place at the most respectable tables.

As it is the peculiar province of Females to attend upon the Sick, some receipts are given, both for diet and medicine, which may perhaps be acceptable, and assist the mistress of a family in the discharge of so important a duty as that of contributing to the relief and comfort of the afflicted. A good Cook often contributes very much towards rendering the prescription of the Physician efficacious.

Every one must be convinced of the necessity of cleanliness in every article used in Cookery. The health of families depends greatly upon the management of the Cook ; and if copper vessels were banished from the kitchen, and iron ones substituted in their place, it would not be in the power of an ignorant or a careless servant to do that injury which is now too frequent.

We may easily be convinced of the pernicious effects of copper or brass by rubbing the hand round the inside of a pot or kettle which is made of either of those metals, and which has been scoured



clean, and is ready for use : though it may not change the colour of the hand, it will cause a very disagreeable smell, and must, in some degree, affect every article which is put into it. If copper vessels must still be used, great care should be taken to keep them clean and well-tinned ; nothing should be suffered to remain in them longer than is absolutely necessary for the purposes of cookery.

A friend in London, to whom I submitted the manuscript, thinks I have prescribed the use of cream and eggs rather too freely, considering the price of such articles in the metropolis. So far as the sale of this book may extend in London, the remark may be just ; but, as the greater part of them will probably find their way into the country, there will be less cause of complaint on that head, as cream and eggs may there be more easily obtained.

With respect to the use of sweet herbs, essences, &c., much depends upon the taste of those for whom the dishes are prepared, in the composition of which those articles are sometimes used ; many persons omit the use of them entirely.

The use of wine, also, must depend upon circumstances ; most dishes may be made tolerably good without it.

The writer speaks with considerable confidence

respecting a great number of the receipts here given, as they are the result of long experience, and have been constantly used in her own family, and amongst her own acquaintance, upwards of thirty years: she therefore hopes that the present publication is well adapted to the purposes of Domestic Economy.

The flattering reception with which this work has been received by an indulgent Public, has induced the writer to revise, correct, and considerably augment the present edition; and it is presumed, that in its present state it will be found more worthy the attention of young Housekeepers.

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# THE HOUSEKEEPER'S ASSISTANT

## IN THE CHOICE OF PROVISIONS;

CONTAINING

A LIST OF THE ARTICLES IN SEASON DURING EACH MONTH OF THE YEAR.

### JANUARY.

**SOUPS.**—Turtle, mock turtle, vermicelli, peas, gravy, giblet, hare, bouillie, and ox cheek.

**FISH.**—Turbot, cod, soles, carp, tench, lampreys, perch, plaice, smelts, whittings, oysters, crabs, lobsters, prawns, skate, eels, sturgeon, thornback.

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

**POULTRY, &c.**—Geese, turkeys, fowls, chickens, capons, pigeons, and tame rabbits.

**GAME.**—Woodcocks, partridges, snipes, hares, pheasants, and all sorts of wild fowl are now in full season.

**VEGETABLES.**—Savoys, cabbages, brocoli, coleworts, sprouts, asparagus, potatoes, turnips, carrots, cresses, parsnips, spinage, lettuces, celery, endive, borecole, leeks, onions, cardoons, Jerusalem artichokes, parsley, mint, beets, thyme, savory, hyssop, pot marjoram, radishes, sage, rosemary, garlic.

**FRUITS.**—The following *Pears*; Parkinson's warden, black pear of Worcester, winter beurre, winter bonchretien, citron d'hyver, franc real, and the cadillac.—*Apples*; golden pippin, French pippin, golden russet, nonpareil, John apple, winter pearmain, pear russet, aromatic russet, pommes d'apis, Holland pippin, Kentish pippin, services, almonds, raisins, medlars, grapes, oranges, and nuts.

### GARDENER'S CALENDAR.

If the weather be open and dry, sow, upon warm compartments, small portions of peas, beans, cabbage, spinage, carrots, parsley, radish, lettuce, and onions, and preserve them from the cold by mats. Also, in hot-beds, cucumbers, melons, small salad, best early and red cabbage, kidney beans and cauliflowers. Plant cabbages, horse-radish, beans, and mint roots. The cucumbers and melons this month require particular attention. They ought to receive air by small degrees as often as possible.

## FEBRUARY.

**SOUPS.**—Soup and bouillie, turtle, mock turtle, hare, gravy, peas, ox cheek, vermicelli, giblet.

**FISH.**—Whitings, smelts, cod, soles, turbot, tench, plaice, flounders, dory, halibet, lampreys, eels, sprats, lobsters, crayfish, crabs, prawns, oysters, anchovies, thornback.

**FLESH.**—Pork, beef, veal, house lamb, mutton.

**POULTRY.**—Tame and wild pigeons, green geese, young ducklings, turkey poults, pullets with eggs, capons, chickens, tame rabbits.

**GAME.**—Hares, partridges, pheasants, woodcocks, and all other wild fowl.

**VEGETABLES.**—White and purple brocoli, sprouts, savoys, cabbages, carrots, turnips, potatoes, Jerusalem artichokes, onions, leeks, garlic, beets, endive, celery, parsnips, forced radishes, lettuces, and cucumbers, parsley, mustard and cresses, thyme, mint, savory, marjoram, cardoons, coleworts, rocambole, and shalots.

**FRUITS.**—The following *Pears* are yet in season: bessy de cossoy, citron d'hyver, winter bonchretien, winter russet, bugi, or bergamot de pasque, lord Cheyne's green pear, carmelite, saint martial, saint lezin, double fleur, and portail; and for baking, the Pickering, black pear of Worcester, English warden, union, and cadillac. —*Apples*; Aromatic pippin, Dutch and golden pippins, nonpareils, golden russets, John apple, winter pearmain, Kentish pippin, Pile's russet. Medlars, grapes, oranges, nuts, almonds, raisins, French preserves, services, dates and pistachio nuts.

## GARDENER'S CALENDAR.

Sow small salad, radishes, onions, parsley, spinage, lettuce, peas, beans, cabbage, cauliflowers, carrots, parsnips, fennel, &c. Plant cabbages, &c., as last month. The cucumber and melon plants, raised last month, should be transplanted about the middle of this into new hot-beds. The ground should be prepared for planting asparagus next month.

## MARCH.

**SOUPS.**—Turtle, mock turtle, gravy, giblet, vermicelli, hare, ox rump, peas, mutton broth.

**FISH.**—Turbot, soles, carp, mullets, tench, whittings, thornback, bream, plaice, barbel, eels, roach, dace, bleak, oysters, lobsters, crabs, crayfish, prawns, horse mackerel.

**FLESH.**—Beef, mutton, veal, pork, house lamb.

**POULTRY.**—Fowls, capons, pullets, chickens, turkeys, young ducklings, tame rabbits, pigeons, and turkey poults.

**GAME.**—Hares. Wild fowl out of season.

**VEGETABLES.**—Winter spinage, sprouts from the stalks of cabbages and savoys, coleworts, brocoli, potatoes, turnips, carrots, Jerusalem artichokes, parsnips, endive, celery, borecole, red beets, cardoons, chard beets, parsley, sage, mint, burnet, winter savory, tansey, fennel, lettuces, chives, radishes, cresses, onions, young salad herbs.

**FRUITS.**—Bergamot bugi pears, Saint Martial ditto, winter bonchretien, royal d'hyver, double fleur l'amozelle, bezy de chaumontelle, double blossom pear, and the cadillac; union or Pickering, and Parkinson's warden, for baking.—*Apples*; Golden russets, golden pippin, nonpareils, Lean's pearmain, John apples, rennetings, bonchretien, pomme d'apis, Holland pippin, French pippin, Kentish pippin, stone pippin. Oranges, almonds, raisins, dates, French preserves, pistachio and other nuts, and forced strawberries.

## GARDENER'S CALENDAR.

Sow, in this month, principal crops of carrots, early turnips, radishes, onions, cabbage, celery, cauliflowers, spinage, lettuce, asparagus, peas, and beans. Sow asparagus for the new plantations of the next year. Make new asparagus beds, and fork the old ones.



## APRIL.

**SOUPS.**—Mock turtle, giblet, gravy, vermicelli, and veal.

**FISH.**—Carp, tench, turbot, soles, mullets, trout, smelts, herrings, skate, horse mackerel, lobsters, crabs, prawns.

**FLESH.**—Beef, veal, mutton, and lamb.

**POULTRY.**—Fowls, chickens, pullets, pigeons, ducklings, and tame rabbits.

**GAME.**—Leverets only, now in season.

**VEGETABLES.**—Brocoli, borecole and other sprouts, endive, celery, turnip-tops, coleworts, burnet, spinage, parsley, chervil, young onions, lettuces, radishes, small salad, thyme, sage, and marjoram.

**FRUITS.**—Lord Cheyne's winter green pear, carmelite, bergamot bugi, bezy de chaumontelle, franc real, Parkinson's warden, English warden, and St. Martial.—*Apples*; Pile's russet, golden russet, stone pippin, Wheeler's russet, John apple; forced apricots, cherries, and strawberries; oranges, almonds, raisins, French pears, French plums, dates, pistachio and other nuts.

## GARDENER'S CALENDAR.

Sow and plant, as in the former month, for a later crop. Towards the middle of the month dung should be prepared for ridges of melons and cucumbers. Snails and slugs ought to be killed, and weeds kept down; otherwise they will increase so fast as to render their destruction difficult.

## MAY.

**SOUPS.**—Giblet, turtle, mock turtle, and veal.

**FISH.**—Turbot, soles, carp, tench, eels, trout, smelts, lobsters, crabs, crayfish, prawns, and shrimps.

**FLESH.**—Beef, mutton, lamb, and veal.

**POULTRY.**—Spring fowls, pullets, chickens, green geese, young wild rabbits, leverets, ducklings, turkey poults, and pigeons.

**GAME.**—All out of season.

**VEGETABLES.**—Early cabbages, young potatoes, turnips, carrots, brocoli, cauliflowers, early artichokes, asparagus, spinage, spring coleworts, the young shoots of which are by some preferred to asparagus, parsley, sorrel, radishes, lettuces, water and other cresses, fennel, marjoram, young onions, all sorts of salad and sweet herbs.

**FRUITS.**—Green apricots for tarts, currants and gooseberries for ditto. If the weather be fine, May and Mayduke cherries, small scarlet strawberries, and nutmeg peaches from the greenhouse.—The following *Pears*, if care has been taken of them, will still be found juicy and good; l'amoselle, or lord Cheyne's green, burgamot de paque, bezy du chaumontelle, and Parkinson's warden.—*Apples*; the golden russet, stone pippin, John apple, oaken pippin, pomme d'apis, and Pile's russet; oranges, cocoa and other nuts, dates, French preserves, jar raisine, and almonds.

### GARDENER'S CALENDAR.

The principal crops sowed and planted in the spring will now require weeding, hoeing, and thinning, and some transplanting. The melon beds require an equal degree of heat; and the glasses must be covered every night through the month with mats; but in the middle of the day they must be raised to the breadth of two or three fingers. Cucumbers in frames must receive a moderate supply of water, and be planted out under hand-glasses.

## JUNE.

**SOUPS.**—Turtle, mock turtle, veal, and gravy.

**FISH.**—Salmon, soles, mackerel, turbot, mullet, smelts, carp, tench, lobsters, eels, pike, crayfish, prawns, and shrimps.

**FLESH.**—Buck venison, mutton, beef, veal, and lamb.

**POULTRY.**—Green geese, fowls, pullets, chickens, turkey poults, plovers, ducklings, wheatears, and young rabbits.

**GAME.**—Young leverets only.

**VEGETABLES.**—Cauliflowers, young carrots, peas, beans, young turnips, asparagus, spinage, lettuces, cucumbers, radishes, mustard, cress, purslane, and other small salad, parsley, thyme, mint, and most other pot herbs.

**FRUITS.**—Strawberries of several sorts, currants and gooseberries, Kentish, duke, Flanders'-heart, white-heart, and black-heart cherries, apricots, peaches, nectarines, pine apples, and grapes from the forcing frame.—The following *Apples* and *Pears* of the last year, if they have been carefully preserved, will still be found juicy and good; the black pear of Worcester, lord Cheyne's green warden, and bezy du chaumontelle.—*Apples*; *deux Anns*, or John apple, oaken pippin, golden russet, Pile's russet, and the stone pippin; oranges, nuts, and French preserves.

## GARDENER'S CALENDAR.

Particular attention is now required in weeding, hoeing, thinning, and watering the principal crops, and pricking out and transplanting for autumn and winter. Sow savoys, brocoli, borecole, cabbages, turnips, carrots, spinage, coleworts, kidney beans, lettuce, endive, celery, cucumbers, radishes, peas, beans, and small salad. Plant cabbages, colewort, savoys, brocoli, borecole, leeks, beans, lettuce, endive, celery, cucumbers, radishes, peas and beans. Melon plants must be shaded in the heat of the day, and receive a large portion of fresh air. Transplant endive for blanching, and prick out young brocoli plants, which were sown in April or May.



## JULY.

**SOUPS.**—Turtle, mock turtle, green peas, gravy, and veal.

**FISH.**—Skate, mackerel, salmon, cod, haddocks, soles, carp, tench, pike, eels, flounders, plaice, lampreys, lobsters, crayfish, sturgeon, prawns, and shrimps.

**FLESH.**—Buck venison, veal, lamb, beef, and mutton.

**POULTRY.**—Turkey poults, green geese, ducklings, fowls, chickens, pullets, and young rabbits.

**GAME.**—Wild ducks, called flappers or moulters, young partridges, and pheasants.

**VEGETABLES.**—New potatoes, summer cabbages, sprouts, young turnips, carrots, cauliflowers, Windsor and other broad beans, green peas, kidney beans, endive, celery, small salad, lettuces, young radishes, turnip radishes, cucumbers, parsley, and all sorts of sweet herbs.

**FRUITS.**—Cherries of various sorts, wood and other strawberries, raspberries, currants, and gooseberries, peaches, nectarines, apricots, Orlean and other plums, white genitings, grapes, figs, summer pearmain, pomme de bambour, codlins, young walnuts, for pickling, samphire from the rocks for ditto, young nasturtiums for ditto, oranges, nuts, and French preserves.

## GARDENER'S CALENDAR.

Prepare ground for the reception of succession crops, and some main crops for autumn and winter, and sow turnips, &c., as at the beginning of the year. The common radishes sown now will be fit to draw the beginning of September; and the cauliflowers sown in May must be planted out in spots where they are to remain. The beds of carrots sown now will be fit to draw early in April. Spinage for winter may now be sown, and onions taken up, if the leaves wither.

## AUGUST.

**SOUPS.**—Green peas, mock turtle, veal, and gravy.

**FISH.**—Turbot, salmon, trout, cod, haddock, mackerel, plaice, flounders, eels, carp, sturgeon, chub, thornback, soles, mullet, lobsters, crayfish, crabs, prawns, shrimps, and oysters.

**FLESH.**—Buck venison, beef, veal, mutton, and lamb.

**POULTRY.**—Fowls, chickens, pullets, turkey poults, green geese, ducklings, young rabbits, and pigeons.

**GAME.**—Pheasants, wild ducks, leverets, plovers, wheatears.

**VEGETABLES.**—Summer cabbages, sprouts, spinage, beans and peas of different sorts, artichokes, cauliflowers, new potatoes, carrots, turnips, radishes, turnip radishes, celery, endive, cabbage and coss-lettuces, young onions, chives, cresses, salad herbs, sweet herbs, young mushrooms, nasturtiums, and cucumbers for pickling.

**FRUITS.**—Currants, gooseberries, mulberries, raspberries, strawberries, Margaret apples, codlins, summer pearmain, summer pippins, Windsor, jargonelle, bergamot, and other pears; red and white magdalen, and other peaches; Roman red, Newington, and Temple's nectarines; Orlean, red imperial, royal dauphin, egg, and other plums; grapes, figs, pine apples, filberts, and other nuts.

## GARDENER'S CALENDAR.

Asparagus beds planted in March must now be cleared: celery transplanted and earthed, and the heads or suckers taken from the March artichokes. The early cabbage-seed must not be sown later than the 12th of this month; but lettuce seed may be put in as late as the 24th. The cauliflower seed will not do without covering, and the spinage sown last month will require hoeing.

## SEPTEMBER.

**SOUPS.**—Giblet, green peas, mock turtle, gravy, veal.

**FISH.**—Cod, haddock, salmon, soles, carp, tench, thornbacks, flounders, plaice, mackerel, oysters, lobsters, crayfish, crabs, prawns, eels, and shrimps.

**FLESH.**—Pork, veal, buck venison, beef, mutton, and lamb.

**POULTRY.**—Turkeys, geese, fowls, pullets, chickens, ducks, rabbits, teal, larks, and pigeons.

**GAME.**—Partridges, pheasants, wild ducks, leverets, hares, and wild rabbits.

**VEGETABLES.**—Potatoes, cauliflowers, cabbages, turnips, carrots, parsnips, artichokes, cardoons, marrowfat and other peas, Windsor and other broad beans, French and scarlet beans, endive, celery, lettuces, leeks, onions, garlick, shalots, mushrooms, beets, turnip and other radishes, sprouts, salad herbs, thyme, mint, parsley, sage, marjoram, and other sweet herbs.

**FRUITS.**—Morella cherries, mulberries, Portugal, old Newington and other peaches, Orlean, and white pear plums, damsons, and bullaces, embroidered and pearmain apples, golden rennets, and aromatic pippins, Windsor, jargonelle, and burgamot pears, quinces, medlars, grapes, melons, pine apples, walnuts, filberts, almonds, hazel and other nuts.

## GARDENER'S CALENDAR.

Sow spinage, lettuce, onions, radishes, cabbages, colewort, chervil, corn-salad, borage, coriander, turnips, and successions of small salad. Plant savoys, cabbages, coleworts, brocoli, borecole, lettuces, leeks, celery, endive, and perennial, aromatic and pot herbs. Make mushroom beds, and cut down the haulm of asparagus, clean the beds and dung them if necessary. Hoe your turnips, and weed onions. The cauliflowers of last month must be weeded out, and cabbage-plants pricked. Of the lettuces sown last month some may be put into warm borders for spring use, and others planted under frames for pulling in December and January. Gather seeds as they ripen.



## OCTOBER.

**SOUPS.**—Mock turtle, gibleet, green peas, veal, and gravy.

**FISH.**—Salmon, carp, tench, halibut, trout, smelts, dories, gudgeons, barbel, brills, pike, oysters, lobsters, muscles.

**FLESH.**—Doe venison, beef, mutton, lamb, pork, veal.

**POULTRY.**—Turkeys, geese, fowls, chickens, pullets, pigeons, dotterels, larks, ducks, teal, wild rabbits, and widgeons.

**GAME.**—Woodcocks, partridges, snipes, pheasants, hares, and leverets.

**VEGETABLES.**—Late cauliflowers, cabbages, carrots, parsnips, turnips, potatoes, coleworts, artichokes, brocoli-sprouts, rocambole, celery, endive, lettuces, onions, leeks, salsify, cardoons, radishes, mustard, cresses, small salad, borecole, mushrooms, savory, thyme, sage, mint, parsley, and various other pot herbs.

**FRUITS.**—The following apples are now in their prime; golden rennet, red calville, white calville, autumn pearmain, royal russet, rennet grise, embroidered apple, &c.—*Pears*, swan's egg, green sugar, St. Michael, beurre rouge, monsieur jean, Swiss burgamot, crasan, and St. Germain. Katharine peaches, quinces, medlars, figs, damsons, black and white bullaces, grapes, figs, walnuts, almonds, filberts, hazel nuts, and services.

## GARDENER'S CALENDAR.

Sow a small crop of radishes and lettuces, successions of small salad, and a few early peas to come in next summer. Plant crops of cabbages, cauliflowers, late brocoli, celery, lettuce, and early beans. Keep uncovered, night and day, for the greater part of this month, such cauliflowers as are planted in frames. All spare ground should be dunged and trenched.

## NOVEMBER.

**SOUPS.**—Turtle, mock turtle, giblet, peas soup, vermicelli, gravy, hare, soup and bouillie, ox cheek, and mutton broths.

**FISH.**—Salmon, gudgeons, carp, tench, pike, barbel, dories, smelts, gurnets, halibut, trout, pike, oysters, muscles, and cockles.

**FLESH.**—House lamb, beef, mutton, doe venison, veal, and pork.

**POULTRY.**—Fowls, turkeys, geese, ducks, pigeons, pullets, chickens, dotterels, larks, rabbits, teal, widgeons.

**GAME.**—Partridges, pheasants, woodcocks, snipes, and hares.

**VEGETABLES.**—Potatoes, turnips, carrots, parsnips, savoy cabbages, cauliflowers, artichokes, red cabbages, borecole, sprouts of cabbages, Jerusalem artichokes, onions, leeks, beets, garlic, horse-radish, rocambole, celery, endive, late cucumbers, cabbage lettuces, sorrel, mint, thyme, parsley, sweet marjoram, and other pot herbs.

**FRUITS.**—*Apples*, nonpareils, golden pippins, aromatic pippins, Herefordshire pearmain, Holland, French, and Kentish pippins, Wheeler's russet, pear russet, Harvey apple, and several others.—*Pears*, burgamot crasane, Spanish bonchretien, la marquise *petit oin*, la chasserie, le besidery, and others; medlars, grapes, figs, oranges, almonds, walnuts, chestnuts, hazel nuts, services, and French preserves.

## GARDENER'S CALENDAR.

Most of the processes used last month will also be appropriate for this. Such as giving air to lettuce and cauliflower plants that are under frames. Cut down the leaves of artichokes, and earth up the plants.

## DECEMBER.

**SOUPS.**—Rice, veal, turtle, mock turtle, vermicelli, hare, ox rump, gravy, gible, peas, and bouillie.

**FISH.**—Cod, whiting, soles, sturgeon, turbot, thorn-back, perch, skate, lampreys, oysters, scollops, wilkes, muscles.

**FLESH.**—House lamb, pork, beef, mutton, veal, and doe venison.

**POULTRY.**—Turkeys, fowls, chickens, capons, ducks, teal, dotterels, widgeons, tame rabbits, and pigeons.

**GAME.**—Snipes, partridges, woodcocks, pheasants, hares, and all sorts of wild fowl are now in season.

**VEGETABLES.**—Savoy, and various other sorts of cabbages, red cabbages, borecole, latter brocoli, carrots, turnips, parsnips, potatoes, endive, celery, horse-radish, Jerusalem artichokes, skirrets, beets, rocambole, onions, shalots, parsley, sage, thyme, savory, and other sweet herbs for broths and soups.

**FRUITS.**—*Pears*, St. Germain, St. Andrew, Spanish bonchretien, St. Augustine, citron d'hyver, and a few others.—*Apples*, Golden pippin, nonpareil, French, Holland, and Kentish pippins, winter pearmain, Harvey apple, aromatic, and Pile's russet, and winter queenings; med-lars, grapes, oranges, almonds, and other nuts, French preserves, and services.

## GARDENER'S CALENDAR.

Forward the digging, manuring, or trenching vacant ground, preparing hot dung, making hot beds, and earthing and tying up plants. Sow a few early peas and radishes on warm borders, and small salad and cucumbers in hot beds. Plant early beans, strong cabbage-plants, and coleworts; and plant, in hot beds, cucumbers, mint, tarragon, and asparagus. The small salads may be sown every ten days, under frames; and such radish seed as may be put in the ground this month, should be covered on cold nights with fern, or long litter.



A

# PLAIN SYSTEM

OF

# C O O K E R Y.

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## BOILING.

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### INTRODUCTORY REMARKS.

IT is a general rule in boiling, that all kinds of fresh meat should be put into boiling water, and salt meat into cold water. Young cooks would do well to observe this, especially for dried meats; but if the meat has only been salted for a short time, it is better to put it in when the water boils, or is near boiling, or it will draw out too much of the salt, as well as the gravy. Lamb, veal, and chickens, should be dredged with flour, put into a clean linen cloth, and boiled in plenty of water. Meat, as well as fish and poultry, should be boiled very slowly. The time to be allowed for dressing meat depends upon the size. A quarter of an hour to a pound of meat is generally thought sufficient, but this must depend, in a great measure, upon the thickness of the piece: a thick piece of beef weighing eight pounds, or a leg of mutton of the same weight, will require boiling for two hours. The hind

quarters of most animals take longer time to dress than the fore quarters; and all kinds of provision require more time in frosty weather than in summer. It would be difficult to specify the precise time that each joint will require; much depends on having a brisk fire. Veal, pork, and lamb, should be well done.

### *To boil a Ham.*

Lay the ham in cold water the night before you dress it; scrape it clean, and put it into the pot with cold water. A ham of twenty pounds' weight will require boiling for five hours; and in the same proportion for any other weight. While the ham is boiling, keep the water clear from scum. When you take it up, pull off the skin carefully, and strew crumbs of bread, or raspings, or grate a crust of bread over it, so as to cover it tolerably thick; set it before the fire, or put it in the oven till the bread is crisp, and of a fine brown; garnish with carrots, parsley, or any thing that is in season. The water should simmer all the time, but never boil fast: it is a good plan to add a little water occasionally, in order to keep it from boiling too fast; care must be taken not to put so much water in at a time as to prevent it simmering.

### *To boil a Tongue.*

If the tongue is dried, it must lie in water one night before you boil it; if a pickled one, only wash it in a good quantity of water, put it in the pot with the water cold, and let it boil very slowly three hours and a half; if a large one, four hours or more, according to the size of it. When you take it up, be careful not to stick a fork into it: take off the peel, put it on a dish, and garnish with any kind of herbs you think proper. If the tongue is to be eaten cold, when the peel is taken off, put it into

an earthen pan with as much of the liquor it was boiled in as will cover it; let it remain till cold, then take it out, and dry it with a clean cloth, cut it in slices, and send it to table garnished with butter rubbed through a sieve, or green parsley.

### *To boil a Chine of Bacon.*

Take a chine that has been salted and dried, according to the directions given under that article; soak it in cold water several hours; scrape it clean, take a handful of beech, half as much parsley, a few sprigs of thyme, and a little sage; chop them together very fine; make some holes in the chine, both in the fat and lean, according to your fancy, and fill them with the herbs; skewer it up close in a cloth; if a large chine, boil it slowly for three hours.

### *To boil a Pig's Jaw.*

If the jaw has been dried, soak it several hours in cold water; if only pickled, washing it will be sufficient; use the same herbs as for the chine; make three holes in the thick part of the jaw, close to the bone, and let the middle one go all the length of the jaw, and the two side ones as far as you can; fill the holes very close with the herbs; put it in a clean cloth to boil, with the water cold at first; let the heat increase slowly; put a little pepper and salt with the herbs, also a few bread-crumbs; boil it like other dried meat, according to the weight.

### *To boil Bacon.*

Soak the bacon several hours; take off the skin before you boil it. It has been proved by experience that a pound of bacon boiled without the skin will weigh an ounce heavier than a pound boiled with the skin. Fat bacon should be put into hot water, and lean bacon into cold water. A piece of bacon of a moderate size will take



about three quarters of an hour boiling, if young, but longer if it is old bacon.

### *To boil Beef or Mutton.*

When the water boils, put in the meat; take off the scum as it rises, till the water is quite clear; if you let the scum boil down, it will stick to the meat, and make it look black. Send it to table with turnips, greens, potatoes, or carrots. For mutton, you may send capersauce in a tureen.

### *To boil a Leg of Pork.*

Salt it, and let it lie six or seven days in the pickle; turn it every day, and rub it with the brine; put it in when the water boils, unless you think it will be too salt; let it have a good quantity of water to boil in; take care that the water continues to boil all the time. Send it to table with pease-pudding, melted butter, turnips, carrots, or greens.

*N. B.*—If you wish to dress it sooner, you may hasten it by putting a little fresh salt on it every day; by that means it will be ready in half the time, but it will not be so tender.

### *To boil Pickled Pork.*

Wash the pork, and scrape it clean. Put it in when the water is cold; boil it till the skin is tender. It is commonly eaten with roasted fowls, or veal; greens are the proper vegetables. It is frequently eaten instead of bacon, with peas or beans.

### *To boil Veal.*

Shake a little flour over the meat, and put it into a clean cloth. Let the water boil, and have a good fire when the meat is put in the pot. A knuckle of veal

requires more boiling, in proportion to its weight, than any other joint, because it is necessary to have all the gristle soft and tender, that being the part, in general, most approved. Parsley and butter is the proper sauce; bacon and greens are frequently eaten with it.

### *To boil a Calf's Head.*

The head must be picked very clean, and soaked in a large quantity of water a considerable time before it is put in the pot. Tie the brains up close in a piece of rag, with four sage-leaves, and a sprig of parsley; put them into the pot at the same time with the head; scum the pot well; you will know when it is boiled enough by the tenderness of that part which joined the neck; a large head will take two hours boiling; chop the brains with the sage and parsley that were boiled with them, and one egg boiled hard; put them in a sauce-pan with a bit of butter, peel the tongue, slit it, lay it in a dish, and place the brains round it; the egg may be omitted if it is disliked. Bacon, or pickled pork, and greens, are proper to eat with it. Some people like parsley and butter with it.

### *To boil a Leg of Lamb.*

Shake a little flour over the lamb, tie it in a clean cloth, and put it in the water when it boils. If it weighs six pounds, boil it an hour and a half. Take off the scum as it rises, and boil it in a good quantity of water; send it to table with spinage, carrots, and melted butter in a sauce-tureen.

### *To dress a hind Quarter of House Lamb.*

Boil the leg in a floured cloth an hour and a quarter, cut the loin into chops, fry them, and lay them round the

leg, with a bit of crisp parsley on each ; serve it up with spinage or brocoli.

### *To boil a Haunch or Neck of Venison.*

Rub it with salt, and let it lie four or five days ; flour it, and boil it in a cloth ; to every pound of venison allow a quarter of an hour. Cauliflowers, turnips, and young cabbages, are eaten with it ; melted butter is the proper sauce ; garnish the dish with some of each of the vegetables.

### *To boil Pigeons.*

When you draw pigeons, be careful to take out the craw as clean as possible. Wash them in several waters, cut off the legs at the first joint, and slip them in under the skin. Let them boil very slowly a quarter of an hour, put them in a dish, and pour melted butter over them ; garnish the dish with brocoli, and serve them up with parsley and butter in a sauce tureen. They may be eaten with bacon, greens, spinage, or asparagus.

### *To boil Pigeons with Rice.*

Wash the pigeons quite clean. Chop some parsley small ; mix it with crumbs of bread, pepper, salt, and a bit of butter ; stuff the pigeons, and boil them a quarter of an hour in some good mutton-broth or gravy. Boil some rice tender in milk ; when it begins to thicken beat the yolks of two or three eggs, with two or three spoonfuls of cream, and a little nutmeg ; stir it together with a bit of butter rolled in flour till it is quite thick ; lay the pigeons in the dish, put the gravy to the rice, mix it together, and pour it over them.

### *Pigeons in Disguise.*

Season them with pepper and salt, make a nice puff paste, roll each pigeon in a piece of it, close them well,



tie them in cloths separately, and take care the paste does not break ; boil them in a great quantity of water: they will take an hour and an half boiling. When they are untied, be careful they do not break ; put them in a dish, and pour a little good gravy over them.

### *To boil Fowls.*

For boiling, choose those that are the whitest. Pick them carefully, so as not to break the skin ; singe, wash, and truss them with the wings the same as for roasting, but the legs should be cut off at the first joint and slipped in under the skin. Flour them, and wrap them in a clean cloth ; put them in cold water, cover the sauce-pan close, and set it on the fire, but take it off as soon as the scum begins to rise ; cover them close again, and let them boil slowly for twenty minutes ; then take them off, and the heat of the water, in half an hour, will stew them sufficiently. Before you dish them, set them on the fire to warm, then drain them, and pour egg-sauce or melted butter over them. Parsley and butter, oyster, lemon, liver, or celery sauce, is used. If for dinner, ham, tongue, or bacon, is usually served up to eat with them ; also greens.

Or put them in when the water boils, and keep them boiling half an hour ; then take them up, and dish them as above.

### *To boil Chickens.*

Put the chickens into scalding water ; as soon as the feathers are loose, take them off, or it will make the skin hard ; after you have drawn them, lay them in skimmed milk for two hours ; truss them like fowls ; when you have singed and dusted them with flour, cover them close in cold water, and set them over a slow fire. Scum them,

and boil them slowly eight minutes ; take them off the fire, and keep them close covered for half an hour in the water, which will stew them sufficiently, and make them plump and white. Before you dish them, set them on the fire to warm, then drain them, and pour over them egg-sauce, and serve oyster-sauce in a tureen.

Or put them into boiling water, and boil them twenty minutes.

### *To boil Ducks.*

As soon as you have scalded and drawn the ducks, put them in warm water a few minutes ; put them afterwards into an earthen pan, and pour a pint of boiling milk over them. Let them lie in it two or three hours ; when you take them out, dredge them well with flour, put them into a sauce-pan of cold water, and cover them close. Having boiled slowly about twenty minutes, take them out and drain them well. Make the sauce as follows: Take one large onion, a handful of parsley washed and picked, and a lettuce: cut the onion small, chop the parsley fine, and put them into a quarter of a pint of good gravy, with a spoonful of lemon-juice, and a little pepper and salt ; when they have stewed together half an hour, add two spoonfuls of red wine, lay the ducks in a dish, and pour the sauce over them. Omit the wine, if you think proper.

*N. B.*—This quantity of sauce is sufficient for one duck only. You may smother the ducks with onions, if you like it best, made according to the receipt for onion-sauce.

### *To boil a Goose.*

Pick the goose clean, and singe it ; pour a quart of boiling milk over it. Let it continue in the milk all night ; then take it out, and dry it well with a cloth. Cut an

onion very small with some sage ; put them into the goose ; sew it up at the neck and vent, and hang it up by the legs till the next day ; then put it into a pot of cold water, cover it close, and let it boil gently for an hour. Serve it up with onion-sauce.

### *To boil Partridges.*

Boil them quick, in a good quantity of water ; fifteen minutes will be sufficient time to boil them. For sauce, take a little cream and a bit of fresh butter, the size of a walnut rolled in flour ; stir it *one way*, till it is melted, then pour it over the birds. Garnish it with lemon, and sprigs of parsley.

### *To boil a Pheasant.*

Boil the pheasant in a good quantity of water, and be sure to keep it boiling. If it is a small one, half an hour is a sufficient time to boil it ; but, if a large one, it must boil three quarters of an hour. The sauce should be made of celery, stewed and thickened with cream, and a little piece of butter rolled in flour. When the pheasant is done, pour the sauce over it, and garnish with lemon. Stew the celery, so that the liquor may not be all wasted before you put in the cream. Season it with salt to your taste.

### *To boil Snipes or Woodcocks.*

Snipes or woodcocks must be boiled in good strong broth or gravy, which may be made as follows : Cut a pound of lean beef into small pieces, and put it into two quarts of water, with an onion, a bunch of sweet herbs, a blade of mace, six cloves, and some whole pepper. Cover it close, and let it boil till it is half wasted ; then strain it off, and put the gravy into a sauce-pan, with salt enough to season it. Draw the birds clean, but take particular



care of the entrails. Put the birds into the gravy, cover them close, and boil them ten minutes. In the mean time cut the entrails and liver small, take a little of the gravy the birds are boiling in, and stew the entrails in it with a blade of mace. Take as much crumb of bread as the inside of a roll, and grate it very small; put it into a pan with some butter, and fry it till crisp, and of a fine light brown. When the birds are ready, take about half a pint of the liquor they were boiled in, and add it to the entrails with a piece of butter, the size of a walnut, rolled in flour. Set them on the fire, and shake the sauce-pan often, till the butter is melted; do not stir it with a spoon; put in the fried crumbs; give the sauce-pan another shake, lay the birds in a dish, and pour the sauce over them. Garnish with lemon. A little red wine is an improvement to the sauce.

### *To boil Rabbits.*

Truss the rabbits close, with their heads turned on one side, and fastened with the same skewer as the fore legs, which must be brought down and the hind legs brought up to meet them. Boil them three quarters of an hour if large ones; fifteen minutes will do for very small ones; lay them on a dish, and smother them with onion-sauce; or make sauce for them as follows: boil the liver, and bruise it very fine with a spoon, take out all the strings, put to it some good veal broth, a little parsley chopped fine, and some barberries picked clean from the stalks; season it with mace and nutmeg; thicken it with a piece of butter rolled in flour; let the sauce be of a good thickness, and pour it over the rabbits. Garnish with lemon and barberries. Some like only the liver and parsley chopped fine, and put into melted butter.

*Pigs' Pettitoes.*

Boil the feet till they are quite tender; take up the liver, lights, and heart, when they have boiled ten minutes, and chop them small. Take out the feet, and split them. Thicken the liquor they were boiled in (which should be reduced to a small quantity) with flour and butter; then put in the mince-meat, with a slice of lemon and a little salt; give it a gentle boil, put to it a little grated nutmeg. Then put in the pettitoes, and shake them over the fire till quite hot, but do not let them boil. Put sippets into the dish, pour the mince-meat over them, and lay the feet at the top. Garnish with lemon.

*Lamb's Head and Pluck.*

Wash the head very clean, take the black part from the eyes, and the gall from the liver. Lay the head in warm water, boil the lights, heart, and part of the liver; chop them small, and add a little flour; put it in a sauce-pan with some gravy, or a little of the liquor it was boiled in, a spoonful of ketchup, a little pepper, salt, lemon-juice, and a spoonful of cream. Boil the head till it is very tender, lay it in the middle of the dish, and the mince-meat round it.—Fry the other part of the liver with some small bits of bacon; lay them on the mince-meat; boil the brains in the same way as for a calf's head; beat an egg and mix with them, fry them in little cakes, and lay them on the edge of the dish. Garnish with lemon and sprigs of parsley.

*To boil a Turkey.*

A Turkey should not be dressed till it has been killed three or four days as it will not boil white, nor will it be tender. When it is picked, draw it at the rump, cut off the legs, put the ends of the thighs into the body, and tie them

with a string. Make the stuffing with grated bread, a few oysters chopped, grated lemon-peel, pepper, salt, and nutmeg, about four ounces of butter, or suet, chopped very fine, a little cream, and two eggs to make the stuffing light; fill the craw with the stuffing; if any is left, make it into balls. Flour the turkey; put it into the water while cold, let it boil gently, take off the scum as it rises, then cover the kettle close. If a young one, of a moderate size, let it boil rather more than half an hour; take off the kettle, and let it stand half an hour close covered, the steam being confined will do it sufficiently. Boil the balls, lay them round it with oyster-sauce in the dish, and in a tureen. The stuffing may be made without oysters, or it may be stuffed with force-meat, or sausage-meat, mixed with a few crumbs of bread and yolks of eggs: if oysters are not to be had, white celery-sauce is very good, or white sauce For which see pages 30 and 34.

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## ROASTING.

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### GENERAL REMARKS.

**MEAT** should be well jointed before it is put to the fire, and covered with paper, to prevent the fat from scorching; half an hour before the meat is taken up, the paper must be taken off, and the meat basted and dredged with flour, to make it a fine brown. Large poultry should also be covered with paper, if the fire is very fierce, but small poultry does not require it. Be careful not to place meat too near the fire at first; put it nearer by degrees. Rather more time should be allowed for roasting with a bottle-jack, or hanging-jack, than with a spit.



Roast meat should be frequently basted, and, when nearly done, dredged with flour.—It is a general rule to allow a quarter of an hour to a pound, for roasting as well as boiling meat.

### *To roast a Sucking Pig.*

Before you put the pig on the spit, chop a little sage very fine, mix it with a handful of bread-crumbs, and a little pepper and salt; put it in the belly, and sew it up close. Then spit it, and lay it down to a brisk fire, with a pig-iron hung in the middle of it. Dredge it well with flour, but do not baste it. Within a quarter of an hour of its being done, wipe off the flour with a clean cloth, tie a bit of butter in a piece of rag, and rub it over the pig; some people rub it with the butter in a rag the whole time it is roasting. Take off the head while at the fire; take out the brains, chop them, and mix them with the gravy that comes from the pig with a little melted butter, or make a rich beef-gravy, and put the brains and some of the bread out of the inside into it. Then take up the pig, and, without drawing it from the spit, cut it down the back and belly; put a little of the sauce into the dish with it; take off the lower jaws and ears to garnish with; send the remainder of the sauce to table in a tureen. A pig of moderate size will take about an hour and a half roasting. Currant-sauce is frequently eaten with it. The bread may be cut in thin slices to put into the pig if you choose, and the chopped sage strewed between each slice.

### *To roast a Turkey.*

The sinews of the legs should be drawn out, in whatever way the turkey is to be dressed. In drawing it take care not to tear the liver, or break the gall. Truss it in the same way as a fowl for roasting. Make a stuffing for

the craw, of grated bread, a little beer-suet, chopped fine, a bit of lemon-peel, parsley, and sweet herbs, chopped small, pepper, salt, nutmeg, and the yolks of two eggs; work these all well together, and fill the craw. Paper the breast; put it to a brisk fire: when nearly done, take off the paper, dredge it with flour, and baste it till quite done. Put fried sausage-meat balls and brown gravy in the dish. A large turkey will take an hour and a half, one of moderate size an hour and a quarter, and a small one an hour. If it is a turkey-poult, serve it up with gravy and bread-sauce; the latter of which is made thus: Cut the crumb of a penny loaf into thin slices; put it into a sauce-pan, with milk, a little allspice, some salt, and an onion; boil it till the bread is quite soft, then take out the onion and beat the bread very fine; put into it a bit of butter; when it boils pour it into a sauce-tureen, and serve it up with the turkey. This sauce is good to eat with fowls, as well as turkeys.

### *A Fowl or Turkey roasted with Chesnuts.*

Roast a quarter of a hundred of chesnuts, and peel them; leave out eight or ten, bruise the rest in a mortar, with the liver of a fowl, a quarter of a pound of ham, well pounded, and sweet herbs and parsley, chopped fine; season it with mace, nutmeg, pepper, and salt; mix all these together, and put them into the inside of the fowl; spit it, and tie the neck and vent close. For sauce, take the rest of the chesnuts, cut them in pieces, and put them into a strong gravy, with a glass of white wine; thicken with a piece of butter rolled in flour. Pour the sauce in the dish, and garnish with orange and sprigs of parsley.

### *To roast Fowls.*

Draw and truss the fowls with the liver twisted under

one wing, the gizzard under, the other and the legs skewered straight down, the wings must also be skewered down close to the sides; put them down to a good fire: singe them, dust them with flour, and baste them well with butter. They must be three quarters of an hour roasting, if large; twenty minutes, if small. Make gravy of the necks and gizzards, or of beef; when strained, put in a spoonful of browning. Take up the fowls, pour some gravy into the dish, and serve them with egg, mushroom, or celery sauce; or parsley and butter, if it is preferred.

### *To roast Chickens.*

Draw and truss them the same as the preceding, with the exception of the legs, which must be brought forward and skewered together with the feet sticking up. A quarter of an hour is a sufficient time to roast them; when they are done, froth them, and lay them on a dish, serve with parsley and butter poured over them, or in a sauce-tureen. Use beef gravy instead of parsley and butter, if preferred.

### *To roast a Stubble Goose.*

After it is picked, the plugs of the feathers pulled out and the hairs carefully singed, let it be well washed and dried. Make a seasoning of onions and sage-leaves chopped fine, a spoonful of bread-crumbs, half the liver parboiled and chopped fine, or scraped with a knife, add pepper, salt, and a bit of butter the size of a walnut; put the stuffing into the goose, and fasten it tight at the neck and rump. Put it first at a distance from the fire, and by degrees push it nearer. A slip of paper should be skewered on the breast-bone. Baste it well. When the breast begins to rise, take off the paper, and be careful to serve it before the breast falls, or it will be spoiled by coming



to table flat; let a good brown gravy be sent in the dish. Some persons, before they cut the breast, take off the apron, and pour into the body a glass of port wine, and two tea-spoonfuls of mustard. Serve it up with gravy and apple-sauce in tureens. A moderates-sized goose will take an hour roasting, a larger one an hour and a quarter.

### *To roast a Green Goose.*

Put a piece of butter, about the size of a pullet's egg, into the goose; spit it and lay it down to the fire. Singe it, dredge it with flour and baste it well with butter. If the goose be large, it will take at least three quarters of an hour; when done enough, dredge it with flour, baste it till a fine froth rises and the goose is of a nice brown. Melt some butter and put into it a spoonful of sorrel-juice, a little sugar and a few scalded gooseberries; pour it into sauce-tureens, and send it up to table hot, with the goose. You may likewise add gravy and apple-sauce, and garnish the dish with crusts of bread, grated very fine.

### *To roast Ducks.*

Truss them and prepare them for the spit with the same seasoning as directed for a stubble goose; singe them, dust them with flour, and baste them: a good fire will roast them in half an hour, or rather less. Before you take them up, dust them with flour, and baste them till they froth and look brown. Wild ducks may be dressed in the same way, but many people omit the seasoning.

### *To roast Pigeons.*

Draw them, and take out the craws clean; wash them in several waters, and dry them; roll a bit of butter in some chopped parsley, and season it with pepper and

salt. Put this into the birds, then spit them, dust them with flour, and baste them with butter. At a good fire they will be done in twenty minutes.

### *To roast Larks.*

Take a dozen of larks, put them on a skewer, and tie both ends of the skewer to the spit. Dredge and baste them; in about ten or twelve minutes they will be done. Make the sauce thus: Take the crumb of a penny loaf, grate it, and put it into a stew-pan or frying-pan, with a bit of butter about the size of a walnut. Shake it over a gentle fire till it is of a light brown; lay it between the birds, on a dish, and pour a little melted butter over them, or gravy if it be preferred.

### *To roast Woodcocks or Snipes.*

These birds must never be drawn. When put on the spit, toast the round of a small loaf till it is nicely browned; lay it on a dish under the birds while at the fire; baste them with a little butter, and let the entrails drop on the toast. When done, put the toast in a dish, and lay the birds on it; pour a quarter of a pint of brown gravy into the dish, and set it over a chaffing-dish a few minutes, and serve them hot to table. A woodcock takes twenty minutes roasting, and a snipe fifteen.

### *Ruffs and Rees.*

These birds are rarely to be found, except in Lincolnshire, and the Isle of Ely; they are very delicate. Truss them like woodcocks, but do not dress them with the entrails in. Serve them with gravy and bread-sauce, and garnish the dish with crisp crumbs of bread. Twelve minutes will do them.

*Pheasants and Partridges.*

The same method is used in dressing both these birds. Truss them with their heads under their wings, but in other respects like chickens, for roasting. When you have spitted and laid them down, dust them with flour, and baste them often with butter, keeping them at a distance from the fire. About half an hour is sufficient to roast pheasants, and about twenty minutes for partridges. A few minutes before you take them up, sprinkle a few bread-crumbs over them. Make the gravy of a scrag of mutton, and put into the sauce-pan with it a tea-spoonful of lemon-pickle, and a large spoonful of ketchup. Strain it, and put a little into the dish with the birds. Serve them up with the remainder of the gravy in one sauce-ureen, and bread-sauce in another, for which see receipt page 34. If you wish for ornament, you may fix one of the principal feathers of the pheasant in its tail. Beef gravy with a little port wine in it is more frequently used with them.

*Plovers.*

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

*Guinea and Pea Fowl.*

Dress them in the same way as pheasants.

*To roast a Hare.*

Put a skewer into the mouth, and fasten the head down exactly between the shoulders; bring the hind legs up to meet the fore legs, and pass one skewer through them; then proceed to make a stuffing thus: A quarter of a pound of beef-suet, minced fine, double the quantity of



bread-crumbs grated, the liver parboiled and chopped, some parsley, a little lemon-peel, and a sprig of thyme chopped fine; season with pepper, salt, and nutmeg. Moisten it with an egg, and put it into the hare; sew up the belly, and lay it down to a good fire; let the dripping-pan be very clean. Put a quart of warm salt and water into the dripping-pan, and baste the hare with it till a very little is left; then with butter or good beef-dripping till done. If it is a large hare, it will require an hour and a half roasting; when it is nearly done, dust with flour, and baste it with butter, till it is properly frothed. Put a little brown gravy in the dish, the rest in a sauce-tureen, and currant-jelly in a jelly-glass.

### *To roast Rabbits.*

Baste them with butter, and dredge them with a little flour. Half an hour will be sufficient time to do them at a clear quick fire, if they are not very large. Take the livers, with a little bunch of parsley, and boil them; then chop them very fine together. Melt some good butter, and put half the liver and parsley into it; pour it into the dish, and garnish with the other half. Let the rabbits be done of a fine light brown.

### *To roast a Rabbit, Hare Fashion.*

Lard a rabbit with bacon; put a pudding in its belly, made the same as for a hare, and roast it the same, only baste it all the time with butter; serve it up with parsley and butter, and gravy-sauce.

### *To roast Venison.*

When it is spitted, put a sheet of paper over it, then a paste of flour and water, over that a sheet of thick paper, well tied on; a haunch, if it is a large one, will take four

hours ; a neck and shoulder about two hours and a half, according to the size : just before it is taken from the fire, take off the paper and paste, then flour and baste it with butter till it is properly frothed.—Send to table gravy and sweet sauce in separate tureens, and garnish with currant-jelly.

### *To roast Veal.*

With a good fire, veal takes about a quarter of an hour to each pound. Cover the fat of the loin and fillet with paper. Stuff the fillet and shoulder as follows: Take a quarter of a pound of suet chopped fine; parsley and sweet herbs chopped fine; grated bread and lemon-peel; pepper, salt, nutmeg, and an egg. Mix these well, and stuff it into the veal as securely as you can, that it may not fall out while roasting. Roast the breast with the caul on, till nearly done; then take it off and flour and baste the meat. Lay it in the dish, pour a little melted butter over it and serve it up with either salad, potatoes, brocoli, cucumbers, French beans, peas, cauliflowers, or stewed celery. Veal must be well done.

### *To roast Pork.*

Pork, like veal, must be well done. If a loin, cut the skin across, with a sharp pen-knife, which makes it more convenient to be carved. Let each stripe be about half an inch wide. Score a leg in the same manner.—If not disliked, stuff the knuckle part with a stuffing made of sage and onion chopped fine, a spoonful of grated bread, seasoned with pepper and salt; or put the seasoning in a hole under the twist, skewer it in, and roast it crisp. If a spring (which when young eats well), cut off the hand, strew sage and onion over it, roll it round, and tie it. Two hours will do it. If a sparerib, baste it with a bit of

lard or butter, dust it with flour, chop dried sage, and strew over it. If a griskin, baste it with lard or butter, and strew sage over it; potatoes, apple-sauce, and mustard, are eaten with roast pork. If a leg of pork, have a little drawn gravy and pour into the dish, if you think it necessary.

### *To roast Beef.*

A piece of ten pounds will take about two hours and a half to roast it; twenty pounds, three hours and a half, if thick; put a piece of paper on the outside, it prevents the skin from shrinking. Either salad, potatoes, brocoli, greens, cucumbers, French beans, or cauliflowers, are eaten with it; also mustard and horse-radish.

### *To roast a Breast of Mutton.*

Bone the mutton, make a savoury force-meat for it, wash it over with egg: spread the force-meat upon it, roll it up and bind it with pack-thread; roast it nicely and serve it up with gravy-sauce.

Or roast it with the bones in, without the force-meat.

### *To roast Mutton and Lamb.*

Mutton and lamb must be roasted with a quick clear fire. Baste it as soon as it is put down; sprinkle on a little salt, and when nearly done, dredge it with flour. In dressing the loin or saddle, you must loosen the skin and skewer it on; when nearly done, take off the skin and baste it, to froth it up. Serve it up with potatoes, brocoli, French beans, or cauliflowers. Send mint-sauce to table with lamb.

### *To roast House-Lamb.*

House-lamb requires to be well roasted. A small fore quarter will take an hour and a half; a leg an hour.—



Salad, brocoli, potatoes, celery, raw or stewed, or mint-sauce, are eaten with it. When a fore quarter is sent to table, you may cut off the shoulder, pepper and salt the ribs and squeeze a Seville orange over them.

### *To roast a Calf's Head.*

Wash the head very clean, take out the brains, and dry it well with a cloth. Make a seasoning of pepper, salt, nutmeg, and cloves, some bacon cut very small and some grated bread; strew this over it, roll it up, skewer it up with a small skewer and tie it with tape. Roast it and baste it with butter. Make veal gravy, thickened with butter rolled in flour; you may garnish with the brains fried and laid round the edge of the dish.

### *To roast a Calf's Liver.*

Cut a hole in it and stuff it with crumbs of bread, herbs, onions, salt, pepper, a bit of butter and an egg: sew the liver up; wrap it in a veal caul and roast it. Serve with brown gravy and currant-jelly.

### *To roast Sweetbreads.*

Parboil two large ones and roast them in a Dutch oven; use gravy-sauce or plain butter, with mushroom ketchup.

### *To roast a Porker's Head.*

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

### *To roast a Bullock's or Calf's Heart.*

Take some crumbs of bread, suet, parsley and sweet marjoram, chopped fine; lemon-peel grated; pepper, salt, and nutmeg, with an egg; mix these into a paste and

stuff the heart with it. When done, serve it up with gravy or melted butter in sauce-tureens. The same method to be observed, whether you bake or roast it; if care is taken, baking it is the best plan, as it will be more regularly done than it can be by roasting.

### *Hind Quarter of a Pig, Lamb Fashion.*

When house-lamb is dear, the hind quarter of a pig will be a good substitute for it. Take off the skin and roast it, and it will eat like lamb. Serve it with mint-sauce or salad.

A leg of lamb is very good, stuffed in the same manner as directed for a leg of pork, and roasted, with a little drawn gravy in the dish. A loin of mutton is also very good, stuffed with the same stuffing as for a hare, and basted with milk. Put gravy in the dish, served up with currant-jelly, or any other sauce you like.

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## SAUCES.

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### *To make Browning.*

**TAKE** four ounces of treble-refined sugar, well pounded, and put it into a frying-pan, with an ounce of butter: set it over a clear fire and mix it well together. When it begins to be frothy by the sugar dissolving, hold it higher and have ready a pint of red wine. When the sugar and butter are of a deep brown, pour in a little of the wine and stir it well; then add more wine and keep stirring it all the time. Put in half an ounce of Jamaica pepper, six cloves, four shalots peeled; two or three blades of mace, three spoonfuls of ketchup, a little salt, and the

rind of one lemon. Boil it slowly about ten minutes, then pour it into a basin. When cold, take off the scum and bottle it up for use. This is considered too expensive for general use.

### *Apple-Sauce.*

Pare, core, and slice some apples and put them into a sauce-pan, with a little water, to prevent their burning; add a bit of lemon-peel. Let them boil slowly and shake them frequently; when done, take out the peel, bruise the apples with a spoon, and add a little sugar. When you have worked the whole together very fine, set it on the fire till it is quite hot, then put it into a sauce-tureen, and serve it up with the meat. A bit of butter is a great improvement to the sauce.

### *To make Sauce for roasted Meat.*

Wash an anchovy very clean and put to it a glass of red wine, a little strong broth or gravy, some nutmeg, one shallot, chopped, and the juice of a Seville orange; stew these together a little and pour it to the gravy that runs from the meat.

### *To make Sauce for Savoury Pies.*

Take some gravy, one anchovy, a sprig of sweet herbs, an onion, and a little mushroom-liquor; boil it a little, and thicken it with burnt butter, or a bit of butter rolled in flour; then add a little red wine, open the pie, and put it in. This serves for mutton, lamb, veal, or beef pies; but they are very good without it.

### *Ham-Sauce.*

Pick all the meat clean from a ham-bone, leaving out any rusty (or racy) part; beat the meat and bone to a mash with a rolling-pin or hammer; put it into a sauce-pan



with a few spoonfuls of gravy, or water ; set it over a slow fire, and stir it all the time, or it will stick to the bottom. When it has been on some time add a sprig of sweet herbs, some pepper, and half a pint of beef gravy, or water ; cover it up, and let it stew over a gentle fire ; when it has a good flavour of the herbs, strain off the gravy. A little of this is an improvement to any kind of gravy.

### *Fish-Sauce, without Butter.*

Simmer very gently a quarter of a pint of vinegar, and half a pint of soft water, with an onion, a little horse-radish, and the following spices, lightly bruised ; four cloves, two blades of mace, and half a tea-spoonful of black pepper ; when the onion is quite tender, chop it small, with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of ketchup. Beat the yolks of three fresh eggs ; strain them, mix the liquor by degrees with them ; and, when well mixed, set the sauce-pan over a gentle fire, keeping a basin in one hand, into which toss the sauce to and fro, and shake the sauce-pan over the fire, that the eggs may not curdle. Don't boil them ; only let the sauce be hot enough to give it the thickness of melted butter.

### *Sauce for a Pig.*

Chop the brains a little, put in a tea-spoonful of white gravy, the gravy that runs out of the pig, and a small piece of anchovy. Mix them with about a quarter of a pound of butter, and as much flour as will thicken the gravy ; a slice of lemon, some caper-liquor, and a little salt. Shake it over the fire ; when quite hot, put it into the dish. A very good sauce may be made by putting some of the bread and sage, which have been roasted in the pig, into some good beef gravy, with some of the brains.

*Currant-Sauce for a Pig.*

Boil an ounce of dried currants in half a pint of water for a few minutes; then add a small cupful of crumbs of bread, a few cloves, or a little nutmeg grated, a glass of any kind of sweet wine, and a bit of butter. Sweeten it to your taste. Send it to table in a sauce-tureen. You may make the same sauce for venison or hare, only put red port instead of white wine. If you do not like currant-sauce for a pig, you may boil a few currants, and send them to table in a saucer, with a glass of currant-jelly in the middle.

*Sauce for a Turkey.*

Open some oysters into a basin, and wash them in their own liquor, but save the liquor, and pour it, as soon as settled, into a sauce-pan; put to it a little white gravy, and a tea-spoonful of lemon-pickle. Thicken with flour and butter; boil it three or four minutes; add a spoonful of thick cream, and then the oysters.—Shake them over the fire till quite hot, but do not let them boil.

*Another Sauce for a Turkey or Fowls.*

Take the crumb of a penny loaf, or roll, and cut it in thin slices; put it in cold water, with a little salt, an onion, and a few pepper-corns. Boil it till quite soft, and then beat it well. Put in a bit of butter, and a spoonful of cream. This sauce eats very well with roast veal. Send it to table in a sauce-tureen, and gravy in another.

*Brown Gravy for Lent.*

Melt a piece of butter, about the size of an egg, in a sauce-pan; shake in a little flour, and brown it by degrees; stir in half a pint of water, and half a pint of ale, or small

beer, which is not bitter ; an onion, a piece of lemon-peel, two cloves, a blade of mace, some whole pepper, a spoonful of mushroom-pickle, a spoonful of ketchup, and an anchovy. Boil all together a quarter of an hour, and strain it. It is an excellent sauce for various dishes.

### *Gravy for a Fowl without Meat.*

Take the neck, liver, and gizzard ; boil them in half a pint of water, with a small piece of bread toasted brown ; also pepper, salt, and a bit of thyme ; let them boil till reduced to a quarter of a pint ; add half a glass of red wine ; boil and strain it, then bruise the liver well and put to it ; strain it again, and thicken with a bit of butter rolled in flour.

### *Gravy for White Sauce.*

Take a pound of any part of veal, cut it into small pieces ; boil it in a quart of water, with an onion, a blade of mace, two cloves, and a few white pepper-corns. Boil it till it is as rich as you think necessary.

### *Gravy for Brown Sauce.*

Take a pound of lean beef, cut it small, then flour it well, season it with pepper and salt ; put a piece of butter as big as an egg into a stew-pan ; when it is melted, put in the beef : fry it on all sides a little brown ; then pour in a quart of boiling water, and add twelve whole pepper-corns or a little allspice, and a bunch of sweet herbs ; cover it close, and let it boil till it is as rich as you wish it, then strain it off.

An ox-kidney or milt, or any other kind of milt or kidney or sheep's heart, will make very good gravy. Cut it across, so as to let the gravy out ; shake a little pepper and salt over it ; put it into a sauce-pan, with sweet herbs,



and a sufficient quantity of water to cover it ; let it stew an hour and a half ; add more water as you see occasion, so as to leave a sufficient quantity at the time you want to send it to table. The bones of any kind of roast meat, broken to pieces, and stewed with it, are a great improvement ; you may thicken it with butter, rolled in flour, and add any kind of ketchup you think proper, according to the dish you intend it for.

*A Cullis for Ragouts, and almost all rich Sauces.*

Take two pounds of lean veal, two ounces of ham, two cloves, a little nutmeg, a blade of mace, some parsley-roots, two carrots cut to pieces, some shalots, and two bay-leaves ; set these over a stove, or in a kettle of boiling water, in an earthen vessel ; let them do very gently for half an hour closely covered ; observing they do not burn ; put some beef-broth to it, let it stew till it is as rich as you wish it to be, then strain it off.

*Lemon-Pickle.*

Take about a score of lemons ; grate off the outer rinds very thin ; cut them into quarters, but leave the bottoms whole. Rub on them equally half a pound of bay-salt, and spread them on a large pewter dish.—Either put them in a cool oven, or let them dry gradually by the fire, till the juice is all dried into the peels ; then put them into a well-glazed pitcher, with an ounce of mace, and half an ounce of cloves, beaten fine ; an ounce of nutmeg cut into thin slices, four ounces of garlic peeled ; half a pint of mustard-seed, bruised a little, tied in a muslin bag. Pour upon them two quarts of boiling white-wine vinegar, close the pitcher well up, and let it stand five or six days by the fire. Shake it up well every day, then tie it close, and let it

stand three months to take off the bitterness ; when you bottle it put the pickle and lemon into a hair sieve ; press them well to get out the liquor, and let it stand till another day ; then pour off the fine and bottle it. Let the other stand three or four days, and it will refine itself. Pour it off, and bottle it ; and continue to do so as long as you can get any that is clear. Boil a pint of vinegar, and put it into a jar with the ingredients, and let it stand several days by the fire, then bottle it off.—This will make a second sort ; and though not equal to the first, will be very good for many kinds of sauce.

The best sort is good for fish-sauce, and made-dishes. One tea-spoonful is enough for white, and two for brown sauce, for a fowl. It is a most useful pickle, and gives a pleasant flavour. Always put it in before you thicken the sauce, or put any cream in, lest the sharpness should make it curdle.

#### *To make Onion-Sauce.*

Boil eight or ten large onions ; when done enough, chop them on a board to keep them from turning a bad colour ; or boil them in milk and water till quite tender, then pulp them through a cullender, put them in a sauce-pan, with a bit of butter, and a spoonful of cream ; boil it a little, and send it to table quite hot. It is a proper sauce for roast mutton, or to smother boiled ducks, rabbits, &c.

#### *Sauce for a green Goose.*

Take some melted butter, put in a spoonful of the juice of sorrel, a little sugar, and a few coddled gooseberries ; pour it into sauce-tureens, and send it hot to table.

#### *Lemon-Sauce with Liver.*

Pare a lemon, cut it into slices, pick out the seeds, and

chop it small ; boil the liver of a fowl, and bruise it ; mix these in a little gravy, and put it to some melted butter, with a little of the peel chopped fine.

### *Mushroom-Sauce.*

Mix a good piece of butter with a little flour ; boil it up in some cream, shaking the sauce-pan ; throw in some mushrooms, a little salt and nutmeg ; boil it up.

Or put the mushrooms into melted butter, with a little veal gravy, some salt and grated nutmeg.

### *Celery-Sauce for boiled Fowls, Turkeys, Partridges, or other Game.*

Take a head of celery, wash and pare it very clean ; cut it into little thin bits, about two inches long, and boil it softly in a little milk and water till it is quite tender ; then add a little beaten mace, some pepper and salt, and a little grated nutmeg ; thicken it with a good piece of butter, rolled in flour : boil it up, pour some of it into the dish, and put the remainder in a sauce-tureen. You may add a little cream and some lemon-pickle, or lemon-juice, if you like it.

### *Brown Celery-Sauce.*

Take the celery as above ; then add mace, nutmeg, pepper, salt, a piece of butter, rolled in flour, with a glass of red wine, a spoonful of ketchup, and half a pint of good gravy ; boil all these together, and pour it into the dish. Garnish with lemon.

### *To make Egg-Sauce.*

Boil the eggs hard, and cut them into small pieces ; but do not chop them very fine ; put them into good melted butter.



*Lemon-Sauce.*

Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls; or send it to table in a sauce-tureen.

*Shalot-Sauce for boiled Mutton.*

Take two spoonfuls of the liquor the mutton is boiled in, two spoonfuls of vinegar, two or three shalots cut fine, with a little salt: put it into a sauce-pan with a bit of butter, the size of a walnut, rolled in flour; stir it together, and give it a boil. It is a good sauce for boiled mutton.

*Mint-Sauce.*

Take young mint; pick and wash it clean; chop it fine; put it in a sauce-tureen, with sugar and vinegar to your taste.

*Fennel-Sauce.*

Boil some fennel and parsley, tied together in a bunch; chop it small; and stir it into some melted butter. It is generally eaten with mackarel.

*To make Parsley Sauce in Winter.*

Take a little parsley-seed; tie it up in a clean rag, and boil it ten minutes in a sauce-pan; take out the seeds, and let the water be cold. Take as much of the liquor as you want; dredge in a little flour; put in the butter and melt it. Chop a little boiled spinage, and put it into the sauce-pan; mix it with the butter, and send it to table in a sauce-tureen.

*Parsley and Butter.*

Tie up some parsley in a bunch: wash it, and put it into some boiling water with a little salt; when it has boiled

up very quick two or three times, take it out, chop it very fine, and mix it with some melted butter.

### *A good Substitute for Caper-Sauce.*

Cut some pickled gherkins into small bits, rather less than capers; put them into melted butter, with a little vinegar. Pickled sterntions chopped will also be found an equally good substitute.

### *Sauce for cold Chicken, Partridge, or Veal.*

An anchovy or two, boned and chopped; some parsley, and a small onion, also chopped; likewise pepper, oil, vinegar, mustard, and either walnut or mushroom-ketchup: mix them together.

### *Another Mushroom-Sauce.*

Peel and wash a quart of fresh mushrooms; cut them in two, and put them into a stew-pan with a little salt, a blade of mace and a little butter. Stew them gently for half an hour; then add a pint of cream, and the yolks of two eggs well beaten. Keep stirring till they boil up; then squeeze in half a lemon. Put them into a sauce-ureen, or into a dish, with a slice of bread toasted brown, and just dipped into boiling water and the mushrooms poured over it. This is a very good sauce for white fowls of all kinds.

### *Sweet Sauces, for either Hare or Venison.*

Currant-jelly warmed; or half a pint of red wine, with a quarter of a pound of sugar simmered over a clear fire, for five or six minutes; or half a pint of vinegar, and a quarter of a pound of sugar, simmered till it is a syrup.

### *Anchovy-Sauce.*

Chop one or two anchovies, without washing them; put

some flour and butter, and a table-spoonful of water ; stir it over the fire till it boils once or twice ; by that time, if the anchovies are good, they will be dissolved. Some people wash the anchovies and add a little cream.

### *Another Anchovy-Sauce.*

Strip an anchovy ; bruise it very fine ; put it into half a pint of gravy, a quarter of a pound of butter, rolled in flour, a spoonful of red wine, and a tea-spoonful of ketchup ; boil all together till it is properly thick, and serve it up. Add a little lemon-juice if you like it.

### *To melt Butter.*

Keep a tin sauce-pan solely for the purpose of melting butter. Put two table-spoonfuls of water, and dredge in a little flour till it is nearly as white as milk ; shake it well, and put in a quarter of a pound of butter, cut in slices. As it melts, shake it only one way, or it will oil ; let it boil up, and it will be smooth and thick.

### *Bechamel, or White Sauce.*

Cut lean veal into small slices, and the same quantity of lean ham or bacon : put them into a stew-pan, with a good piece of butter, an onion, a blade of mace, a few mushroom-buttons, a bit of thyme, and a bay-leaf ; fry the whole over a very slow fire, but do not brown it ; thicken it with flour : then put an equal quantity of good broth, and rich cream ; let it boil half an hour, and stir it all the time ; strain it through a soup-strainer.

### *Oyster-Sauce.*

Stew about two dozen of oysters in their own liquor for ten minutes ; take them out, strain the liquor, add to it half a pint of cream, and about two ounces of fresh butter



rolled in flour; put the oysters in again, and let them simmer all together for about ten minutes, stirring them all the time one way; then take it off the fire and add the juice of half a lemon.

### *Lobster-Sauce.*

Melt some butter in a little milk, with a little flour and a bit of lemon-peel in it; then add some cream, take out the lemon-peel and put in the lobster cut into small pieces, with a little of the spawn; simmer all together about ten minutes.

Shrimp-sauce may be made in the same way; or the shrimps put into plain melted butter.

### *Bread-Sauce.*

Boil a pint of milk with a little allspice, and strain it over as much grated bread as will fill a pint basin three parts full, with a small onion in the middle of the bread; let it stand covered close for two hours, then take out the onion, and add a quarter of a pint of cream, with a small bit of butter, some pepper and salt; then simmer it altogether for ten minutes.

### *White Sauce for Fowls, &c.*

Boil a quarter of a pint of milk with a bit of lemon-peel, a sprig of lemon-thyme, and a blade of mace; add to it half a pint of cream and about two ounces of fresh butter rolled in flour; let it simmer about five minutes, stirring it carefully one way; then take it off the fire, take out the lemon-peel, thyme, and mace, and squeeze the juice of half a lemon into it, but do not let it boil afterwards.

## OBSERVATIONS ON DRESSING VEGETABLES.

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VEGETABLES should be carefully cleaned from insects, washed in an earthen pan, in a large quantity of water, and continue in the water some time before they are boiled. The water must boil before they are put in; some salt should be put in with them. Boil all kinds of greens in a well-tinned sauce-pan, by themselves, and let them have plenty of water. Boil no kind of meat with them, as that will discolour them; if boiled too much, they lose their colour and crispness.—Let them boil very fast, but do not cover them. If the water has not slackened in boiling, they are done enough when they begin to sink. Take them out immediately, or the colour will change. Hard water spoils the colour of such vegetables as should be green; but if you cannot get soft water, you may put a tea-spoonful of salt of wormwood into the water when it boils, or a tea-spoonful of potash before the vegetables are put in.—Carrots and turnips may be boiled with meat, without injury to either; only carrots must not be boiled with any thing that you wish to look white.

### *Asparagus.*

Scrape all the stalks carefully, cut them all the same length, put them into a pan of clean water, and have ready a stew-pan with boiling water. Put some salt in; tie the asparagus in small bundles, and put them in; when they are tender, take them up. If you boil them too

much, they will lose their colour and taste. Cut a large slice or two of bread, about half an inch thick, and toast it brown on both sides; then dip it into the liquor the asparagus was boiled in, and lay it on a dish. Pour a little melted butter over the toast, then lay the asparagus on it all round the dish, with the heads inwards. Send it to table with melted butter in a sauce-tureen.

### *Artichokes.*

Twist off the stalks; put them into cold water, and wash them well. Put them into a sauce-pan with cold water, with the tops downwards, that all the dust and sand may boil out. About three hours, or three and a half, will be sufficient to boil them; but the best way is to take out a leaf, and, if it draws easily, they are done enough. Send them to table with melted butter in small cups. They are better for being gathered two or three days before they are boiled, and kept in a cool place.

### *Brocoli.*

Strip off the small branches from the great ones; then with a knife peel off the hard outside skin which is on the stalks and small branches, till you come to the top; throw them into a pan of clean water as you do them. Have water boiling in a stew-pan, with some salt in it, and a small lump of sugar; put the brocoli into it: as soon as the stalks are tender, they are done enough.—Take them up carefully; do not break off the heads.

Some eat brocoli like asparagus, with a toast under it, and sent to table with melted butter.

### *Peas.*

Peas should not be shelled long before they are wanted, nor boiled in much water; when the water boils put them in, with a little salt, and a lump of loaf-sugar;



when they begin to dent in the middle, they are done enough; strain them through a cullender or sieve; put a piece of butter into the dish, and stir them till the butter is melted. Boil a sprig of mint by itself, chop it fine, and lay it round the edge of the dish. Some prefer melted butter sent to table in a sauce-tureen, rather than mixing it with the peas in the dish.

The mint may be boiled with the peas, which many people prefer.

### *Windsor Beans.*

These must be boiled in plenty of water, with a good deal of salt, and put in when the water boils. Boil and chop some parsley, put it into melted butter, serve them up with boiled bacon; and the parsley and butter in a sauce-tureen. The bacon must not be boiled with them.

### *French Beans.*

String the beans; cut them in two, and then across; sprinkle them over with salt, and stir them together.—As soon as the water boils put them in, make them boil very quick, and they will soon be done: put them in a cullender to drain, and serve them with melted butter.

### *Turnips.*

Pare them very thick, so as to take off all the outside coat; cut them in two, and boil them in a pot with either beef, mutton, or lamb. When they are tender, take them out; press the liquor from them, between two plates or trenchers; put them into a pan, and mash them with butter and salt; send them to table in a dish, or basin, by themselves: or send them, as they came out of the pot, in a dish, with melted butter in a sauce-tureen. If very young ones, you may leave about two inches of the green

part to each turnip ; it looks pretty, and eats as good as the turnip.

### *Carrots.*

They require a good deal of boiling. If they are young, wipe them after they are boiled : if old, scrape them before you boil them. You may either send them to table whole, or cut them in slices, and pour melted butter over them.

If they are young spring carrots, half an hour will boil them ; if large, an hour : but old carrots will take two hours.

### *Potatoes.*

Wash them clean ; put them into a sauce-pan, just cover them with water, and let them simmer till they are done enough ; pour the water from them, and set them on the fire a few minutes to dry, with the cover on, shaking them occasionally ; then peel them and send them to table whole, or mash them with a little milk and butter. Young potatoes should be rubbed with a coarse cloth before they are boiled. Young potatoes should also be put in when the water boils, old ones while the water is cold.

It is a very good plan to steam potatoes, when it is convenient. Potatoes should not be covered after they are taken out of the water, as it spoils their flavour.

*N. B.* Boil the milk and butter together in a sauce-pan before you put it to the mashed potatoes ; cold milk gives them an unpleasant taste.

### *Cabbage.*

Quarter it, boil it in plenty of water, with a handful of salt ; when it is tender, drain it on a sieve, or in a cullender ; but do not press it. It may be chopped, and warmed with a piece of butter, pepper, and salt ; or sent to table whole. Savoy and greens are boiled in the same

way, but always boil them by themselves, and send them to table whole; you may send melted butter in a sauce-tureen if you like.

### *Parsnips*

Must be boiled very tender; and may either be served whole with melted butter, or beaten smooth in a bowl, warmed with a little cream, butter, flour, and a little salt.—They are an agreeable sauce to salt fish.

### *Spinage*

May be boiled in the same manner as greens. When the water boils, put in the spinage with a small handful of salt, pressing it down with a spoon, as you put it into the sauce-pan; let it boil quick; and as soon as tender, put it into a sieve or cullender, and press out the water.

### *Another way to dress Spinage.*

Pick it clean, and wash it in two or three waters; put it into a sauce-pan that will just hold it, without water; throw a little salt over it; cover it close, and put the sauce-pan on a clear fire; when the spinage shrinks, and falls to the bottom, and the liquor that comes out boils up, it is done. Put it into a sieve to drain; give it a squeeze; lay it on a dish; cut it in squares; and send it to table with melted butter in a sauce-tureen.

### *Spinage and Eggs.*

Boil the spinage, and break as many eggs into cups as you wish to poach; put the eggs into a stew-pan of boiling water; when done, take them out with an egg-slice, and lay them on the spinage. Send it to table with melted butter in a sauce-tureen.



*To stew Asparagus.*

Scale sprue (a small kind of asparagus) ; cut it into pieces the size of peas, as far as the green part extends from the heads ; wash and put them into a stew-pan.— To a quart of asparagus add half a pint of hot water, a little salt, and boil them till nearly done ; strain them ; and preserve the liquor ; boil it till nearly reduced ; put to it three ounces of fresh butter, a wine-glassful of cream, a little sifted sugar, flour, and water, to make it a proper thickness ; add the asparagus ; stew it till tender ; serve it up on a dish, with the top of a French roll toasted and buttered under it.

*Asparagus and Eggs.*

Cut asparagus that has been dressed, the size of peas ; break some eggs into a basin ; beat them up with pepper, salt and the asparagus ; put it into a stew-pan, with two ounces of butter ; and stir it all the time it is on the fire ; when thick, it is done enough ; put a toast on the dish, and the eggs and asparagus upon the toast.

*Asparagus-Loaves.*

Boil some asparagus ; reserve a few whole, chop the remainder, but not too small ; put some cream to them ; a bit of butter mixed with a little flour, Cayenne pepper, salt, and nutmeg ; boil it up, and have ready some small loaves ; make a hole in the tops ; take out all the crumbs, and fry the loaves of a nice brown : fill them with asparagus, stick those that were left whole in the tops for ornament, and serve them up.

*To fry Artichoke-Bottoms.*

Blanch, flour, and fry them in fresh butter. Dish them, and pour melted butter over them, or put a little

red wine into the butter ; and season with nutmeg, pepper, and salt. You may put the yolk of a hard egg, or a force-meat ball, in the middle of each bottom, if you like it.

### *To ragout Artichoke-Bottoms.*

Soak them in warm water two or three hours, changing the water several times, if they are dried ones ; then put them into a stew-pan, with some gravy, mushroom-ketchup, Cayenne pepper, and salt. When boiled, thicken the sauce with flour ; put them into a dish, pour the sauce over, and serve them hot.

### *Jerusalem Artichokes*

Must be taken up the moment they are done, or they will be too soft. They may be boiled plain in a little milk and water, and sent to table with melted butter ; or with white fricassee-sauce ; for which see receipt, page 34.

### *Eggs and Brocoli.*

Boil the brocoli till quite tender ; but save a large bunch, with six or eight sprigs. Toast bread large enough for your dish. Take six eggs, beat them well, put them into a sauce-pan, with a bit of butter, and a little salt ; beat them with a spoon till thick enough ; then pour them on the toast. Set the largest bunch of brocoli in the middle, and the little pieces round. Or you may poach the eggs if you choose.

### *Celery stewed white.*

Cut the white part in lengths ; boil it till tender ; fry, drain, and flour it ; put it into some rich gravy, with a little salt, nutmeg, and ketchup<sup>o</sup> ; boil it up.

*Celery stewed brown.*

Cut it to pieces, as before directed ; half-boil and drain it ; then stew it in some good gravy, with a very little red wine, with pepper, salt, nutmeg, and ketchup ; then mix a little flour smooth in a little gravy, and boil it all up.

*Cucumbers dressed raw.*

Pare and score them from one end to the other, in several rows, that they may be in small bits, as if slightly chopped : add a number of young onions, some Cayenne pepper, and salt, a glass of white wine, the juice of half a lemon, and some vinegar. Or you may cut them in thin slices, and add pepper, salt, vinegar, and sliced onions. Or send them to table whole, with an onion sliced in a small plate.

*Cucumbers stewed.*

Pare and slice them about the thickness of a crown-piece ; slice some onions ; fry them both ; drain and shake a little flour over them ; put them into a stew-pan, with some good gravy, Cayenne pepper, and salt ; stew them till tender. Or they may be stewed in their own liquor, without being fried ; but add Cayenne, and salt. Or take out the seeds ; quarter the cucumbers ; stew them till clear, in some good gravy ; mix a little flour, with some cream, a very little white wine, and white pepper pounded ; boil it up.

*To stew green Peas.*

Take a quart of peas, with a lettuce, and an onion, both sliced, a bit of butter, pepper, salt, and no more water than hangs round the lettuce when washed. Stew them two hours very gently. When ready to serve, beat up an egg, and stir it into them ; or a bit of butter rolled in flour. Some think a lump of sugar an improvement.



Gravy may be added, if approved. Chop a bit of mint, and stew with it.

### *French Beans stewed.*

Boil them, put to them a little cream ; a little gravy, if you have any ; pepper, salt, a bit of butter, and a little flour : boil it up.

### *To stew red Cabbage.*

Slice a small red cabbage ; wash and put it into a sauce-pan, with pepper, salt, no water but what hangs about it after it is washed, and a piece of butter. Stew it till quite tender ; add two or three spoonfuls of vinegar, and give it one boil over the fire. Serve it for cold meat, or with sausages on it. Or you may do it as above, only use gravy to put in the pan with it, instead of butter ; and put slices of onion, with pepper and salt : when quite tender, put a bit of butter, rolled in flour, to thicken it, and a little vinegar.

### *Another Way to stew Cabbage.*

Cut the cabbage very thin ; put it into the stew-pan, with a small slice of ham, and half an ounce of butter at the bottom ; half a pint of broth, and a little vinegar. Let it stew three hours. When it is very tender, add a little more broth or gravy, salt, pepper, and a table-spoonful of pounded sugar. Mix them well, and boil them till the liquor is sufficiently wasted ; put it into the dish, and lay fried sausages on it.

### *Fricasseed Windsor Beans.*

When grown large, but not mealy, boil, blanch, and lay them in white sauce, made hot for the purpose.—Just warm them through in it, and serve them up.

### *A Ragout of Cauliflowers.*

Take two cauliflowers; pick them as for pickling; stew them till they are tender, in brown gravy or cullis, seasoned with pepper and salt; put them in a dish, and pour the gravy over them; boil some sprigs of cauliflower very white, and lay round them.

### *Frying Herbs.*

Clean and drain a good quantity of spinage, or beech, two large handfuls of parsley, and a handful of green onions. Chop the parsley and onions, and sprinkle them among the spinage. Set them over the fire to stew, with some salt and a bit of butter the size of a walnut: shake the pan when it begins to grow warm, and let it be closely covered till it is quite tender. It may be served with fried eggs upon it, or calf's liver and rashers of bacon broiled, and served in a separate dish.

### *A savoury Dish of Vegetables.*

Wash a dish with the white of raw eggs; then make as many divisions as you think proper, with mashed potatoes and yolks of eggs mixed together, and put on the dish; then bake it till of a nice colour. Fill the divisions as follows: in the first, stewed spinage; in the second, mashed turnips; in the third, slices of carrots; in the fourth, some button-onions stewed in gravy, or pieces of cauliflower, or heads of brocoli: or any kind of vegetables you have at hand, so as to make a sufficient variety.

### *Mushrooms.*

Great care should be taken not to use any but the real mushrooms, as the death of many persons has been occasioned by using the poisonous kind, which nearly resemble the genuine mushrooms.

The eatable mushrooms first appear very small, and of a round form, on a little stalk. They grow very fast, and the upper part and stalk are white; as the size increases, the under part gradually opens, and shews a fringy fur, of a very fine salmon-colour, which continues more or less till the mushroom is a tolerable size, and then turns to a dark brown. These marks should be attended to; and likewise, whether the skin can be easily parted from the edges and middle. Those which have a white or yellow fur should be carefully avoided, though many of them have the same smell, but not so strong as the right sort.

### *Mushrooms stewed white.*

Wipe some large buttons, boil them quick in a little water; put some cream to them, a piece of butter, mixed with a little flour, a little mace, Cayenne pepper, and salt; boil it up; be careful not to let it burn to the sauce-pan.

### *Mushrooms stewed brown.*

Wash them; stew them in some good gravy, thickened with a little flour; add a little Cayenne pepper, salt and nutmeg.

### *Mushroom-Loaves.*

Wash some small buttons; boil them a few minutes in a little water; put a little cream to them, a bit of butter rolled in flour, salt, and pepper; boil it up; cut off the tops of small loaves, or French rolls; take out the crumbs, and fry the loaves a nice brown; fill them with the mushrooms, and send them to table.

### *Potatoes scalloped.*

When boiled, mash them fine; add milk, pepper, salt, and a piece of butter; do not make them too moist; fill some scallop-shells; smooth the tops with the back of a spoon; set them in a Dutch oven before the fire to brown



or you may add the yolk of an egg, and mash them with cream, butter, pepper and salt. Score the top with a knife, and put thin slices of butter over before you put them in the Dutch oven.

### *Potatoes in Balls.*

Do them as above ; roll them in balls with a little flour ; brown them in a Dutch oven, or fry them.

### *Potatoes fried.*

Cut potatoes into thin slices ; fry them in butter till they are a nice brown ; then lay them in a dish, and pour melted butter over them ; if you think proper, potatoes may likewise be fried in batter, and served up with powder-sugar thrown over them. Any kind of fruit may be fried in the same manner.

*N. B.* All kinds of batter should be fried in hogs' lard.

### *To dress Salad.*

Boil an egg quite hard, put the yolk into a salad-dish ; mash it with the back of a spoon ; mix it with a spoonful of water first, then add a little of the best salad-oil to it, or melted butter, a tea-spoonful of ready-made mustard, a little salt and a sufficient quantity of vinegar : cut a lettuce, with mustard and cress (not very small) into it, and mix it well together. You may cut celery, radishes, or any other kind of salad herbs with it. It is best to send onions to table in a small plate, rather than mix them in the bowl. An anchovy may be washed, cut small, and mixed with it, if approved. About a table-spoonful of essence of anchovies is still better, mixed with the oil and vinegar, or a smaller quantity in proportion to the salad. Celery may be dressed the same way. Cut up the white

of the egg and mix with the salad if you think proper, also a bit of beet-root.

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OF  
STEWING, HASHING, &c.

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*To stew Beef.*

**TAKE** four or five pounds of beef that is proper for stewing, with the hard fat of brisket of beef cut into pieces; put these into a stew-pan, with three pints of water, or weak gravy; a little salt, pepper, a sprig of sweet herbs, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Then throw into it as many turnips and carrots, cut into square pieces, as you think proper, and the white part of a leek, two heads of celery, chopped fine, a crust of bread and two spoonfuls of vinegar. When done put it into a deep dish, set it over hot water and cover it close. Skim the gravy and put in a few pickled mushrooms; thicken the gravy with flour and butter, make it hot, and pour it over the beef. You may serve force-meat balls with it, if you choose, and add red wine if you think proper, or beer.

*To stew Beef-Steaks.*

Take rump-steaks, cut thick; put them in a stew-pan, with a bit of butter to brown. Add a little water, or gravy, an onion sliced, two or three anchovies, with pepper and salt. Cover them close and stew them over a slow fire an hour, or till sufficiently tender. Skim off the fat, add a glass of port wine, a few oysters, and some ketchup, if you think proper.

### *Beef Olives.*

Cut about seven thin slices of beef from the rump, the same as you would cut beef steaks; beat them well, brush them over with egg, sprinkle them with sweet herbs cut very fine and a few bread-crumbs; season them with pepper and salt; roll them up quite tight and tie them with pack-thread. Put a little gravy or broth into a stew-pan that will exactly hold them, cover them with fat bacon cut in thin slices, and put paper over the top; put them on a stove, or slow fire, to do very gently; the slower the better; they will take full two hours; take them up, and lay six round the dish and one in the middle; pour gravy sauce over them.

### *Ox-Palates.*

Boil them till tender, then blanch and scrape them; rub them over with pepper, salt, and crumbs of bread; fry them brown on both sides; pour off the fat; put as much beef and mutton gravy into the stew-pan as you wish for sauce; also an anchovy, a little lemon-juice, a little nutmeg grated, and salt to your taste; thicken it with a bit of butter, rolled in flour; when these have simmered a quarter of an hour, dish them up, and garnish with slices of lemon.

### *Cow-Heels.*

Boil them four hours, or till quite tender. Serve them up with melted butter, and mustard and vinegar.

Or cut them in four parts, dip them in batter and fry them brown; fry onions if you like them, and serve round; send melted butter, or gravy, in a sauce-tureen.

### *Bubble and Squeak.*

Cut some slices of beef that has been boiled; put them into a frying pan with a bit of butter, or beef dripping;



make them quite hot; put them in a dish before the fire; take some cabbage that has been boiled, chop and fry it; put it into another dish and set it before the fire to keep hot; fry some slices of onion till quite tender; then put a little gravy into the pan, stir it about till it boils; put in the beef and let it simmer a minute or two; put it with the gravy into a dish and lay the cabbage upon it. The onion may be omitted if not approved. The round of beef after it has been boiled makes good bubble and squeak.

### *Tripe*

May be stewed with onions in milk and water, or in water only, till tender; serve it in a tureen with melted butter and mustard for sauce; boil it about an hour.

Or fry it in small slices, dipped in batter.

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

### *To stew an Ox-Cheek.*

Soak half a head three hours, and clean it in plenty of water. Take the meat off the bones, and put it into a pan, or pot, with a large onion, a sprig of sweet herbs, some pepper, salt, and a little allspice. Lay the bones on the top; pour on two or three quarts of water, and cover the pot close with paper, or a dish that will fit close. Let it stand eight or ten hours in a slow oven; or simmer it by the side of the fire, or on a hot hearth. When tender, scum the fat off and put in celery, or any kind of vegetables you choose. If approved, some slices of onion may be fried quite brown and put to it a little before it is taken from the fire. If celery cannot be had, a little of the seed boiled in it, in a muslin bag, gives it as good a flavour.

*Beef à-la-Mode.*

The small round, the leg of mutton piece, the clod, or a part of a large round, are all proper for this purpose: take either of these, with one dozen of cloves, mace in proportion and half an ounce of allspice, beat fine; chop a large handful of parsley and some sweet herbs very fine; cut some fat bacon into pieces, about a quarter of an inch square; put the beef into a pot with all the above ingredients, and cover it with water; chop four large onions and four cloves of garlic very fine; add six bay-leaves and a handful of champignons, or fresh mushrooms; put them into the pot with a pint of strong beer, pepper, salt, Cayenne pepper, and a spoonful of vinegar; add three handful of bread-raspings, sifted fine. Cover it all close and stew it six or eight hours, according to the size of the piece; then take the beef out, put it into a deep dish, and keep it hot; strain the gravy through a sieve and pick out the champignons, or mushrooms; skim off all the fat, then put the gravy into the pot again and give it a boil up; season it to your taste: then pour it over the beef and send it hot to table. If you prefer it cold, cut it in slices, with the gravy over it, and it will be a strong jelly. Some people boil red wine in à-la-mode beef.

*Neat's Tongue, stewed.*

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

*To stew Veal that has been dressed.*

The veal should be under-roasted, or boiled ; cut it into thick slices ; put it into a stew-pan and just cover it with water or broth. Season with pepper, salt, and nutmeg, a little mace, sweet-marjoram, a shalot, and some lemon-thyme, or a little grated lemon-peel. Stew altogether ; when almost done enough, put into the liquor a little good gravy, some mushroom-liquor and a little lemon-juice. Let these stew a little longer.—Then strain off the liquor and thicken it with butter and flour. Lay the meat in the dish and pour the sauce over it. Garnish the dish with sippets and fried oysters, or bits of broiled bacon and sliced lemon.

*To stew a Breast of Veal.*

Let the breast be fat and white, cut off the neck end and stew it for gravy. Make a force-meat of the sweet-bread boiled, a few crumbs of bread, a little beef-suet, an egg, pepper and salt, a spoonful or two of cream and a little grated nutmeg ; mix them together, and having raised the thin part of the breast, stuff the veal. Skewer the skin close down, dredge it over with flour, tie it up in a cloth, and stew it in milk and water rather more than an hour ; if a large one, an hour and a half.

The proper sauce for this dish is made of a little gravy, a few oysters, a few mushrooms chopped fine, and a little juice of lemon, thickened with flour and butter.

You may, if you prefer it, stew the veal in broth, or weak gravy ; thicken the gravy it was stewed in and pour over it. Garnish with force-meat balls.

*Knuckle of Veal.*

Put the veal into a stew-pan, upon four wooden skewers, placed crossways with two blades of mace, some



whole pepper, an onion, a crust of bread, and, two quarts of water. Cover it close, and after boiling let it simmer two hours. When done, put it into the dish; and strain the liquor over it. Garnish with lemon.—The onion may be omitted, if not approved.

### *Another Way to stew Breast or Knuckle of Veal.*

Cut about three or four pounds of the middle of a breast of veal into square pieces, flour them and half-fry them on a brisk fire to make them of a nice brown; if a knuckle, half-roast it; have ready made a rich beef-gravy, put the veal into it with a little parsley and lemon-peel both chopped fine, a sprig of thyme and a little pepper and salt; boil three heads of celery and three or four lettuces about twenty minutes, and add to it when the veal has stewed about an hour; let it all stew together another hour, then squeeze the juice of half a lemon, and dish it up; garnish with slices of lemon.—If green peas are in season, they should be added to the lettuces and celery.

### *To stew a Fillet of Veal.*

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

*Minced Veal.*

Cut cold veal very fine, or chop it, put a few spoonfuls of either gravy, broth, milk, or water, into a sauce-pan, with a bit of lemon-peel, a little nutmeg and a little salt and pepper; let them boil a few minutes; shake a little flour amongst the meat; put it into the sauce-pan; let it be hot, but not quite boil; just before it is taken up, stir in a bit of butter rolled in flour; put thin sippets of bread in the dish and garnish with lemon. The bones which are left make very good gravy to warm it in, if boiled gently in a little water for about an hour. The lemon-peel may be chopped small; if not, it should be taken out before the veal is put in.

*Veal Olives.*

Cut six slices off a fillet of veal; let them be about ten inches long and about four inches broad; beat them with a flatter, to make them thin; brush them over with egg (beat up the yolks and whites together,) lay a very thin slice of bacon over every piece of veal, strew over them a few bread-crumbs, a little lemon-peel, some parsley, a sprig of thyme chopped small, some pepper and salt, and a little nutmeg; roll them up close; and skewer them tight; then rub them with egg, and roll them in bread-crumbs and parsley chopped small; put them into a pan to bake, or fry them, whichever is most convenient. Serve them up with brown gravy and garnish with lemon. Force-meat may be used instead of bacon, if preferred.

*Veal Cutlets.*

Cut the veal into thin slices; dip them into the yolk of eggs beaten up fine, and strew over them crumbs of bread, sweet herbs, parsley, and lemon-peel, all chopped fine, also grated nutmeg; fry them with fresh butter.

When the meat is done, lay it on a dish before the fire ; put a little boiling water or gravy into the pan stir it round and let it boil ; then stir in a bit of butter rolled in flour ; add a little lemon-juice and pour it over the cutlets.

Some prefer the cutlets without either herbs or bread-crumbs, fried of a nice brown. Put into the pan a little flour and water, with a sprig of thyme and a small bit of butter ; stir it about ; let it boil and pour it over the cutlets ; take out the thyme before you send it to table.

### *Scotch Collops.*

Cut the collops off the thick part of a leg of veal, of about the size of a crown-piece ; put a bit of butter into the frying-pan, then lay in the collops, and fry them over a quick fire ; shake, turn, and keep them in a fine froth ; when they are of a nice brown, take them out and put them into a pot ; then put cold butter again into the pan, and fry more collops : when they are done, and properly browned, pour the liquor from them into a stew-pan and add to it half a pint of gravy, half a lemon, an anchovy, half an ounce of morels, a spoonful of browning, one of ketchup, and two of lemon-pickle ; season to your taste with salt and Cayenne pepper ; thicken with butter and flour ; let it boil five or six minutes ; put in the collops and shake them over the fire, but do not let them boil ; when they have simmered a little, take them out and lay them in a dish ; strain the sauce and pour it hot on them ; lay on them force-meat balls and small slices of bacon, curled round with a skewer and boiled ; add a few mushrooms and garnish with lemon.



*Jugged Veal.*

Cut some slices of veal, and put them into an earthen jug, with a blade of mace, a little pepper, salt, and nutmeg, a sprig of sweet herbs, and a bit of lemon-peel, Cover the jug close, that the steam may not get out ; set it in a pot of boiling water, and about three hours will do it. About half an hour before it is done, put in a bit of butter rolled in flour, and a little lemon-juice, or lemon-pickle. Turn it out of the jug into a dish ; take out the herbs and lemon-peel, and send it to table garnished with lemon.

*Veal Cake.*

Boil six eggs hard, or as many as you think you shall want ; cut the yolks in two, and lay some of the pieces in the bottom of the pan ; shake in a little chopped parsley, and put some slices of veal and ham ; then put more eggs, then meat ; shake in, after each, some chopped parsley, with pepper and salt, till the pot is nearly full. Then put in water enough to cover it, and lay on it about an ounce of butter ; tie it over with a double paper and bake it about an hour. Then press it close together with a spoon, or put a small plate with a heavy weight on it, and let it stand till cold.

It may be baked in a mould, and it will turn out very well.

*Veal Podovies or Resoals.*

Take some cold veal, a little cold ham, some parsley, a small quantity of thyme, a little lemon-peel and one anchovy ; chop them all very small and mix them with a few bread-crumbs, pepper, salt, mace and nutmeg to your taste. Wet them with an egg and make them into little balls or pyramids ; then dip them in egg and roll them in

bread-crumbs ; fry them brown and serve them up with a good beef-gravy in the dish.

Beef may be done in the same way.

### *Veal Sausages.*

To a pound of lean veal, add half a pound of the fat of pork or bacon, a handful of sage chopped fine, one anchovy, and pepper and salt sufficient to season it.—Beat all in a mortar ; and, when used, roll it in balls and fry it, or put it in skins, and either fry or boil them.

### *Scallops of cold Veal or Chicken.*

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

### *Beef Cakes.*

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

### *To scallop Beef or Mutton.*

Mince beef, or mutton, small, with onion, pepper, and salt ; add a little gravy ; put it into scallop-shells, or saucers ; making them three parts full, and fill them up with potatoes, mashed with a little cream : put a bit of butter on the tops and brown them in an oven, or before the fire.

*To mince Beef.*

Chop the under-done part fine, with some of the fat ; put a little water into a stew-pan, with a small quantity of either onion or shalot, and pepper and salt ; boil it till the onion is tender, then put some of the gravy of the meat to it and the mince-meat, with a spoonful of ketchup ; make it quite hot, but do not let it boil.—Have a hot dish the proper size, with sippets of bread ready, and pour the meat upon it.

*To hash Beef.*

Do it the same as the last receipt ; only the meat is to be cut in slices, and you may use a little walnut-liquor, if you like it.

All sorts of stews, or meat that is dressed a second time, should be only simmered ; if they boil, it makes the meat hard, and spoils the flavour.

*Haricot of Mutton.*

Cut the best end of a neck of mutton into chops, in single ribs ; fry them of a light brown ; put them into a large sauce-pan, with two quarts of water, and a large carrot cut in slices ; when they have stewed a quarter of an hour, put in two turnips, cut in square pieces, the white part of a head of celery, two cabbage-lettuces fried, (a few heads of asparagus, if you have them) ; season all with a little Cayenne pepper, and salt. Boil all together till tender ; put it into a tureen, or soup-dish, without any thickening to the gravy.

*Another Way to make Haricot of Mutton.*

Fry about four pounds of mutton-chops that are not too fat with two heads of celery cut in pieces. Take one carrot of a middling size and three or four turnips, cut them in



pieces, and half-boil them, with two heads of endive and about a dozen small onions. Stew the meat first for three quarters of an hour in about a pint of water, then add to it a pint of strong beef-gravy with a bunch of sweet herbs boiled in it; put in the vegetables which have been boiled, and let them all stew together till the meat is tender; about three quarters of an hour will be sufficient; then add a glass of red port and a table-spoonful of soy. Breast of veal cut in square pieces may be done in the same way.

### *China Chilo.*

Mince some undressed neck of mutton, with fat to it; put two onions, a lettuce, a pint of green peas, some salt and pepper, four spoonfuls of water, and some clarified butter into a stew-pan closely covered; simmer them two hours, and serve it in the middle of a dish of boiled dry rice. If Cayenne is approved, add a little.

### *To hash Mutton.*

Cut thin slices of dressed mutton, fat and lean; flour them a little; have ready a small quantity of onion boiled in a little water with the bones, or add to it a little gravy; season the meat, and make it hot, but it should not boil. Serve it quite hot. Instead of onion, you may add a clove, a spoonful of currant jelly, and half a glass of port wine, which will make it eat like venison.

### *Hotch-potch.*

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

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leek, and the peel of half a lemon, all chopped fine ; put them all together into a stew-pan and fry them of a nice brown, then add about one pint and a half of good rich brown gravy and put in the meat ; let it stew gently about an hour and a quarter. Take the brains which have been boiled, and chop them with the sage-leaves and a small sprig of thyme ; add a few bread-crumbs and a little flour ; make them into small cakes, brush them over with a little egg and fry them of a nice brown. Make some force-meat balls ; boil about three eggs hard, take out the yolks, pound them in a mortar, mix them with some raw yolks, and roll them in the hand with a little flour into small balls, and put them with the other balls into the hash about ten minutes before it is served up ; then add a glass of port wine, pour the hash into a dish, lay the brain-cakes round it and garnish with lemons.

### *To roll a Breast of Veal.*

Bone it ; take off the thick skin and gristles, and beat the meat with a rolling-pin. Season it with sweet herbs and parsley, chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of ham on it ; or roll up in it two or three calves', sheep's, or pigs' tongues, that have been salted with salt and saltpetre ; boil them tender, and take off the skins before you put them in the veal. Bind it up tight in a cloth, and tie it round with tape. Set it over the fire to simmer, in a small quantity of water, till it is quite tender : it will take three hours or more, if the veal is large. Lay it on a dish, with a board and weight on it, till quite cold.

Pigs' or calves' feet boiled, and taken from the bones, may be put in, if approved. The different colours laid in layers look very well when cut in slices : it is excellent for a-sandwich or corner-dish.



When cold, take off the cloth and tape, and put it into the liquor it was boiled in ; and, if you want to keep it, boil up the liquor thrice a week, and always put it to the meat when quite cold.

### *To stew a Hare.*

Cut off the legs and shoulders ; cut out the back-bone ; cut the meat which comes off the sides into pieces ; put all into a stew-pan, with three quarters of a pint of small beer, the same of water, a large onion stuck with cloves, some whole pepper, a slice of lemon, and some salt ; stew it gently for an hour, closely covered ; then put to it a quart of gravy. Stew it gently two hours longer, or till tender ; take out the hare ; rub half a spoonful of flour in a little gravy ; put it to the sauce, and boil it up ; add Cayenne and salt ; put the hare in again ; and when hot through, serve it in a tureen, or deep dish. Add red wine if you think proper.

### *Hare jugged.*

Cut it to pieces, and put it into a jug with a little gravy and the same ingredients as the last receipt (but neither water nor beer) ; cover it close ; set it in a kettle of boiling water ; keep it boiling three hours, or till the hare is tender ; then pour the gravy into a stew-pan ; put to it a glass of red wine, and more gravy, if there is not sufficient, with a little Cayenne and salt ; thicken with flour ; boil it up, pour it over the hare, and add a little lemon-juice.

### *Hare hashed.*

Cut a hare which has been roasted into small pieces ; if any of the pudding is left, rub it small into some gravy ; to which put a glass of red wine, a little pepper and salt, an onion, and slice of lemon ; make it hot through ; take

out the onion and lemon, and send currant-jelly with it to table. Omit the red wine if you think proper.

### *Rabbits stewed.*

Take a couple of rabbits; divide them in quarters; flour them, and fry them in butter; then put them into a stew-pan, with some good gravy, and a glass of white wine; season them with pepper, salt, and a sprig of sweet herbs; cover them down close, and let them stew till tender; then take them up; strain off the sauce; thicken with flour and butter, and pour it over them.

### *White Fricassee of Rabbits.*

Skin them, cut them to pieces, and lay them in warm water to cleanse them; then stew them in a little clean water, or milk and water, with a bit of lemon-peel, a little white wine, an anchovy, an onion, two cloves, and a sprig of sweet herbs; when tender take them out, strain the liquor, put a very little of it into a quarter of a pint of thick cream, with a piece of butter and a little flour: keep it constantly stirring till the butter is melted; put in the rabbits, with a little grated lemon-peel, mace, and lemon-juice; shake all together over the fire, and make it quite hot. If agreeable put in pickled mushrooms, and omit the lemon.

Chickens may be done in the same manner.

### *Brown Fricassee of Rabbits.*

Cut them to pieces; fry them a nice brown, in fresh butter; drain them on a sieve, pour off the butter; put some good gravy or beef-broth into the pan; shake in some flour; keep it stirring over the fire; add ketchup, a very few shalots chopped, salt, Cayenne, and lemon-juice,

or pickled mushrooms; boil it up; put in the rabbits, and shake it round till quite hot.

Chickens may be done the same way.

### *To stew a Turkey or Fowl.*

Take a turkey or fowl; put it into a sauce-pan or pot, with a sufficient quantity of gravy, or good broth; a head of celery cut small, mace, pepper-corns, and a sprig of thyme, tied in a muslin bag. When these have stewed softly, till done enough, take up the turkey or fowl; thicken the liquor it was stewed in with butter and flour; lay it in the dish and pour the sauce over it.

### *Pulled Turkey.*

Divide the meat of the breast or wings by pulling, instead of cutting it to pieces; warm it in a spoonful or two of white gravy, a little cream, nutmeg, and salt; thicken with flour and butter; make it quite hot, but do not let it boil. The legs should be seasoned, scored, and broiled, and put into the dish with the above round it.—Cold chickens may be done the same way.

### *To stew Pigeons.*

Stuff the insides of the pigeons with seasoning made of pepper, salt, mace, and sweet herbs, chopped very fine. Tie up the neck and vent, and, when half-roasted; put them into a stew-pan, with a sufficient quantity of gravy, a little white or red wine, some pickled mushrooms, and a bit of lemon-peel. Let them stew till done enough. Then take them out; thicken the liquor with butter, and the raw yolks of eggs. Dish the pigeons, and pour the sauce over them. Garnish with lemon.

*N. B.*—If you wish to enrich this receipt, you may, when the pigeons are almost done, put in some artichoke-



bottoms, boiled, and fried in butter, or asparagus tops boiled.

### *Another.*

Take six of the livers, a few bread crumbs, two anchovies, a little salt, the yolk of one egg, a little parsley and lemon-thyme chopped small, and two ounces of butter; mix them, and fill the craws; tie the pigeons up and brown them in a stew-pan; then take them out, and put almost as much gravy as will cover them; add a blade of mace, some pepper, and lemon-thyme; stew them over a slow fire an hour and a half, then take out the pigeons, and thicken the sauce with a good piece of butter rolled in flour and grated nutmeg. Add three spoonfuls of white wine, if you think proper.

### *Jugged Pigeons.*

Pick and draw six pigeons; wash them clean, and dry them with a cloth; season them with mace, pepper, and salt. Put them into a jug, with half a pound of butter over them. Stop up the jug close with a cloth, that no steam can get out; then set it in a kettle of boiling water and let it boil an hour and a half. Take out the pigeons; put the gravy that is come from them into a sauce-pan, and add a spoonful of wine, one of ketchup, a slice of lemon, half an anchovy chopped, and a sprig of sweet herbs. Boil it a little and thicken it with butter rolled in flour; lay the pigeons in the dish and strain the gravy over them.

### *Pigeons in a Hole.*

Take four young pigeons; stick their legs in their bodies, as for boiling; season them with pepper, salt, and mace. Put into the inside of each a bit of butter the size of a walnut; lay them in a pie-dish; pour over them a batter, made of three eggs, two spoonfuls of flour, and

half a pint of milk. Bake them in a moderate oven, and send them to table in the same dish.

### *Duck stewed.*

Lard it or not, as you like best; half-roast it; put it into a stew-pan, with a pint or more of good gravy, a glass of red wine, an onion or shalot, chopped small, a piece of lemon-peel, a little Cayenne and salt; stew it gently, closely covered, till tender; take out the duck, scum the sauce, boil it up quick and pour it over the duck: add truffles and morels, if agreeable. Omit the wine, if you think proper.

### *Ducks stewed with Cucumbers.*

Half-roast it, and stew it as before: have some cucumbers and onions, sliced, fried, and drain very dry; put them to the duck; stew all together.

### *Ducks stewed with Peas.*

Half-roast them; put them into some good gravy; with a little mint, and three or four sage-leaves, chopped; stew this half an hour; thicken the gravy with a little flour; throw in half a pint of green peas, boiled, or some celery, and take out the mint.

### *To hash a Duck.*

Cut a cold duck into joints, and warm it in gravy, add a glass of red wine; but do not let it quite boil, or it will spoil the flavour and make the meat hard. The wine may be omitted.

### *To stew Giblets.*

Let the giblets be clean picked and washed, the feet skinned, and the bill cut off, the head split in two, the pinion-bones broken, the liver and gizzard cut in four.

and the neck into two pieces: put them into a pint of water, with pepper, salt, a small onion, and some sweet herbs; cover the sauce-pan close and let them stew till quite tender, upon a slow fire; take out the onion and herbs, and put them into a dish, with all the liquor.—Omit the onion and sweet herbs, if for a pie, and do not stew them so long as for a stew.

### *To stew a Shoulder of Venison.*

Let the meat hang as long as it will keep sweet; take out the bone; beat the meat with a rolling-pin; lay some slices of mutton-fat, that have been soaked a few hours in a little red port; sprinkle a little pepper and allspice over it, in fine powder; roll it up tight, and tie it. Set it in a stew-pan that will just hold it, with some mutton or beef gravy, or broth, a quarter of a pint of port wine, some pepper, and allspice. Cover it close, and simmer it as slow as you can, for three or four hours. When quite tender, take off the tape, set the meat on a dish, and strain the gravy over it. Serve it with currant jelly.

### *Hashed Venison.*

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

### *To force Fowls, &c.,*

Is to stuff any part with force-meat: it is generally put between the skin and the flesh.



*To blanch Rabbits, Fowls, &c.,*

Is to set them on the fire, in a small quantity of cold water, and let them boil; then take them out, and put them into cold water for a few minutes.

*To preserve Meat without Salt.*

Wet a clean cloth in vinegar, wring it dry, and wrap the meat in it; hang it up in a dry, cool place; by this means it will keep good several days in hot weather.

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DIRECTIONS

*RESPECTING SOUPS, &c.*

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**G**R**E**A**T** care should be taken to have all the utensils clean. Pots, sauce-pans, and stew-pans, should be well tinned, especially for soups and gravies, as they are obliged to remain a long time upon the fire. Whatever is boiled in a brass or copper pot should be taken out while it is hot; if left to cool, it would have a disagreeable taste, and be very unwholesome: as a convincing proof of this, if the liquor that any kind of meat is boiled in remains in the pot till the next day, the fat at the top will be quite green, and the liquor of course very pernicious. Iron pots, sauce-pans, &c., are the most wholesome, but they spoil the colour of many articles of cookery, therefore are not much used: they are useful for any thing that would not be discoloured. Pots lined with earthen-ware are certainly preferable to any other kind; but they are very expensive.

When soups or gravies are required to be very rich, the meat should be cut into slices, and put into a stew-

pan or sauce-pan, with a piece of butter at the bottom, and herbs at the top of the meat; and set it on the fire, without water, to draw the gravy; stir it well with a fork, to prevent it burning; then add water or broth, according to the strength you wish to have it. Any bones of roast meat broken to pieces and stewed with it is a great improvement.

If you have a digester, it is a good plan to stew any kind of bones as soon as they are done with, and by adding a little seasoning, herbs, and an onion, they will make very tolerable gravy or soup; or be a good addition, at least, to either of them.

A clear jelly of cow-heels is very useful to keep in the house, being a great improvement to soups and gravies. Truffles and morels thicken soups and sauces, and give them a fine flavour. Wash half an ounce of each carefully, then simmer them a few minutes in water, and add them with the liquor to boil in the sauce, &c., till tender.

If richness or greater consistency is wanted, a good lump of butter mixed with flour and boiled in the soup, will give it both these qualities.

Green peas intended for soup require hard water to boil them in; but old peas are best in soft water.

Take care all the greens and herbs used in soups are well washed, picked clean, and supplied in just proportions, so that no one herb may be predominant.—Soups in general require about five hours boiling.

Soup that is put by for use should not be covered over, particularly while hot, as it will turn sour in one day.

### *Pease-Soup.*

Save about two gallons of the liquor that beef, mutton, or pork has been boiled in; if too salt, put a little fresh

water to it, with some roast-beef bones, a fresh rump-bone broken to pieces, or a coarse piece of beef, and a pint and a half of split peas; set it on the fire, let it boil, and skim it well; then put in three onions sliced, two turnips, one carrot, and three heads of celery cut small, with a sprig of sweet herbs; boil it slowly four or five hours; season with pepper and salt to your taste; put it in a tureen, send it to table with slices of bread toasted brown, and cut into bits about an inch square, on a plate, and some dried mint rubbed very fine.

*N. B.* If you think proper, strain it through a cullender, put the soup again into the pot, cut the white part of a head of celery, slice two turnips and one carrot, and boil them in the soup a quarter of an hour; at the same time one table spoonful of oatmeal may be added, mixed in a little of the soup.

### *Green-Peas Soup.*

In shelling the peas, divide the old from the young; put some of the old ones into a gallon of boiling water, with two onions, if large, or six small ones, four turnips, two carrots, and two heads of celery, cut in slices, two cloves, one blade of mace, and two cabbage-lettuces cut small; stew them an hour; then strain it off, and put in two quarts of old green peas, and boil them till tender; rub them through a cullender, and let it boil a quarter of an hour, with the young peas in it, or till they are done enough: put the soup into a tureen, with small slices of bread toasted or fried.

Some people make this soup of strong veal broth instead of water, and stew a little spinage with some salt without any water, which must be rubbed through a sieve; and added to the soup to colour and thicken it.]



*Hodge Podge.*

Cut a piece of brisket of beef into eight or ten pieces; put it into a pot that will hold about a gallon, besides the meat, &c.; put in three full quarts of water, and one quart of small beer, or rather less; scum it well, put in onions, carrots, turnips, celery, black pepper, and a little salt: when the meat is tender, take it out, strain the soup; put a bit of butter into the stew-pan, and a spoonful of flour; stir it till brown, and take care not to let it burn: take the fat off the soup, put it into the stew-pan, stew it with the beef in it, and the nicest part of three or four savoy; when they are tender, serve up the soup: turnips and carrots may be served with it; also spinage, celery, and endive. The savoy may be omitted if not approved.

In all kinds of soups, any spices or roots may be added or omitted, except in white soups.

A leg of beef cut to pieces, and stewed five or six hours, with carrots, turnips, allspice, onions, celery, pepper, and salt, makes very good soup; a little small beer is an improvement to all brown soups.

*A cheap Soup.*

Two pounds of lean beef, six onions, six potatoes, one carrot, one turnip, half a pint of split peas, four quarts of water, some whole pepper, a head of celery, and a British herring; when boiled, pass it through a coarse sieve: add spinage and celery boiled, dried mint, and fried or toasted bread.

*A rich Gravy-Soup.*

Take three or four pounds of good gravy-beef, cut it in slices, flour it, and fry it for a short time with a bit of butter and a little salt to draw the gravy; then pour three

or four quarts of boiling water over it; put it all into a stew-pan with about a dozen cloves, a little allspice, some whole pepper, a bunch of sweet herbs, and a thick piece of crumb of bread, toasted very brown on all sides, but not burnt: then take three onions, three heads of celery, three turnips, and one good-sized carrot; cut them in slices and fry them all together with some butter, till they are of a nice brown: then add them to the soup and let it boil about three hours; then strain it and add a head of celery cut to pieces, which has been previously boiled; set the soup on the fire again, and let it boil a quarter of an hour.

### *To make Vermicelli-Soup.*

Take two quarts of strong veal-broth; put it into a clean sauce-pan, with a piece of bacon stuck with cloves, and half an ounce of butter rolled in flour; then take a small fowl trussed for boiling, break the breast-bone, and put it into the soup; cover it close, and let it stew three quarters of an hour: take two ounces of vermicelli, and put to it some of the broth; set it over the fire till it is quite tender. When the soup is ready, take out the fowl, and put it into the dish; take out the bacon, scum the soup as soon as possible, then pour it on the fowl, and lay the vermicelli all over it; cut some French bread thin, put it into the soup, and send it to table.

The soup may be made with a knuckle of veal, and a handsome piece of it laid in the middle of the dish, instead of the fowl.

Vermicelli-soup may also be made by merely adding the vermicelli to a rich gravy-soup.

### *Macaroni-Soup.*

Boil a pound of the best macaroni in a quart of good

broth, or gravy, till it is quite tender; then take out half, and put it into another stew-pan. To the remainder add some more gravy, or broth, and boil it till all the macaroni can be pulped through a fine sieve. Then add it to the two liquors, with a pint of cream, boiling hot, and the macaroni that was first taken out; also half a pound of grated Parmesan cheese; make it hot, but do not let it boil. Serve it with the crust of a French roll, cut into small pieces.

*An excellent White Soup.*

Take a scrag of mutton, a knuckle of veal, two or three shank-bones of mutton, and a quarter of a pound of undressed lean gammon of bacon, with a sprig of sweet herbs, a piece of fresh lemon-peel, two or three onions, two blades of mace, and a sufficient quantity of white pepper; boil them in three quarts of water till the meat falls to pieces. Next day, take off the fat, clean the jelly from the sediment, and put it into the saucepan. If macaroni is used, it should be added soon enough to get perfectly tender, after soaking it in cold water. Vermicelli may be added after the thickening, as it requires less time to do. Make the thickening as follows: blanch a quarter of a pound of sweet almonds, and beat them to a paste, in a marble mortar, with a spoonful of water, to prevent them oiling; mince a large slice of dressed veal, or chicken; beat up with it a piece of stale bread; add all this to a pint of thick cream, a bit of lemon-peel, and a blade of mace, finely powdered. Boil it a few minutes, add to it a pint of soup; then strain and pulp it through a coarse sieve: the thickening is then fit to be put to the soup, which should boil for half an hour afterwards.

The mutton may be omitted if not approved.



*Calf's-Head Soup.*

Wash the head as clean as possible, and strew a little salt on it, to take out the slime. After it is thoroughly cleansed, put it into a stew-pan, with a proper quantity of water, and a sprig of sweet herbs, an onion stuck with cloves, one blade of mace, and some pearl-barley. When it is tender, put in some stewed celery. Season it with pepper, pour the soup into a dish, place the head in the middle, and send it to table quite hot.

*Scotch Barley Broth.*

Cut a leg of beef into pieces, and boil it in three gallons of water, with a sliced carrot, and a crust of bread, till reduced to half the quantity; strain it off, and put it again into the pot, and boil it for half an hour, with half a pound of Scotch barley, four or five heads of celery cut small, a sprig of sweet herbs, a large onion, a little parsley chopped small, and a few marigolds; then put in a large fowl, and keep it boiling till the broth is quite good. Season it with salt; take out the onion and sweet herbs, and serve it with the fowl in the middle. Or the broth may be made with a sheep's head, which must be chopped into pieces; or six pounds of thick flank of beef, boiled in six quarts of water. Put in the barley with the meat, and boil it very gently for an hour, keeping it clear from scum. Then put in the before-mentioned ingredients, with turnips and carrots cut small; boil them gently together till the broth is good. Season it, take it up, pour the broth into the tureen, with the beef in the middle, and carrots and turnips round the dish.

Some make this of strong veal broth, with the Scotch barley boiled in it.

*Ox-Cheek Soup.*

Break the bones of the cheek, wash and clean it; put it into a large stew-pan, with about two ounces of butter at the bottom, and lay the fleshy side of the cheek downwards. Add half a pound of lean ham, sliced. Put in four heads of celery, cut small, three large onions, two carrots, one parsnip sliced, and three blades of mace. Set it over a moderate fire for about a quarter of an hour; after which add four quarts of water, and let it simmer gently till it is reduced to two.—If it is to be used as soup only, strain it off clear, and put in the white part of a head of celery, cut in small pieces, with a little browning, to make it of a fine colour. Scald two ounces of vermicelli, and put into it; let it boil ten minutes, and pour it into the tureen, with the crust of a French roll, and serve it up. If it is to be used as a stew, take up the cheek as whole as possible, and have ready a boiled turnip and carrot, cut in square pieces, and a slice of bread toasted and cut small; put in some Cayenne pepper; strain the soup through a hair sieve upon the meat, and serve it.

*Milk Soup.*

Boil a pint of milk, with a little salt, a stick of cinnamon, and a little sugar; lay thin slices of bread in a dish; pour over a little of the milk to soak them, and keep them hot upon a stove; take care it does not burn. When the soup is ready to serve, beat up the yolks of five or six eggs, and add them to the milk. Stir it over the fire till it thickens; then take it off, lest it should curdle, and put it in the dish upon the bread.

*Soup-Maigre.*

Put half a pound of butter into a deep stew-pan; shake

it about, and let it stand till it has done making a noise; then add six middle-sized onions, peeled and cut small, and shake them about; take a head of celery, clean washed and picked; and cut into pieces about half an inch in length: a large handful of spinage, washed and picked: a good lettuce (if in season,) cut small, and a handful of parsley, chopped fine; shake these well in the pan for a quarter of an hour, then strew in a little flour: stir all together in the stew-pan, and put in two quarts of water; add a handful of nice crusts of bread, with a little pepper, and a blade of mace, beat fine; stir all together, and let it boil gently for about half an hour; then take it off; beat up the yolks of two eggs, and stir them in with a spoonful of vinegar. Pour the whole into a soup-dish, and send it to table. A pint of peas may be added, if they are in season.

### *Carrot Soup.*

Put six large onions into a stew-pan, with a quarter of a pound of butter, and four heads of celery; grate the red part of six large carrots, and put them into the stew-pan, with the celery, and a pint of gravy; place the pan over a slow fire to simmer for an hour; then add two quarts of broth, and the crumbs of two French rolls: let it boil for a quarter of an hour; then rub all through a sieve, and put it into a soup-pot, to keep hot, but do not let it boil.

Some people make a common gravy-soup and strain it, and then add the grated carrots, a little anchovy, and the French rolls.

### *Turnip-Soup.*

Put about a quarter of a pound of butter, and half a pint of broth, or weak gravy, into a stew-pan, and eight or ten turnips, and six onions sliced very thin; set it over a fire, to stew gently for an hour; then put in two quarts of



broth or gravy, and let it boil gently for another hour; rub it through a sieve; return it into the stew-pan, to keep hot; but do not let it boil after it is rubbed through.

### *Onion-Soup.*

Put half a pound of butter, in a stew-pan, on the fire; let it boil till it has done making a noise; have ready ten or twelve large onions, peeled and cut small; throw them into the butter, and fry them a quarter of an hour; then shake in a little flour, and stir them round; shake the pan and let them remain on a few minutes longer; pour in a quart or three pints of boiling water; stir them round; throw in a piece of upper crust, cut small; season with salt; let it boil ten minutes, and stir it often; then take it off the fire; beat the yolks of two eggs very fine, with half a spoonful of vinegar: mix some of the soup with them; then stir and mix them well into the soup; pour it into the dish, and serve it as hot as possible.

### *Mock Turtle.*

Scald a calf's head with the skin on; saw it in two, take out the brains; tie the head up in a cloth, and let it boil for one hour; then take the meat from the bones, cut it into small square pieces, and wash them clean in cold water; then put the meat into a stew-pan, with as much good broth as will cover the meat; let it boil gently for an hour, or until quite tender; then take it off the fire; put a piece of butter into a stew-pan, and half a pound of lean ham, or gammon, cut very fine; some chopped parsley, sweet majoram and basil, three onions, some chopped mushrooms, and a few shalots; put a pint of broth, or gravy, to the herbs and butter; set them on a stove, or slow fire, and let them simmer for two hours; put as much flour as will drv up the butter; add some good broth, or

gravy, sufficient to make two tureens; also a pint of Madeira, or Sherry; let it boil a few minutes, rub it through a sieve, and put it to the calf's head: put force-meat balls, and egg balls; season it with Cayenne pepper, and a little salt, if wanted; squeeze two Seville oranges, and one lemon; add a little fine spice and sugar, to make it palatable.

Oysters may be added, if approved, and fried oysters, as well as balls, used for garnish. If but one tureen of soup is wanted, it may be made of half a calf's head, that has been skinned in the common way, and dress it as above; only use of each of the ingredients in proportion to the quantity of meat. Both shalots and thyme must be used with caution; a very small quantity of either is sufficient for most dishes: some cooks leave them out entirely.

### *Another Way to make mock Turtle Soup.*

Take a pound and a half of lean veal, or of tripe, which is perhaps preferable; cut it in small pieces, and fry it of a pale brown. Get three cow-heels, cut the meat from the bones in pieces of a moderate size, put them both into a pint and a half of weak gravy with a bit of butter, three anchovies, a little salt, some Cayenne pepper, three blades of mace, nine cloves, the green part of three leeks, three sprigs of lemon thyme, some parsley, and a little lemon-peel; chop all these very fine, and add them to the soup; let them stew gently three hours, then squeeze the juice of three lemons, add three glasses of Madeira wine, and let it stew another hour; then skum off the fat, and put in some force-meat balls, fried brown, and some egg-balls.—See receipt for egg-balls, page .

### *Force-Meat Balls*

Are made exactly the same as stuffing for veal: a

quarter of a pound of suet chopped very fine, and mixed with an equal quantity of grated bread, some chopped parsley, sweet herbs and lemon-peel, a little nutmeg, pepper and salt, mixed up with an egg, rolled into small balls, and fried brown, will be a sufficient quantity for one tureen of soup.

### *Broth.*

A few general directions respecting broth will answer the purpose, as well as giving directions for each sort separately. A bit of coarse meat, stewed gently in water, or the liquor that a joint has been boiled in, may be made of any strength, by suiting the quantity of water to the size of the meat. It is best to break the bones, and allow it as much time as possible to boil. If the meat is to be sent to table, the herbs should be boiled in a little of the broth, with oatmeal, sufficient to thicken the broth, when it is added to it; but, if the meat is not to be sent to table, the herbs may be cut small, and put into the pot with the meat, and as much onion as may be thought proper. It is best not to cut the thyme with the other herbs, but put a sprig into the pot: the leaves of thyme are so hard, that it is generally disapproved of; a sprig put into the broth produces the same flavour. A little rice, Scotch barley, or pearl-barley, may be used to thicken it, or a crust of bread; it should be put in so as to allow it a sufficient time to be quite tender; some like to eat it with the broth, others like it strained, so that it must depend (as well as the kind of seasoning) upon the taste of the persons it is intended for. It is best to put the meat in with the water cold, and, as soon as it begins to be hot, the scum must be taken off, and continue to scum it as long as any rises. If broth, or the liquor that meat has been boiled in, is set by to be cold, it should be put into



an earthen pan, and all the fat taken off, before it is used again ; if any of the fat remains to be melted in it, the taste is unpleasant. Neither broth, soup, nor gravy, when taken off the fire, should be covered close while hot, as it will turn sour in one day.

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## BROILING, FRYING, &c.

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### *To broil Beef-Steaks.*

**CUT** the steaks off a rump of beef, or any part that is tender ; let them be about half an inch thick ; the fire should be clear. Rub the gridiron well with suet ; when it is hot, lay the steaks on ; let them broil until they begin to brown, and one side is done ; turn them, and a fine gravy will soon lie on the top, which you must take care to preserve, and lift all together with a pair of small tongs, or a knife and fork, into a hot dish, and put a little bit of butter under it. Some like a shalot, or onion, chopped, or sliced very fine, and put into the dish. Others like a little mushroom ketchup in the dish with the onion. The steaks should be beaten with a rolling-pin before they are put upon the gridiron, and pepper and salt shook over them just before they are taken off the fire, or when they are in the dish.

### *Mutton Steaks or Chops*

Should be cut from a loin or neck that has hung three or four days, or longer, if the weather will permit. Broil them on a clear fire ; keep turning them as quick as possible, or the fat that drops from the steaks will smoke them ; when they are done, put them into a hot dish ; rub them with a bit of butter ; slice a shalot very thin into a

spoonful of boiling water ; pour it on them with a spoonful of mushroom-ketchup and salt. Serve them quite hot. Do lamb-steaks the same way. Omit the ketchup, if not approved.

### *Pork Chops.*

Cut them the same as mutton or beef ; they will require more time than either, as pork in every form requires to be thoroughly done. As soon as they are done, put them into a dish that is quite hot, rub a little sage very fine, (or, if green, chop it), and strew it over them ; put a little good gravy into the dish. The sage may be omitted if not agreeable.

### *To broil Chickens.*

Having cut the chickens down the back, season them with pepper and salt, and lay them on the gridiron over a clear fire, but at a distance. Let the inside continue next the fire till it is nearly done. Then turn them, taking care that the fleshy sides do not burn ; let them broil till they are of a fine brown. Make good gravy sauce, and add some mushrooms. Garnish with lemon, the liver broiled, and the gizzards cut, and broiled with pepper and salt.

### *To broil Pigeons.*

Wash the pigeons quite clean. Take some parsley chopped fine, a piece of butter as big as a walnut, with a little pepper and salt, and put it into their insides. Tie them at both ends, and put them on a gridiron, over a clear fire. Or they may be split and broiled, having first seasoned them with pepper and salt. Serve them up with gravy, or a little parsley and butter in the dish.

### *To fry Beef-Steaks.*

Take rump-steaks ; beat them well with a roller ; fry them in as much butter as will moisten the pan. For

sauce, put to the gravy that comes out of them a glass of red wine, half an anchovy, a little nutmeg, pepper, salt, and a shalot, cut small ; give it a boil ; pour it over the steaks, and send them hot to table.

If you like them done in a plainer way, put a little flour and water into the pan, with the gravy, when the steaks are taken out, and a spoonful of ketchup and walnut-pickle, and use either onion, or shalot, and omit the wine and anchovy.

### *To fry a Neck or Loin of Lamb.*

Cut the lamb into chops, rub both sides with the yolk of an egg, and sprinkle over them some crumbs of bread, mixed with a little parsley, thyme, marjoram, winter-savory, and a little lemon-peel, all chopped very small. Fry them in butter, till they are of a nice light brown ; put them in the dish, and garnish with crisped parsley. They eat exceedingly nice fried in butter, with a little water boiled in the pan, and a bit of butter rolled in flour and stirred into it ; pour the gravy over the chops.

### *Sweetbreads.*

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

Sweetbreads are very good boiled whole, and sent to table with parsley and butter, garnished with lemon ; or parboiled, and afterwards broiled, or browned in a Dutch oven before the fire.



*Ox-feet, or Cow-heel.*

Split the feet; take out all the bones, and put the meat into a frying-pan, with some butter. When it has fried a few minutes, put in some mint and parsley, chopped fine, and a little salt. Add likewise the yolks of two eggs beaten fine, half a pint of gravy, the juice of a lemon or orange, and a little nutmeg. Take it out, put it into a dish, and pour the sauce over it. The feet must be boiled quite tender before they are fried.

*To fry Sausages with Apples.*

Take half a pound of sausages and six apples; slice four about as thick as a crown-piece, cut the others in quarters; fry them with the sausages of a fine light brown, and lay the sausages in the middle of the dish, and the apples round. Garnish with the quartered apples. Or fry them without any apples, and serve on fried bread. Mashed potatoes are eaten with them.

Sausages are very good boiled, or rather simmered; they should be put in when the water boils, and simmer four minutes, if small ones, or six, if large ones. Serve them with poached eggs, or mashed or roasted potatoes.

*Broiled Hare.*

Take the legs, or shoulders, of a hare that is underdone; season them with pepper and salt; rub a bit of butter over them; put a little gravy in the dish, and send them to table hot.

The other parts may be warmed in gravy, with a little of the stuffing, and served separately, or put under them: send currant-jelly in a glass.

*To fry Rabbits.*

Cut them in joints, and fry them in butter, of a nice

brown; send them to table with fried or dried parsley, and gravy, or liver-sauce.

*To make a Rabbit taste like Hare.*

Choose one that is young, but full grown; hang it in the skin three or four days: then skin it, and lay it, without washing, in a seasoning of black pepper and allspice, finely powdered, a glass of port wine, and the same quantity of vinegar. Turn it about occasionally, and let it remain in the seasoning for forty hours; then stuff it, and roast it as a hare, with the same sauce. Do not wash off the liquor that it was soaked in.

*Chicken Currie.*

Cut up the chickens raw: then slice onions, and fry them together in butter with great care, of a fine light brown; or if you use chickens that have been dressed, fry only the onions. Cut the joints into two or three pieces each, and put them into a stew-pan, with veal or mutton gravy, and a clove or two of garlic. Let it simmer till the chicken is quite tender. Half an hour before it is served, rub a spoonful or two of currie-powder smooth, also a spoonful of flour, and an ounce of butter; add this, with four large spoonfuls of cream, to the stew, and salt to your taste.—When ready to serve, squeeze in a little lemon. Slices of underdone veal, rabbit, turkey, &c., make very good currie.

Rabbits may be done the same way.

*Another Way to currie Rabbits, Chickens,  
or Veal.*

Rabbits or chickens should be cut up raw; fry them rather brown; make a rich brown gravy, cut six cloves

of garlic, and a few shalots, quite small, and boil in it; when done enough, strain off the gravy and put the fried rabbits into it, let them stew gently about an hour, then stir in a piece of butter rolled in flour, mix by degrees two tea-spoonfuls of currie-powder, the same quantity of turmeric, and a little Cayenne pepper, with some of the gravy, in a basin; add some lemon-juice and a little vinegar, then put it to the rabbits, stir all well together, and serve it up with some rice in a separate dish prepared in the following manner:—

Wash half a pound of rice clean, in salt and water, then put it into two quarts of boiling water, and let it boil briskly for twenty minutes, strain it through a sieve or cullender, shake it out into a dish, and set it before the fire for a short time without covering it, then cover it and send it to table with the currie.

Veal-cutlets, cut in square pieces, may be curried exactly in the same way, and are uncommonly nice. Some grated ginger may be added to the currie, and the vinegar omitted if not approved.

### *To fry Venison.*

Cut the meat into slices, and make gravy of the bones. Fry it of a light brown, and keep it hot before the fire. Put butter rolled in flour into the pan, and keep stirring it till thick and brown. Put in some fine powder sugar, the gravy made of the bones, and some red wine; let it be the thickness of cream; squeeze in a lemon; warm the venison in it: put it in the dish, and pour the sauce over it.

Omit the sugar, if you choose, and send currant-jelly to table with it in a glass.

### *To fry Calf's Liver and Bacon.*

Cut the liver in slices, and fry it first, then the bacon; lay the liver in the dish, and the bacon upon it. Serve



## A PLAIN SYSTEM OF COOKERY.

it up with gravy made in the pan, with boiling water thickened with flour and butter, and a little orange or lemon juice; garnish with sliced lemon. Some people like boiled parsley chopped and strewed over the liver; or crisp parsley: the orange and lemon juice may be omitted, and the bacon served in a separate dish.

### *To fry or dry Parsley.*

Pick the parsley very clean, and see that it is young. Put a bit of butter into a clean pan; when it boils, put in the parsley; keep stirring it with a knife till it is crisp; then take it out, and use it as garnish for fried lamb, &c.

Or parsley may be dried as follows:—Pick a good quantity of young parsley from the stalks; rub it in a coarse cloth, to get out the grit: put it in a Dutch oven, and set it before the fire, but not too near; turn it often, and when it is crisp, use it for garnish, or rub some of it over steaks, calf's liver, or any thing with which parsley is used. This is better than fried parsley.

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## TO DRESS FISH.

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### *To boil a Turbot.*

**WASH** it very clean, but do not let it lie in the water, as that will make it soft; rub it over with vinegar; then lay it on the fish-plate, with the white side upwards; lay a cloth over it, and pin it tight under the plate.—Put it into the kettle with the water cold; throw in a handful of salt, and a glass of vinegar; boil it very gradually about twenty minutes; when it is done, take it up carefully; drain it,

take off the cloth, and slip it on the dish. Garnish with fried oysters or eels either fried or spitchcocked; send lobster or shrimp sauce to table in tureens.

### *To fry a Turbot.*

It must be a small turbot; cut it across, as if it were ribbed; when it is quite dry, flour it, and put it in a large frying-pan, with boiling lard enough to cover it; fry it till it is brown, then drain it; clean the pan, put into it some claret or white wine, nearly enough to cover it; an anchovy, some salt, nutmeg, and a little ginger; put in the fish, and let it stew till half the liquor is wasted; then take it out, and put in a piece of butter rolled in flour, and a lemon minced; let them simmer till of a proper thickness; rub a hot dish with a piece of shalot; lay the turbot in the dish, and pour the sauce over it.

### *To choose Turbot.*

If good they should be thick and plump; the belly a yellowish white; if they appear bluish and thin, they are not good. They are in season the greatest part of the summer.

### *To boil Salmon.*

Clean the fish and scrape it carefully; boil it gently, with salt and horse-radish in the water; if put into cold water, a piece not very thick will take half an hour after it boils. Serve it with shrimp, lobster, or anchovy sauce, in one tureen, and fennel and butter in another. If you have essence of anchovy, send plain melted butter to table with it.

### *To boil Salmon crimp.*

When the salmon is scaled and gutted, cut off the head and tail, and cut the body through into slices an inch and

a half thick ; throw them into a large pan of pump-water ; when they are all put in, sprinkle a handful of bay-salt upon the water, stir it about, and then take out the fish ; set on a large deep stew-pan, boil the head and tail, but do not spit the head ; put in some salt, but no vinegar ; when they have boiled ten minutes, scum the water very clean, and put in the slices : when they are boiled enough, take them out, lay the head and tail in the dish, and the slices round. The head or tail may be dressed alone, or with one or two slices ; or the slices alone.

### *To broil Salmon.*

Cut some slices an inch thick, and season them with pepper and salt ; dip them in sweet oil, or rub them with butter ; fold them in pieces of writing-paper, and broil them over a slow fire six or eight minutes. Serve them in the papers with some anchovy-sauce in a tureen, or plain melted butter.

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

### *To pot or bake Salmon.*

Scale and dry a fresh salmon ; slit it down the back ; take out the bone, and mix some grated nutmeg, mace, pepper, and salt, and strew it over the fish : let it lie two or three hours ; then lay it in a large pot or pan, put to it half a pound of butter, and bake it an hour. When done, lay it to drain ; then cut it up, and lay the pieces in layers, with the skin uppermost in pots ; put a board over the pots, and lay on a weight to press it till cold ; then take the board and weight off, and pour clarified butter over it. It may be sent to table in pieces, or cut in slices.



*Another Way to pot Salmon.*

Boil salmon in the usual way. When cold, pick it clean from the bones and skin; put it into a mortar with a slice of butter, some anchovies picked clean from the bones, white pepper and salt to your taste, beat it together till it is well mixed, put it in pots, in the same way as potted beef, and pour clarified butter over it. Keep it in a cool dry place.

*N. B.*—One ounce of butter and one anchovy is sufficient for a pound of salmon.

*To collar Salmon.*

Take a slice of salmon, cut off a handful of the tail, wash the large piece well, and dry it with a clean cloth; rub it over with the yolks of eggs, and then make a forcemeat with what has been cut off the tail, (but take off the skin,) and put to it a handful of parboiled oysters, the yolks of three or four eggs boiled hard, six anchovies, a handful of sweet herbs chopped small, a little salt, some cloves, mace, nutmeg, pepper, and grated bread: work these together into a body, with the yolk of eggs, and lay it all over the salmon, roll it up into a collar, and bind it with broad tape: then boil it with salt and vinegar in the water; let the liquor boil before it is put in; let it continue to boil, but not too fast; it will take nearly two hours boiling: when it is done enough, take it up into a deep pan; when the liquor is cold, put it to the salmon; let it stand till it is wanted for use. Or it may be put into a pot that will just hold it, and clarified butter poured over it.

*To pickle Salmon.*

Split it down the back, cut it into pieces of about a pound weight, have ready boiling two quarts of water with

one ounce of bay-salt and a spoonful of common salt ; put in one of the pieces, and, when boiled sufficiently, take it out and boil another piece, and so on, till all the pieces have been boiled ; lay them on a dish till cold, pour the liquor into an earthen pan, when cold place the pieces of salmon in a pot or pan the proper size, and pour over them an equal quantity of vinegar and the liquor they were boiled in ; tie paper over the pot, and lay a board over it ; let it stand in a dry place.

Pepper-corns, and bay-leaves may be added if approved.

### *Another Way to souse or pickle Salmon.*

Boil it in the usual way for eating, as before directed : after which, take it out and boil the liquor with bay-leaves, pepper-corns, and salt ; add vinegar when cold, and pour it over the fish.

### *Salmon to dry.*

Split the fish ; take out the inside and roe ; and, after scaling it, rub it with common salt. Let it stand twenty-four hours to drain. Pound three or four ounces of salt-petre, according to the size of the fish, half the quantity of bay-salt, and the same of course sugar.—Rub these when well mixed into the salmon, and lay it on a dish or tray two days ; then rub it well with common salt, and in twenty-four hours more it will be fit to dry. Be careful to dry it well after draining ; hang it either in a chimney, with a wood fire, or in a dry place ; keep it open with two small sticks.

### *To choose Salmon.*

If a salmon is of a fine red it is fresh, but particularly so if red at the gills ; the scales should be very bright, and the fish very stiff. It is in season in the spring and summer.

*To boil Sturgeon.*

Let it be well cleaned ; then put it into a fish-kettle, with two quarts of water, a pint of vinegar, a stick of horse-radish cut into pieces, two or three bay-leaves, some lemon, some whole pepper, and a little salt ; let the fish boil softly in this liquor till done enough.—For sauce, dissolve an anchovy in a very little water, and strain it ; then put in a very large piece of butter, roll it in flour, and melt it very smooth ; then add the body of a crab or lobster bruised, two spoonfuls of ketchup, the same of white wine, and some shrimps : boil all together ; squeeze in some lemon, and add horse-radish ; pour some of the sauce over the sturgeon, the rest in tureens.

*To souse Sturgeon.*

Draw the sturgeon, and divide it down the back in equal sides, then into pieces ; put it into a tub with water and salt ; wash and clean it well, bind it up with tape or bass, and boil it in vinegar, water, and salt ; take care not to boil it too tender : when it is done enough, lay it to cool ; then pack it up close in the liquor it was boiled in.

*To boil Soles.*

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

*To stew Soles.*

Half-fry them in butter, then take the fish out of the pan, and put into it a quart of water, broth, or gravy, two anchovies, and an onion sliced. When they have boiled slowly for a quarter of an hour, put the fish in again, and let them stew gently about twenty minutes ; then take



them out, and thicken the liquor with butter and flour. Give the whole a gentle boil, then strain it over the fish, and serve up with oyster, cockle, or shrimp-sauce.

### *To fry Soles.*

Take off the skin, rub the fish over with the yolk of an egg, and strew on some crumbs of bread. Fry them in hogs' lard over a brisk fire, till they are of a fine light brown. Then take them off, drain them, put them into a dish, and serve them up with plain melted butter in a tureen. Garnish with green pickles.

Fry them without the eggs and crumbs of bread, if preferred. Some like chopped parsley mixed with the bread-crumbs.

### *To boil Carp.*

Scale and draw it, save the blood : set on some water in a stew-pan, with vinegar, salt and horse-radish ; when it boils, put in the carp ; if it is a good size, it will take nearly half an hour ; let it boil gently. Take the blood, with some red wine, some good gravy, an onion or two chopped, a little whole pepper, a blade of mace, a nutmeg quartered ; let all these stew together : thicken the sauce with butter rolled in flour ; serve up the fish with the sauce poured over it ; squeeze in some lemon-juice.

### *To fry Carp.*

Scale, gut, and wash them clean ; dry them in flour and fry them in hogs' lard till they are a fine light brown ; fry some toast, cut three-corner-ways, with the roes ; lay the fish on a coarse cloth to drain ; let the sauce be butter and anchovy, and the juice of a lemon. Garnish with the bread, roe, and lemon.

*To stew Carp.*

Scale and clean it; take care of the roe, &c.; lay the fish in a stew-pan, with some good beef-gravy, an onion, eight cloves, a dessert-spoonful of Jamaica pepper, the same of black, and two glasses of red port; cover it close, and let it simmer; when nearly done, add two anchovies chopped fine, a dessert-spoonful of made mustard, some walnut-ketchup, and a bit of butter rolled in flour. Shake it, and let the gravy boil a few minutes. Serve with sip-pets of fried bread, the roe fried, and a good deal of horse-radish and lemon.

*Cod.*

Some boil the cod whole; but a large head and shoulders contain all the fish that is considered prime. If a large fish is boiled whole, the thin part will be over done before the thick is ready; but if the whole fish is purchased, the lower part sprinkled with salt, and hung up, will keep good one or two days. Or it may be made salter, and served with egg-sauce, potatoes, or parsnips.

*To boil Cod.*

Set on a fish-kettle, of a proper size; put in a large quantity of cold water, with a quarter of a pint of vinegar, a handful of salt, and half a stick of horse-radish; then put in the fish; when it is done enough, (which will be known by feeling the fins; if they pull out easily, it is done), lay it to drain, put it on a hot fish-plate, laid in a dish, with the liver cut in half, and laid on each side. Serve with shrimp and oyster sauce.

A moderate sized cod's head and shoulders will take about twenty minutes.

*To broil Cod.*

Cut a cod in slices, two inches thick, dry and flour them

well ; make a very clear fire ; rub the gridiron with a piece of chalk, and set it high from the fire ; turn them often, till they are quite done enough, and of a fine brown. They require a great deal of care to prevent them from breaking. Serve with lobster or shrimp sauce.

### *To stew Cod.*

Cut the cod in slices an inch thick ; lay them in a large stew-pan, so that the slices need not be laid one upon the other: Season with nutmeg, pepper, and salt ; add a bundle of sweet herbs, an onion, half a pint of white wine, and a quarter of a pint of water ; cover it close, and let it simmer gently five or six minutes ; then squeeze in the juice of a lemon ; put in a few oysters, and the liquor strained, a piece of butter rolled in flour, and a blade or two of mace ; cover it close, and let it stew gently, shaking the pan often. When done, take out the herbs and onion and dish it up ; pour the sauce over it.

### *To crimp Cod.*

Take a cod that is very fresh, cut it into slices an inch thick, throw it into pump-water with some salt ; set it over a stove, or slow fire, in a fish-kettle or stew-pan, almost full of spring water, and a good quantity of salt ; make it boil very quick, and then put in some slices of cod, and keep them boiling about eight or nine minutes : scum the water very clean ; take out the fish, and lay them on a fish-plate. Serve with shrimp or oyster sauce. Cod is generally bought ready crimped, and boiled in the usual way.

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

Clean, skin, and cut them into small pieces ; boil them in milk and water ; drain them ; put them into a sauce-pan, and season them with beaten-mace, nutmeg, pepper,



and salt. Add a little cream, with a piece of butter rolled in flour, and keep shaking till it is thoroughly hot, and of a good thickness. Put it into a dish, and garnish with slices of lemon.

### *Currie of Cod.*

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

Or it may be done according to the receipt for currying rabbits.

### *To dress a Salt Cod.*

Steep the fish in water all night, with a glass of vinegar, to draw out some of the salt; the next day boil it; when it is done enough, divide it in flakes, and put it into a dish; pour egg-sauce over it, or parsnips boiled and beaten fine, with butter and cream; send it to table as hot as possible.

Haddocks and whittings may be boiled in the same way as cod.

The egg-sauce may be sent to table in a tureen, and the parsnips whole, if preferred.

### *To broil Haddocks and Whittings.*

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

*To boil Mackarel.*

Rub them with vinegar; when the water boils, put them in with a little salt, and boil them gently a quarter of an hour. Serve them with fennel and parsley boiled, chopped, and put into melted butter, and gooseberry-sauce, in tureens.

*To fry or broil Mackarel.*

They may be fried or broiled, and are very good stuffed with bread-crumbs, chopped parsley, grated lemon-peel, pepper, salt, and nutmeg, mixed with the yolk of an egg. Serve with anchovy-sauce and fennel-sauce.

They are very good split open, the heads cut off, peppered, hung up for four or five hours, and then broiled. Make the sauce of fennel and parsley, scalded, chopped fine, and mixed with melted butter.

*To collar Mackarel.*

Do them as eels, only omit the sage.

*To pot Mackarel.*

Clean, season, and bake them in a pan with spice, bay-leaves, and some butter; when cold, take out the bones, lay them very close in potting-pots, and cover them with clarified butter.

*To pickle Mackarel.*

Boil them in the usual way; let them be cold, take some of the liquor they were boiled in, a few pepper-corns, two or three bay-leaves, and some vinegar; boil them together; when cold, put it to the fish.

*To boil flat Fish.*

Under this article are included flounders, soles, and the various kinds of flat fish. First, cut off the fins, and take out the entrails. Dry them with a cloth, and boil them in

salt and water; the length of time they will require must depend upon the size; when the fins pull out easily they are done enough. Garnish with red cabbage, and serve them up either with gravy, shrimp, cockle, or muscle sauce.

### *To boil Skate or Thornback.*

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

The piece of skate may be boiled whole, if preferred, but it should boil rather longer.

### *To boil Pike.*

Wash it clean, and take out the gills: make a force-meat of chopped oysters, crumbs of bread, a little lemon-peel, a bit of butter, the yolks of two eggs, and some sweet herbs; season it with salt, pepper, and nutmeg; put them into the inside of the fish; sew it up, and skewer it round. Boil it in hard water, with some salt, and a quarter of a pint of vinegar. When the water boils, put in the fish, which, if of a middling size, will be done in half an hour. Serve with oysters, shrimp, or any kind of sauce you like: and garnish with horse-radish.

It may be boiled without force-meat, if preferred.

### *To bake or roast Pike.*

If a very large one, make a force-meat with one pound of small pike, or any white fish; a large onion, some parsley, and sweet herbs, chopped small; a little grated lemon-peel, the crumb of a penny loaf, grated; salt, pepper, and cloves, pounded; a quarter of a pound of butter, or marrow, or beef-suet, and two yolks of eggs;



fill the pike with it ; skewer the tail in the mouth ; rub it with yolks of eggs ; strew over it bread crumbs ; stick on bits of butter ; put it into the dish, with half a pint of port or gravy, a blade of mace, and a piece of lemon-peel : bake it in a common oven, or it may be done in a Dutch oven. Send it to table with white sauce, or anchovy-sauce ; put to the sauce any gravy that may be in the dish it is baked in : but first take off the fat. Half the quantity of stuffing does for a small pike ; and the fish may be omitted ; but it is not so good without it.

### *To boil Perch and Tench.*

Put them into cold water ; boil them carefully, and serve with melted butter, and soy or anchovy.

### *To fry Trout, Grayling, Perch, and Tench.*

Scale, gut, and wash them well ; dry them and lay them separately on a board before the fire ; after dusting some flour over them, fry them of a fine colour, in fresh dripping, or hogs' lard. Serve with crisp parsley and plain butter.

### *To fry Smelts.*

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

### *To boil Eels.*

Boil them in salt and water. Parsley and butter, or anchovy and butter, for sauce.

### *To stew Eels.*

Put one ounce of butter into a stew-pan ; when it is

melted, throw in a handful of sorrel, cut in large pieces; about a dozen sage-leaves, cut fine; five pounds of eels, cut in pieces about three inches long, peppered and salted, two anchovies boned and minced, a large onion, the peel of a quarter of a lemon chopped fine, half a nutmeg grated, and half a pint of water; let these stew gently half an hour; take out the onion, squeeze in some lemon-juice; lay toasted bread round the dish, cut three-cornered. Half this quantity makes a small dish.

### *Another way to stew Eels.*

Wash three pounds of eels clean, and pour boiling water upon them to draw out the oil; let them stand till nearly cold: make half a pint of good rich beef-gravy; add a table-spoonful of essence of anchovy, a little Cayenne pepper, and some common pepper and salt; then put in the eels, and let them stew for twenty minutes; when done, add a little port wine, and thicken the gravy with a bit of butter rolled in flour.

### *To fry Eels.*

Clean them well, cut them into pieces, season them with pepper and salt, flour them, and fry them in butter or hogs' lard; the sauce should be melted butter, with the juice of a lemon, or essence of anchovy.

### *To spitcock Eels.*

When skinned and cleaned, cut open the belly, lay it flat, but do not bone it; cut it into pieces the length of a finger, rub it with yolk of egg; strew over it bread-crumbs, pepper, salt, nutmeg, lemon-peel, and chopped parsley; broil it over a clear fire. Or do it whole, with the above ingredients, turned round and skewered; then broil or roast it in a Dutch oven. Use anchovy-sauce.

*To collar Eels.*

Slit them up the back, take out the bones, wash and dry them well; strew over them parsley and sage chopped fine, season with pepper and salt, roll them tight, and tie them up in cloths; boil them in salt and water three quarters of an hour, (if very large ones, an hour,) with the heads and bones, a few pepper-corns, and a little vinegar; tie the cloths tight; hang them all up to drain; when the pickle is cold, take off the cloths, and put them in. They may be sent whole on a plate to table, or cut in slices. Garnish with green parsley. Lampreys are done the same way.

*To broil Eels.*

Skin and clean a large eel; either cut it in pieces, or broil it whole, on a slow, but very clear fire; serve it with melted butter, rub a good quantity of dried parsley almost to powder, and shake it over the eel when it is put in the dish.

*To boil Herrings.*

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

*To bake Herrings.*

Scale, wash, and dry them well in a cloth, then lay them on a board; take a little black pepper, a few cloves, and plenty of salt; mix them together, and rub the fish all over with it. Lay them straight in a pot or pan, cover



them with vinegar, put in a few bay-leaves, tie a strong paper over the top, and bake them in a moderate oven. They may be eaten either hot or cold; and if the best vinegar is used, they will keep good for two or three months.

Sprats and mackarel may be done in the same manner.

### *To broil Herrings.*

Scale and gut them, cut off their heads, wash them clean, and dry them in a cloth; dust them well with flour, and broil them. Take the heads, mash them, and boil them in small beer, with a little whole pepper, and an onion. When it has boiled a quarter of an hour, strain it off; thicken it with butter and flour, and a good deal of mustard. Lay the herrings in a dish, put the sauce in a boat, and serve them up. Or they may be eaten with plain melted butter and mustard.

### *To smoke Herrings.*

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

### *To dress red Herrings.*

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

*Sprats,*

When cleaned, should be fastened in rows, by a skewer run through the heads, then broiled, and served hot.

*To pickle Sprats like Anchovies.*

Take a peck of the best sprats (they must be very fresh), not washed or wiped, but as they come out of the water; have ready two pounds of common salt, four ounces of saltpetre, a quarter of a pound of bay-salt, two ounces of salt-prunella, two penny-worth of cochineal, pound them together in a mortar, and mix them all together; put them into a stone pot, or barrel; lay a row of sprats, then a layer of the salts, and so on till the pot is full; press them down hard, cover them close; let them stand six months, and they will be fit for use.

*To butter Lobsters.*

When boiled, take out the meat; cut it into pieces; put to it a little gravy, the inside of the lobster, and the spawn bruised, a very little white wine, pepper, salt and nutmeg, some grated lemon-peel, a piece of butter rolled in flour, and a little lemon-juice; stir this together; let it boil up; quarter the chine; then pepper, salt, and broil it; lay it round the dish on the rest. Garnish with sliced lemon.

*To pot Lobster.*

Boil it well, pick out all the meat and inside; season it high with pepper, salt, and nutmeg; beat it fine, with butter enough to make it mellow; put it down close in a pot; set it in a slack oven for two or three minutes; then pour clarified butter over it.

*Lobster-Sauce.*

Pound the spawn, and two anchovies; pour on them two spoonfuls of gravy; strain all into some melted butter;

then put in the meat of the lobster ; give it all one boil, and add a little lemon-juice. (*See another receipt for Lobster Sauce, page 34.*)

### *Another Way.*

Leave out the anchovies and gravy, and do it as above, either with or without a little salt and ketchup, as you like it. Many prefer the flavour of the lobster and salt only.

### *To butter Crabs.*

Pick out the fish, bruise the inside ; beat it in a little gravy, with a little wine, some pepper, salt, and nutmeg, a few crumbs of bread, a piece of butter, with a very little flour, and some vinegar or lemon-juice. Serve it hot.

### *To dress Crabs cold.*

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

### *To butter Prawns or Shrimps.*

Take them out of the shells, and warm them with a little gravy, a bit of butter and flour, salt and pepper : simmer them a minute or two, and serve with sippets.

### *To pot Shrimps or Prawns.*

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

### *Shrimp-Sauce.*

Mix a piece of butter with some flour ; boil it up in gravy ; put in the shrimps, and give them a boil.

Or you may put shrimps in melted butter, with a little lemon-juice. Or omit the lemon-juice if you choose.



*To feed Oysters.*

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

*To stew Oysters.*

Wash them in their own liquor; strain them; put them into a sauce-pan, with some white pepper, and a little mace pounded, a little cream, and a piece of butter mixed with flour; stir this till it boils, throw in the oysters, simmer them till done enough; add salt, if wanted; put toasted sippets round the dish.

Use water instead of cream, if you think proper.

*To scallop Oysters*

Wash them in their own liquor; then strain the liquor, and put it to them again; put some of them into scallop-shells, strew bread-crumbs over them, with a little pepper and a bit of butter; then more oysters, bread-crumbs, and a bit more butter at the top; set them in a Dutch oven, and let them remain till they are of a nice brown.

*To fry Oysters.*

Make a batter of flour, milk, and eggs, with bread-crumbs and a little seasoning; dip the oysters into it, and fry them a fine light brown.

*To make Oyster-Sauce.*

Take a pint of oysters, that are tolerably large; put them into a sauce-pan with their own liquor strained, a

blade of mace, a little whole pepper, and a bit of lemon-peel; let them stew over the fire till the oysters are plump; pour them into a pan, and wash them carefully one by one out of the liquor; strain the liquor through a sieve, and add the same quantity of good gravy; cut some butter into pieces, roll it in flour, and put it to the oysters; set it over the fire, shake it round often till it boils, and add a spoonful of white wine; let it just boil, then pour it into tureens. Some Cooks add an anchovy, which greatly enriches the sauce. Plain oyster-sauce is merely oysters, with a little of the liquor strained, and boiled in melted butter. (*See another receipt for Oyster sauce, page 33.*)

### *Oyster-Loaves.*

Make a hole at the top of little round loaves, to take out the crumb. Put some oysters into a stew-pan with the liquor and the crumbs that were taken out of the loaves, and a piece of butter; strew them together five or six minutes, then put in a spoonful of good cream, and fill the loaves. Lay a bit of crust on the top of each, and put them in the oven to crisp.

### *To pickle Oysters.*

Wash four dozen of the largest oysters you can get, in their own liquor; wipe them dry: strain the liquor off, adding to it a dessert-spoonful of pepper, two blades of mace, a table-spoonful of salt, three of white wine, and four of vinegar. Simmer the oysters a few minutes in the liquor, then put them into small jars, and boil the pickle up; skim it, and, when cold, pour it over the oysters: tie them down with bladder over them.

## COLLARING.

*To collar Ribs of Beef.*

**BONE** the beef, lay it flat upon a table, and beat it; then rub it with six ounces of brown sugar, eight ounces of common salt, and two ounces of saltpetre, beaten very fine; let it lie ten days, and turn it every day; take it out of the pickle, and put it in warm water; let it lie six or eight hours, then lay it flat upon a table, with the outward skin down, and cut it in rows, and across, about the breadth of your finger; but take care you do not cut the outside skin; then fill one nick with chopped parsley, the second with fat pork, the third with crumbs of bread, mace, nutmeg, pepper, and salt, then parsley, and so on till all the nicks are filled; then roll it up tight, wrap it in a cloth, and bind it round with coarse tape, and boil it for four or five hours, according to the size of it: then take it out, and hang it up by one end, or lay a board upon it, and press it with a weight; save the liquor it was boiled in; the next day skim it, and add half the quantity of vinegar, a little mace, long pepper, and salt; then put in the beef, and keep it for use. When it is sent to table, cut a little off at both ends; and set it upon a dish, in the same way as brawn. If a fresh pickle is made every week, it will keep a long time.

Some collar beef, salted as above, with only parsley chopped fine and strewed thick over it, and allspice ground fine.

*Another Way to collar Beef.*

Get about ten pounds of the middle of the flank; take



the skin off the inside, and all the bones and gristlies out; rub over it one ounce of saltpetre pounded, about two ounces of moist sugar, and two or three handfuls of common salt; turn it and rub it with brine every day; let it remain in the brine about four days, then wash off the brine, wipe it dry, get an ounce of ground allspice, mix some pepper with it, and rub about half of it over the inside of the beef. Get as much parsley as will nearly fill a quart basin when chopped, mix the remainder of the allspice and pepper with it, and stuff it into all the places where the bones came out, and strew it all over the inside of the beef, putting a little bit of fresh butter here and there amongst it, but not more than an ounce in all. Roll it up very tight, and skewer it; put a thin cloth round it; tie some string tight round it several times, and over the ends; boil it slowly five hours: let it remain in the cloth about a quarter of an hour after it is taken up, then take the cloth off, and press the beef with a weight till cold; it will then be fit to eat.

### *To collar a Porker's Head.*

Take out the brains, and clean the head well; rub it with two ounces of saltpetre, and a sufficient quantity of common salt; let it lie a fortnight, turn it every day and rub it well in the brine, then wash it and boil it till the bones will come out easily; but care must be taken not to boil it so much as for the bones to drop out.—Lay it in a dish, take off the skin as whole as you can, take out the bones, peel the tongue; have ready on a chopped-block a large handful of sage, washed and picked, a table-spoonful of thyme picked from the stalks, and four shalots chopped very fine. Put the meat to it, and chop it a little, till the bits of meat be about an inch square; put

a strainer, or thin cloth, in the bottom of an earthen pot, or pan, large enough to come up the sides, and cover over it; lay the skin you took off one side of the head at the bottom of the pot, then the meat and the other skin at the top; press it down with a board that will go within the pot, having first covered it with the corners of the cloth that was laid in the bottom of it; set the pot in the liquor again (which must be kept over the fire all the time), and let it boil three quarters of an hour longer; then take it out, set a weight upon the board that goes within the pot, and let it remain all night; then take it out, strip off the cloth, and it is fit for use. Mustard and vinegar are eaten with it.

The ears may be chopped with the meat, or put in whole, at a proper distance from each other. Omit the thyme, and put less sage than above mentioned, if you think proper.

### *To collar a Breast of Veal.*

Bone and beat it; rub it over with the yolk of an egg, and strew on it beaten mace, nutmeg, pepper, and salt, a large handful of parsley chopped small, with a few sprigs of sweet marjoram, lemon-peel grated, an anchovy washed, boned, and chopped very small, and mixed with crumbs of bread. Roll it up very tight, wrap it in a cloth, and bind it with a fillet; boil it two hours and a half in salt and water; when done, hang it up by one end, or press it. Make a pickle for it of the liquor it was boiled in, and half the quantity of vinegar. Before it is sent to table cut a slice off one end, to make it look handsome.

### *To collar a Calf's Head.*

Take a calf's head with the skin on (if you can get

it), scald off the hair, parboil and bone it; the fore part of the head must be slit: boil the tongue, peel it, and cut it into slices, and the palate with it; put them into the middle of the head; take some pepper, salt, cloves, and mace, and beat them; add nutmeg grated, scalded parsley, thyme, savory, and sweet marjoram, cut very small: beat the yolks of two or three eggs, spread them over the head, and strew on the seasoning; roll it up very tight, wrap it in a cloth, tie it round with tape; boil it gently for three hours in as much water as will cover it: when the head is taken out, hang it up by one end, or press it all night; then take it out of the cloth, and make a pickle for it the same as for collared veal; when cold, put in the head. Oysters may be put in the collar, if approved.

### *To collar a Breast of Mutton.*

Take out the bones and gristles. Then take some grated bread, a few cloves, some mace, pepper, salt, and a little lemon-peel chopped fine; lay the meat flat; rub it over with egg, and spread the seasoning over it; add two or three anchovies, if you choose, washed and boned; then roll the meat as hard as possible, bind it with coarse tape, and boil it. Or you may skewer it, and omit the tape, and either roast or bake it.

### *To collar Pork.*

Bone a breast or spring of pork; season it with a good quantity of thyme, parsley, and sage; roll it hard, put it in a cloth, tie it at both ends, and boil it; then press it; when cold, take it out of the cloth, and keep it in the liquor it was boiled in.



*To souse a Pig's Head.*

Cut it open, take out the brains and tongue, cut off the ears close to the head, clean them all well, salt them with common salt; let them remain three or four days, then boil them very tender, so that the bones will slip out very easily. Have ready a cloth laid in an earthen pot or pan, the same as for a collared pig's head; take all the bones out of the head; lay one half of it in the pot with the skin next the cloth, then one of the ears, then the tongue, peeled and cut open, and then the other ear, then the other half of the head, with the skin side at the top; shake in some salt between each piece as you lay it in the pot; do it while it is hot; put a board that will go within-side of the pot, and press a weight upon it; let it remain one night, then take it out of the pot, take off the cloth, and, if you wish to keep it long, make a pickle for it of the liquor it was boiled in, and vinegar, or bran and water boiled, and strained, and put the head in when it is quite cold. If agreeable, some slices of it may be cut, (not very thin) dusted with flour, and fried just long enough to make them hot through; and, for sauce, put some vinegar into a sauce-pan, with powder-sugar enough to sweeten it, and as much ready-made mustard as will make it sharp; boil them up together, and send it to table in a sauce-tureen.

*To roll a Breast of Pork.*

Choose a small breast or spring of pork; take out the bones; strew over it some bread-crumbs, and sage chopped fine, with a little salt; roll it up as close as you can, skewer it fast, and roast it. Use the same sauce as for a pig.

## POTTING

*Clarified Butter.*

**CLARIFIED** butter is used in all kinds of potting ; it is therefore necessary to place that article first.

Cut as much fresh butter into slices, as is likely to be wanted, and put it into a sauce-pan, without either flour or water ; melt it over the fire ; then let it stand a few minutes to settle, but not to get cold ; then pour it over the pots it is intended for. Or it may be melted by putting it into a basin or jar, and setting it over the fire in a pot, or stew-pan that has water in it. This is the best way of melting it. Let the milk settle at the bottom, and be careful not to put it over the pots.

*To pot Beef.*

Rub twelve pounds of beef with half a pound of brown sugar, and two ounces of saltpetre : let it lie twenty-four hours, then wash it clean, and dry it well with a cloth ; season it with pepper, salt, and a little mace ; cut it into five or six pieces ; put it into an earthen pot or jar, with a pound of butter in lumps on the top. Take care to have the jar large enough that the gravy and butter may not boil over. Tie it over with paper, or, if there is a lid that fits the jar, it will be better. Put it in a hot oven, and let it stand three hours ; then take it out, cut off the hard outsides, and beat it in a wooden bowl, or mortar ; add to it a little more pepper and salt ; melt a pound of butter in the gravy and fat that came out of the jar, and put it to the beef by a little at a time, while it is beating ; continue

beating it till it is very fine ; then put it into pots, and pour clarified fresh butter over it. Two anchovies may be dissolved in the gravy and butter that comes from the meat, and put to it while it is beating, which will be a great improvement.

### *To make a cheaper Sort.*

Cut the meat off a leg of beef ; put it into a jar ; break the bone, take out all the marrow and put it upon the meat, and the outside skin and fat at the top ; tie a paper over it, and bake it till it is quite tender ; turn it out of the jar while it is warm, take out all the skin and gristle, beat it very fine, with the gravy that comes out of the jar ; season with pepper and salt to your taste ; put it in pots, and pour clarified butter over it.

### *Another Way to pot Beef.*

Take beef that has been dressed, either roasted or boiled ; beat it with some pepper and salt, a few cloves, and a little fresh butter, just warmed. Or the butter may be made hot, and an anchovy dissolved in it. Beef eats very well done this way, but the colour is not so good as that done with saltpetre. It is a good way for using the remains of a large joint. Potted beef should be set in the oven for a few minutes after it is in the pots, before the clarified butter is put over it ; it makes it cut smooth, and eat better ; the butter must not be put on till the pots are quite cold.

### *To pot Veal.*

Take veal that has been stewed, or bake some on purpose, in the same manner as directed for beef ; beat it to a paste with butter, salt, white pepper, and mace pounded fine ; press it down in pots, and pour clarified fresh butter over it.



*Marble Veal.*

Do the veal as above; boil a tongue very tender, slice it, beat it with some fresh butter, white pepper, and mace; (or beat some slices of ham, that has been dressed in the same way;) put a layer of veal in the pot, then stick in lumps of tongue or ham; fill up the spaces with veal, and pour clarified butter over it.

*To pot Venison.*

Rub the venison with vinegar, if it is stale, and let it lie an hour. Then dry it with a cloth, and rub it all over with red wine. Season it with pepper, salt, and mace, and put it into an earthen pot or jar. Pour over it half a pint of red wine, and a pound of butter, and put it in the oven till it is quite tender. When it is done, pick it clean from the bones and skin, and beat it in a mortar, with the fat and gravy. If you find it not sufficiently seasoned, add more, and keep beating it till it is a fine paste. Then press it hard down into the pots, and pour clarified butter over it.

The wine may be omitted if not approved.

*To pot Hare.*

Let the hare hang up two or three days with the skin on, then case it and cut it up, as for eating. Put it into a pot, and season it with pepper, salt, and mace. Put a pound of fresh butter over it, tie it down close, and bake it in an oven as hot as for bread. When it comes out, pick it clean from the bones, and pound it very fine in a mortar, with the fat and gravy it was baked in. Then put it close down into the pots, and pour clarified butter over it.

*To pot Pigeons.*

Pick and draw the pigeons, cut off the pinions, wash

them clean, and put them into a sieve to drain. Then dry them with a cloth, and season them with pepper and salt. Roll a bit of fresh butter in chopped parsley, and put it into the pigeons. Sew up the vents, and put them into a pot with butter over them; tie them down, and set them in a moderate oven. When they come out, put them into pots, and pour clarified butter over them.

Or a pie may be made of the pigeons; lay a slice of veal or beef at the bottom of the dish, put in the pinions and giblets, and a thin crust over it. When the pie is done, take out the pigeons, cut them in two, put them close into pots, and pour clarified butter over them. Leave the pinions, giblets, and meat, to eat with the crust. When done this way, it is better to omit the parsley.

Do other birds in the same manner.

### *To pot Cheese.*

To a pound of grated Parmesan or Cheshire cheese, add three ounces of cold fresh butter, a little sifted mace, and a tea-spoonful of mustard. Mix all well in a mortar; put it into small pots, cover it with clarified butter, and set the pots in a cool dry place.

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## VARIOUS METHODS

OF

## DRESSING EGGS.

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### *Egg-Balls for Mock Turtle, &c.*

**BOIL** the eggs hard, and put them in cold water; take out the yolks, put them into a mortar, and pound them

very fine; wet them with raw yolks (at the rate of three raw yolks to eight hard ones), season them with white pepper and salt, dry them with flour, and roll them into balls, rather small, as they swell very much in boiling; boil them in gravy for a few minutes.

### *Eggs fried in Paste.*

Boil six eggs for three minutes; put them in cold water, take off the shells (but do not break the whites), wrap the eggs up in puff paste; brush them over with egg, and sprinkle a few crumbs of bread over them: put a sufficient quantity of lard or fresh butter into a stew-pan for the eggs to swim when they are put in; when the lard is hot, put the eggs in, and fry them of a gold colour; when done, lay them on a cloth to drain.

### *Eggs with Onions and Mushrooms.*

When the eggs are boiled hard, take out the yolks whole and cut the whites in slices, with some onions and mushrooms; fry the mushrooms and onions; throw in the whites, and turn them about a little; pour off the fat; flour the onions, &c., and put to them a little gravy; boil them up, then put in the yolks, and add a little pepper and salt: let the whole simmer about a minute, and serve it up.

### *To poach Eggs.*

Set a stew-pan of water on the fire; when it boils, break an egg into a cup, and put it into the water; when the white looks quite set, which it will generally do when it has boiled about a minute and a half, or two minutes, take it up with an egg-slice, and lay it on toast and butter, or spinach. As soon as a sufficient number are done, serve



them hot. If fresh laid, they will poach well, without breaking

### *Buttered Eggs.*

Beat four or five eggs, yolk and white together; put a quarter of a pound of fresh butter in a basin; then set it in boiling water, stir it till melted, then pour it with the eggs into a sauce-pan; keep a basin in one hand; and hold the sauce-pan in the other, over a slow fire, shaking it *one way*, as it begins to warm; pour it into the basin, and then back again; hold it over the fire, stirring it constantly in the sauce-pan, and pouring it frequently into the basin, to prevent it curdling, and to mix the eggs and butter, till they are boiling hot.

Serve on toasted bread; or use it as sauce to salt fish or red herrings.

### *Scotch Eggs.*

Boil five pullets' eggs hard, take off the shells, and, without removing the white, cover them completely with a fine relishing force-meat. Fry them of a fine light brown, and serve with good gravy in the dish.

### *Egg-Sauce for Chicken, &c.*

Melt some butter thick and smooth, chop two or three hard-boiled eggs fine, put them into a basin, and pour the butter over them, or put the eggs into the sauce-pan and just warm them, but do not let the butter boil again; stir it all the time one way. Serve it in a sauce-tureen.

### *Eggs with Gravy.*

Poach some eggs in water, with a little vinegar in it; cut the whites round neatly; lay the eggs in a dish; pour some good gravy into the dish, and serve them hot.

*To make an Egg-Pie.*

Boil twelve eggs hard, then chop them with one pound of beef-suet, or marrow chopped fine; season them with a little cinnamon and nutmeg finely beaten, one pound of currants, clean washed and picked, two or three spoonfuls of cream, and a little sweet wine and rose-water, or orange-flower water; mix all together, then fill the pie, and, when it is baked, stir in half a pound of fresh butter, and the juice of a lemon.

*An Omelet.*

Beat the yolks and whites of six eggs separately, and then together for a long time; strain them, and add a little parsley chopped very small, a little onion, and a little pepper and salt; melt a quarter of a pound of butter in the Omelet pan, then put in the eggs and fry them of a nice brown.

*To make a hasty Dish of Eggs.*

Beat six eggs well, then pour them into a sauce-pan; hold it over the fire till they begin to get thick; keep stirring from the bottom all the time; then put in a bit of fresh butter the size of a walnut; stir it about till the eggs and butter are thoroughly mixed, and the eggs quite dry; put it on a plate, and serve it hot.

*To fry Eggs with Sausages or Bacon.*

Fry the sausages or bacon first; pour the fat out of the pan, and put in a bit of butter; when it is quite hot, put in the eggs; keep them separate, and set the pan over the fire, but not very near; let the heat increase very slowly; when they are done on one side, turn them carefully on the other with a broad-pointed knife; and when quite done, take them up with a slice.

*Eggs boiled in the Shells.*

When the water boils put in the eggs, and let them boil three minutes and a half

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## PIES AND TARTS.

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**PARTICULAR** attention should be paid to the heat of the oven for all kinds of pies and tarts. Light paste should be put into a moderately-heated oven. If too hot, the crust cannot rise regularly, but it will burn; if too slack, it will be heavy, and not a good colour. Raised paste should have a quick oven, and be well closed, otherwise the sides will sink in, and spoil its appearance. Iced tarts should be done in a slack oven, or before the tarts are sufficiently baked the icing will become brown.

*Beef Dripping clarified for Crust.*

Cut it in slices; boil it in water for a few minutes; let it stand till cold, and it will come off in a cake. It makes excellent crust for any kind of meat-pies. If intended to be very fine, it may be boiled three or four times, and it will be fit for any kind of common pies or dumplings. Mutton, pork, or lamb dripping, may be done the same way. Mutton-fat, taken from the meat before it is roasted, may also be done in the same manner.

*Potted Dripping, for frying Fish, Meat,  
Fritters, &c.*

Boil six pounds of good beef-dripping in soft water, strain it into a pan, let it stand till cold; then take off the



hard fat, and scrape off the gravy from the inside ; do this several times ; when cold and hard, take it off clean from the water ; put it into a large sauce-pan, with six bay-leaves, six cloves, half a pound of salt, and a quarter of a pound of whole pepper ; let the fat be entirely melted ; let it stand till just cool enough to allow of its being strained through a sieve into the pot, which being done, let it stand till cold, and then cover it up. Turn the pot upside down, that no vermin can get at it. It will keep on board a ship, and will make good puff-paste, or crust for puddings.

### *To make Hog's Lard.*

Take any quantity of the leaf-fat of a large hog, cut it into bits about an inch square ; put it over a slow fire in a clean, bright, brass kettle ; (if it is put in a pot that is tinned, it will fetch the tin off ;) let the heat increase gradually, till it boils, and a good quantity of fat is melted (keep stirring it often), then pour it through a cullender into an earthen pot or pan ; when the liquid part of the fat has run through, return what was left in the cullender into the kettle, and put it over the fire till more is melted, then put it into the cullender as before ; do this three or four times, to draw out all the lard ; take care it does not scorch, as that would spoil the flavour and colour, and render it unfit for use. When it begins to cool, put it into small bladders ; tie them up close, and hang them in a cool dry place, if it is to be kept a long time ; but if it is intended to use it up in a month or two, it may remain in the pot with a paper tied over it.

Some put salt and pepper to it ; but experience has proved that it keeps much better without them. Beef-suet may be done in the same way, and is very good for pastry or frying.

*Another way to make Lard.*

Cut the fat as above, put it into an earthen jar, and set it in a kettle of boiling water; when there is a quantity melted, pour it off, and do as directed in the last receipt. This method of doing it is more delicate, but it takes longer time. It is fit for any kind of potting, and equal to butter for any purpose in pastry, frying, &c.

*A Dripping Crust.*

Take a pound and quarter of clarified dripping; rub it very fine into three pounds of flour; make it into a paste with cold water. Hot crust may be made with the same quantity, by melting the dripping in water, and mixing it with the flour while hot.

*Crust for Family Pies, when Butter is dear.*

Cut some slices of beef-suet very thin; put some flour on the dresser, lay the suet upon it; roll it with a rolling-pin till it is quite soft; rub it very fine into some flour, and mix it with cold water. It is much better done this way than chopped, and makes a very good crust for any pie that is to be eaten hot, or for fruit puddings.

*Common Paste for Family Pies.*

To one pound and a half of flour, break in half a pound of butter or lard; wet it with water, work it up, and roll it out twice; then cover the dish.

*Short Paste for Tarts.*

Rub a quarter of a pound of butter into a pound of flour, wet it with a little water and two eggs; work it up to a good stiffness, and roll it out once. For sweet tarts, two table-spoonfuls of sugar should be added to it.

*Puff-Paste.*

To one pound of flour, take three quarters of a pound of butter; rub half the butter very fine into the flour, mix it into a paste with cold water; roll out the paste; put on the remainder of the butter, roll it up, leave it for half an hour; then roll it out for use. An egg may be beaten very fine, and mixed with the water.

*Another Puff-Paste.*

Rub a large piece of butter into some flour, but not enough to make it greasy; it must be rubbed in quite fine; put as little water as possible, to make it a nice light paste; roll it out, stick bits of butter all over it, flour it, roll it up again, and repeat this three times, or more, if it is intended to be very rich.

*Short Crust.*

Rub six ounces of butter into twelve ounces of flour; mix it up with as little water as possible, so as to have it a stiffish paste; beat it well, and roll it thin. This is the best crust for all tarts that are to be eaten cold, and for preserved fruit. An ounce and a half of sifted sugar may be added to it.

*Paste for Custards.*

To half a pound of flour put six ounces of butter, the yolks of two eggs, and three spoonfuls of cream. Mix them together, and let the paste stand a quarter of an hour; then work it well, and roll it out very thin.

*Crust for raised Pies.*

Put one pound and a quarter of butter, or lard, into a kettle of water; boil it two or three minutes, pour it on four pounds of flour, work this into a tolerably stiff paste; pull it into lumps to cool; then raise the pie. Use the



same proportions for all raised pies, according to the size that is wanted, and bake them in a hot oven.

Those who are not expert at raising crust may do thus : Roll the paste of a proper thickness, and cut out a round piece for the top, and another for the bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather further out, and pinching both together ; put egg between the edges of the paste, to make it adhere at the sides. Fill the pie, put on the cover, and pinch it and the side-crust together. Beat the white of an egg to a froth, and brush the top of the pie with it.

### *Rice Paste for Sweets.*

Boil a quarter of a pound of ground rice in a small quantity of water : strain all the moisture from it ; beat it in a mortar with half an ounce of fresh butter, and one egg well beaten ; it will make an excellent paste for tarts.

### *Rice Paste for savoury Things.*

Wash some rice, and put it in a sauce-pan, with an onion, and a little milk and water, or milk only ; simmer it till it is soft. Put some seasoned chops into a dish, and the rice over it ; by the addition of an egg the rice will adhere better.

### *Potatoe Paste.*

Mash some boiled potatoes very fine ; add (while warm) a sufficient quantity of butter to make it hold together, or an egg may be mixed with it before it gets cold ; flour the board well to prevent it sticking, and roll it to the thickness wanted.

If it becomes quite cold before it is put on the dish, it will be apt to crack.

*Beef-Steak Pie.*

Rump-steaks are the best; season them with pepper and salt; put puff-paste round the inside of the dish; then lay in the steak cut in pieces; fill up the dish with water, then cover it with puff-paste. A few small potatoes may be put into the dish, if approved.

*Beef-Olive Pie.*

Make the olives as directed in the receipt for beef-olives; put them into a dish, fill it with water; put a good crust round the inside of the dish, and over it; when baked, pour in some gravy.

*A common Veal-Pie.*

Make it as directed for a beef-steak pie, only omit the potatoes.

Some people make beef-gravy and pour in at the top of the pie after it is baked, but a piece of nice rump-steak laid at the bottom of the dish answers the purpose as well, for those who dislike the insipid taste of the veal by itself; sausage-balls, fried and put into a veal-pie, improve it very much.

*Rich Veal-Pie.*

Cut a loin, neck, or breast of veal into steaks; season with salt, pepper, nutmeg, and mace. Lay the meat in the dish, with sweetbreads seasoned, and the yolks of six hard eggs, half a pint of oysters, and half a pint of gravy. Lay puff-paste round the dish half an inch thick, and cover it with the same. Bake it an hour and a quarter in a quick oven. When it is done, pour in at the top, through a funnel, a few spoonfuls of veal-gravy, and a little cream; but first boil it up with a little flour to make it a proper thickness. Force-meat balls may be put into the pie, if approved. (*See receipt for Force-Meat Balls, page 80.*)

*Veal Olive-Pie.*

Make the olives as before directed; put them into a dish with crust round the edge, fill up the dish with water; when baked, pour in some boiled gravy, thickened with a little cream and flour boiled together.

*Mutton or Lamb Pie.*

Take the fat and skin from a loin; cut it into steaks; season them well with pepper and salt; almost fill up the dish with water; put a good paste round the inside of the dish, and at the top.

*Pork-Pie*

May be made in the same manner as beef or mutton pie.

*Raised Pork-Pies.*

Make a crust as directed for raised pies, only use hogs' lard instead of butter: raise the pies, and allow time enough for the crust to be quite cold before the meat is put in; have ready the trimmings or small bits of pork which are cut off, when a hog is cut up; or take any part you wish to use for that purpose, only be careful not to put in any bones, or outside skin of the pork; cut the meat into small bits, about half an inch square, and have a proper proportion of fat and lean; season it with pepper and salt; and, if approved, chop a little sage very fine, and mix with the meat; fill the pies with the meat; put no water in; roll out the remainder of the paste, cut out the tops to fit, close them round, and bake them in a slow oven, that they may be thoroughly soaked.

*Calf's-Head Pie.*

Parboil half a calf's-head; cut it into slices; season with pepper and salt; lay it in a dish, with crust round the sides; add some force-meat balls, some yolks of eggs



boiled hard, and some good gravy. Put on the lid, and bake it about an hour and a half. In the mean time prepare some good gravy, thickened with flour, and add a few oysters: put the whole into the pie, replace the lid, and send it to table.

### *To make a Venison Pasty.*

Take a neck or breast of venison; bone it; season it with pepper and salt; cut it in slices, and lay the fat at the top; make a good puff-paste; put some round the dish, and a thick crust over the top; put about a quarter of a pound of fresh butter in the pie, a quarter of a pint of water, and close it well at the edge; let it be baked two hours in a quick oven, or longer if a very large one. Make gravy of the bones, and a little beef: add a glass of red wine. When the pasty is taken out of the oven, put the gravy, boiling hot, into it. If the venison is not fat enough, take the fat off a loin of mutton, steeped in a little rape vinegar and red wine twenty-four hours, and lay it on the top of the venison, and close the pasty. Some suppose that venison cannot be baked enough at once baking; but if the oven is of a proper heat there is no occasion to bake it first in a false crust. The venison is of a much finer flavour baked only once.

In order to make it very tender, wash it in warm milk and water; dry it thoroughly in a cloth; then rub it all over with vinegar, and hang it in the air. It will keep thus a fortnight, but be sure there is no moisture about it; if there is, it must be well dried, and rubbed again with vinegar. When it is used, just dip it in lukewarm water, and dry it.

*To make a Pasty of Beef or Mutton to eat as well as Venison.*

Bone a small rump or a piece of sirloin of beef, or a fat loin of mutton, after hanging several days. Beat it well with a rolling-pin. To ten pounds of meat put four ounces of sugar; rub it well into the meat, and pour over it a glass of red wine, and the same quantity of vinegar. Let it lie five days and nights; wash and wipe the meat very dry, and season it very high with common pepper, Jamaica pepper, and salt. Lay it in the dish, and put to it nearly a pound of butter, and spread it over the meat. Put a moderate crust round the edges, and cover it with a thick crust. It must be baked in a slow oven, that it may be properly soaked. Make good gravy of the bones, and a little beef; add a glass of red wine. Put it into the pasty before it is sent to table.

Sugar preserves the meat quite as well as salt, makes it eat short, and improves the flavour.

*Giblet-Pie.*

Clean two pair of giblets well; put them all (except the livers) into a sauce-pan, with two quarts of water; season them with pepper and salt, a sprig of sweet herbs, and an onion. Stew them gently till tender. Cover a dish with a good crust, lay a beef-steak at the bottom, seasoned with pepper and salt; then put in the giblets with the livers; strain the liquor they were stewed in; season it, and pour it into the dish. Put on the lid, and bake it an hour and a half. Omit the sweet herbs and onion, if not approved. The giblets should be cut into pieces, as directed in the receipt for stewing giblets.

*A common Goose Pie.*

Make a raised crust ; quarter the goose, season it well, put it into the crust ; cut half a pound of fresh butter into pieces, lay it on the goose ; put on the lid, and bake it in a moderate oven. May be made with less butter, if preferred.

Duck-pie may be made in the same manner.

*A rich Goose-Pie.*

Bone a goose and a fowl, season them well, put force-meat into the fowl, then put the fowl into the goose.— Lay them in a raised crust, and fill the corners with slices of tongue that has been dressed. Put half a pound of fresh butter, cut into pieces, on the top ; cover it, and let it be well baked. It may be eaten either hot or cold, but it is best cold.

Pigeons, partridges, or any other birds, may be boned, and put in, if approved.

*Pigeon-Pie.*

Wash and dry the pigeons, season them inside and outside ; put a bit of butter in each, put a puff-paste round the dish, lay the pigeons in with their breasts downwards, and their rumps towards the middle of the dish, put the gizzards and the livers all together in the middle of the dish ; add some water, then close the pie, bake it well, but the oven should not be too hot at first. A beef-steak, or a slice of veal, under the pigeons, is by some thought a great improvement. Clean three or four of the pigeon's feet, and stick them in the middle of the crust.

Some people twist the livers and gizzards into the wings of the pigeons, and lay them in the dish with their breasts upwards.



### *Partridge-Pie.*

Pick and singe four partridges; season them with pepper, salt, chopped parsley, thyme, and mushrooms.—Lay a veal-steak, and a slice of ham, or tongue, at the bottom of the dish; put in the partridges, and half a pint of good broth. Put puff-paste round the dish, and cover with the same.

### *Hare-Pie.*

Cut a hare into pieces, season it with pepper and salt, make the same stuffing as for roasting, lay the stuffing in a heap in the middle of the dish, and the pieces of hare round it; put a few bits of fresh butter on the top of the hare, fill up the dish with water, put a good puff-paste round the dish, and cover it with the same. Have a little gravy ready, quite hot, with a glass of red wine in it, and pour it into the pie before it is sent to table.

Force-meat balls may be added, if agreeable.

### *Chicken-Pie.*

Cut a chicken or two into pieces; season them high with pepper and salt; put puff-paste at the bottom of the dish; stick some bits of butter on the chickens; fill up the dish with water; cover it with puff-paste; bake it in a moderate oven. It may be made richer by putting gravy instead of water.

Rabbit-pie may be made in the same manner.

### *Savoury Patties.*

Slice any quantity of either turkey, house-lamb, chicken, or veal, with an equal quantity of the fat of lamb, loin of veal, or the inside of a sirloin of beef, and some slices of the knuckle of a ham that has been dressed; add parsley, thyme, and lemon-peel, chopped fine. Pound all fine in a mortar; or chop it fine, and season with salt and white

pepper. Make a puff-paste, line the patty-pans, fill them with meat, cover them, close them well at the edge, cut the paste round, brush them over with egg, and bake them twenty minutes. Have ready a little white gravy, seasoned with pepper, salt, and a shalot, thickened with cream or fresh butter. When done, cut a hole in the top, and pour in some gravy. They eat best cold. The gravy may be omitted.

Some people bake the patties with a bit of bread in each, then take out the bread and fill the patties with the mince-meat prepared as above, and simmered for five minutes in a little gravy; send them to table hot.

### *Oyster-Patties.*

Put a fine puff-paste into small patty-pans, with a bit of bread in each, to keep up the top-crusts; then cover them with paste, bake them, and have ready oysters, prepared as follows, to fill them. Take off the beards of the oysters, cut the other parts in small bits, put them in a sauce-pan, with a little nutmeg, white pepper, salt, grated lemon-peel, a little cream, and the oyster-liquor. Simmer it for a few minutes, take off the lids of the patties, fill them, then put the lids on again, and send them to table. Or the patties may be filled with oyster-sauce that has been made with cream.

Some people stew the oysters whole, and then one oyster is sufficient for each patty.

### *Lobster-Patties.*

May be made as oyster-patties, only put more cream, unless oyster-liquor is used.

### *Eel Pie.*

Cut the eels into pieces; season them with pepper and

salt, and a very little dried sage ; put them in a dish, with puff-paste round the edge ; put bits of butter upon the eels, fill the dish up with water, and cover it with puff-paste. Omit the sage, if it is not liked.

### *Fish-Pies.*

Pies may be made of any kind of fish. If they are intended to be very rich, put gravy in instead of water, and force-meat balls and eggs boiled hard : make some gravy to put in the pies when they are taken out of the oven. Any quantity of anchovies or oysters, may be put in, and, if liked, a good quantity of butter. Use fine puff-paste for the crust.

### *Devonshire Squab-Pie, or Medley-Pie.*

Cover the sides of the dish with crust, and put at the bottom a layer of apples sliced, then a layer of meat, either raw or under-done, then a layer of onions sliced, and fill it up with apples ; season the meat (which should be rather fat) with pepper and salt, put some sugar upon the apples, and a tolerably thick crust over it. Bake it in a slow oven to soak well. Fat pork is the best meat for it, but any other kind will do very well. When apples cannot be had, scalded gooseberries will be a good substitute.

### *To make Mince-Meat.*

Take about two pounds and a half of beef-suet, and the same quantity of lean beef, after it has been roasted ; the inside of a sirloin is best, but any tender piece of lean will do ; cut off all the outside brown, and take out every bit of gristle or skin ; chop it very fine as well as the suet, and mix them well together ; add about three dozen of large apples, pared, cored, and chopped small, four pounds of raisins stoned, and chopped a little, four pounds of cur-



rants nicely picked, washed, rubbed, and dried at the fire, about a quarter of an ounce of mace, the same of cloves and cinnamon, and nearly two nutmegs grated, some candied orange-peel, lemon-peel, and citron, about four ounces of each, cut in small slices about an inch long, the peel of two lemons and one orange, chopped fine, two ounces of sweet almonds and one ounce of bitter, cut up small, and about a pound and a half of moist sugar; mix all well together, and put half of it into a pan; mix a pint of brandy, and a pint of Mountain wine in a basin, with the juice of two lemons and two oranges; pour half of it into the pan, then put in the remainder of the meat; press it down close, and pour over the remainder of the wine and brandy to soak in by degrees; put over it a piece of writing-paper dipped in brandy, tie it down close with a double paper over the top; set it in a cool dry place, and it will keep good four or five months.

Some people prefer neat's tongue boiled tender, or eggs boiled hard, instead of the beef.

### *Mince-Pies without Meat.*

Take six pounds of apples (when pared and cored), three pounds of suet, three pounds of raisins stoned, and chop them all very fine; to these add half a quarter of an ounce of cinnamon, a nutmeg grated, eight cloves powdered very fine, six pounds of currants, picked, washed, and dried at the fire, a little salt, the rinds of two lemons, and the juice of two, a quarter of a pound of candied orange-peel, the same of candied lemon-peel, and the same of citron, half a pint of brandy, and the same quantity of any kind of wine; add sugar to your taste. If the meat is intended to be kept long, put it down close in a jar, and pour a little brandy over the top, tie it down with paper,

and set it in a cool dry place.—Mountain wine is the best for mince-meat. Line some patty-pans with puff-paste, put in the meat, and cover them with some a little richer; cut them round, and bake them in a moderate oven.

### *Lemon Mince-Pie.*

Squeeze the juice of a lemon, boil the outside till tender enough to beat to a mash, add to it three large apples, four ounces of suet chopped very fine, half a pound of currants, and four ounces of sugar; add the juice of the lemon, and candied fruits as for other pies. Make a short crust, and fill the patty-pans. A little brandy may be added if agreeable.

### *Common Mince-Pie.*

Take the remains of any piece of beef, chop it with apples and suet; add a few currants, and a little allspice, a few drops of essence of lemon, or a fresh lemon-peel, and a little sugar. A little home-made wine may be added, which will be a great improvement. Make them in small patty-pans, like the richer mince-pies, or in one large pie.

### *Essence of Lemon*

May be used when lemon-peel cannot be had; a very small quantity is sufficient. The best method of using it is to drop it into a little wine, if it is wanted for any thing sweet; or into water, milk, or gravy, for other purposes; six drops are sufficient for a large apple-pie, or the stuffing for a hare, or veal, &c.

### *Iceing for Tarts.*

Beat and sift a quarter of a pound of fine loaf-sugar. Put it into a mortar, with the white of an egg that has been well beaten up. Add to these two spoonfuls of rose-water, and beat all together till it is so thick as just to run;

stir it one way. Lay it on the tarts with a brush, or a small bunch of feathers dipped in the icing. Put the tarts into a gentle oven, to harden the icing, but take care not to let them stand too long, as that will discolour them.

### *Another Icing for Tarts.*

Beat the yolk of an egg, put to it some melted fresh butter, mix them well together, rub the tarts with a feather, and sift sugar over them as they are put into the oven. Or beat the white of an egg to a froth, rub it over the tarts, and sift white sugar over them.

### *Apple-Pie.*

Pare, quarter, and core the apples, put them into a dish with a proper quantity of sugar, a little lemon-peel, a few cloves, a bit of cinnamon, and a very little water : put any kind of paste over it.

*N. B.*—If the apples are not very juicy, a little lemon-juice or a glass of wine, may be put in it before the paste is put on.

### *Another Apple-Pie.*

Pare and core the fruit ; boil the cores with a few of the parings in a little water, till it tastes well ; strain it, add a little sugar, and a bit of bruised cinnamon, then simmer it again. Place the apples in a dish, a paste being first put round the edge ; when one layer is in, put half the sugar over, and some chopped lemon-peel ; then put in the remainder of the apples and sugar, with the liquor which has been boiled ; cover the dish with paste that has sugar in it, as directed for tarts, or common puff-paste. Some butter may be added when the pie comes out of the oven, if it is to be eaten hot. Quince-marmalades, orange-paste, or cloves, may be put in to flavour it.



*Apples for Tarts.*

Pare and core some apples, and cut them into quarters; put them into a stew-pan with a piece of lemon-peel, a little water, and a stick of cinnamon. Cover the stew-pan close, and put it over a fire till the apples are dissolved; sweeten with sifted sugar; rub them through a hair sieve, and let it stand till cold before it is put into the paste.

*Cherry, Currant, Apricot, and Gooseberry Tarts.*

Currant, cherry, and gooseberry tarts, require but little making. Gooseberries, to look red, must stand a considerable time in the oven. Apricots, if green, require more baking than when ripe. Fruit preserved high must not be baked at all, but the crust should be baked first, upon a tin, the size of the tart. The crust may be cut with a marking-iron, or a wine-glass, when cold, lay it over the fruit, or lay bits of preserved fruit upon it. Or line patty-pans of a proper size for tartlets, with puff-paste; put a bit of bread in each; when baked, take out the bread, and put in the preserved fruit.

*Cranberry, Currant, or Damson Pies.*

Put the fruit into a dish, with good moist sugar. Put paste round the dish, and cover it with the same. A little water may also be added. Put a small tea-cup upside-down in the middle of a large pie-dish, then put the fruit in. The juice will be drawn under the cup, which will prevent it boiling over.

*Rhubarb-Pie.*

Take off the thick skin from the stalks; cut them into bits about an inch and a half long; put them in a dish

with a sufficient quantity of good moist sugar, a little water and a bit of lemon-peel ; put on the crust, and bake it in a moderate oven. Rhubarb eats very well mixed with gooseberries, or other fruits, in a pie.

### *Angelica-Tarts.*

Pare and core some apples ; take the stalks of angelica ; peel and cut them into small pieces ; take an equal quantity of apples and angelica. Boil the apples in water sufficient to cover them ; add lemon-peel and fine sugar. Do them gently till they become a thin syrup, then strain it off. Put it on the fire with the angelica in it, and let it boil ten minutes. Put paste at the bottom of the patty-pans ; then a layer of apples, and a layer of angelica, till full. Pour in some of the syrup, put on the lid, and bake them in a very moderate oven.

### *A Rook-Pie.*

Skin and draw six young rooks, and cut out the back-bones ; season them with pepper and salt, put them in a deep dish with half a pint of water, lay some bits of butter over them, and cover the dish with a tolerably thick crust. Let it be well baked.

### *Prune-Tarts.*

Scald some prunes ; take out the stones and break them ; put the kernels into a little cranberry or currant juice, with the prunes and sugar ; simmer all together, and, when cold, make it into tarts.

### *Orange-Tarts.*

Grate a little of the outside rind off some Seville oranges ; squeeze the juice into a dish, throw the peel into water, and change it often for two days ; then set a sauce-pan of water on the fire ; when it boils, put in the oranges ;

change the water three or four times, to take out the bitterness: when they are tender, wipe them well, and beat them in a mortar till they are fine; then take their weight in double-refined sugar; boil it to a syrup, and scum it very clean; then put in the pulp, and boil it all together till it is clear: let it stand to be cold, then put it into the tarts, and add the juice which was squeezed out; bake them in a quick oven.

### *Lemon-Tarts*

Are made in the same way.

### *Crocants*

Are pieces of paste cut out with moulds, either large or small; when baked, sweetmeats are put upon them.—They are generally had at pastry-cooks'.

### *Tartlets.*

Use very small and shallow patty-pans; butter them, and line them with a bit of paste; mark it neatly round the edges, and put a bit of bread in each, to leave a hollow place in the middle, then bake them; when they are cool, fill them with custard, or put into each of them half an apricot, a plum, some raspberry-jam, or any kind of preserved fruit, a little preserved apple, or marmalade; pour custard over it, with a very little sugar in it. Or cover the patty-pans with puff-paste; put in any kind of preserve, and ornament them with small cross-bars of paste. Or cut out flowers and other ornaments, with tin paste-cutters, and lay on the fruit; then bake them, or the ornaments may be baked on a separate tin, and laid on the fruit afterwards.

### *Apple-Pasty, or Turn-over.*


Make a hot crust, either of lard or dripping; roll it out while warm; have ready some apples pared, the cores



taken out and chopped (not very fine); put as much into the crust as it will hold, to close up; add a little lemon-peel cut fine, and a little moist sugar; wet the edges of the crust, close it up well, make a few holes with a skewer in the top, and bake it in a moderate oven; let it bake long enough for the apples to be quite soft. Gooseberries scalded may be made up in the same way.

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## CHEESECAKES CUSTARDS, &c.



### *Curd-Cheesecakes.*

**PUT** a spoonful of rennet into two quarts of new milk. Let the milk be blood-warm; set it within the air of the fire, but not very near, unless the weather is cold. When the milk is all congealed in a mass, stir it very gently with a spoon, so as to break it a little, but not very small. Let it stand till the curd is settled at the bottom of the pot, then pour off the whey; put the curd into a strainer, and hang it up, or lay it over a pot, to drain the remainder of the whey from it, but do not press it with your hand. Put it into a dish, and rub into it a quarter of a pound of butter, with a little sugar and nutmeg; add two Naples biscuits grated. Four eggs, and an ounce of almonds well beaten, with two spoonfuls of rose or orange-flower water, and the same of sack or brandy. Clean six ounces of currants, and put them into the curd. Mix all well together, put paste in the patty-pans, fill them, and send them to the oven immediately. Cream is a great improvement to cheesecakes; and when that is added, if it makes it too thin, put a

greater quantity of Naples biscuits, or bread-crumbs, The almonds may be omitted.

### *Lemon Cheesecakes.*

To **half** a pint of cream, take a quarter of a pound of fresh **butter**; cut it in slices, put it in the cream, set it over a slow fire till the butter is melted, but no longer; then pour it into a basin, and have ready beaten the yolks of five eggs; when the cream is cool, mix the eggs with it; grate the rind of a large lemon into it, and squeeze in the juice; add some orange-flower water, brandy, and sugar. When the weather is warm, the butter may be whipped to a cream, which will be quite as well as putting it over the fire to melt in the cream. Put crust in the patty-pans, and fill them rather more than half. Orange-cheesecakes may be made the same way; only put a smaller quantity of the peel. New milk may be used instead of cream, if two more yolks of eggs are added.

### *Bread-Cheesecakes.*

Slice a penny-loaf as thin as possible, pour over it a pint of boiling cream, and let it stand two hours. Then take eight eggs, half a pound of fresh butter, and a nutmeg grated. Beat them well together, and put in half a pound of currants, well washed and dried before the fire, and a spoonful of white wine or brandy. Bake them in patty-pans or raised crusts.

### *Rice-Cheesecakes.*

Take four ounces of ground rice; boil it in a sufficient quantity of milk to make it quite tender; put it into a pot, and let it stand till the next day, when it will be quite stiff. Take a spoon and mash it fine with half a pound of butter; beat four eggs, and mix with it; also half a

pint of cream, a nutmeg grated, a glass of brandy or orange-flower water, and sugar to your taste. Add currants, if liked.

The butter may be cut in slices, and mixed with the rice when it is hot; stir it about till the butter is melted, then cover it over, and let it stand till the next day.

### *Almond-Cheesecakes.*

Blanch and pound four ounces of sweet almonds, and six bitter almonds, with a little orange-flower or rose-water; then stir in the yolks of six eggs well beaten, and three whites; add five ounces of fresh butter warmed, the peel of a lemon grated, and a little of the juice; sweeten with fine powder-sugar; mix it well, and bake the cheesecakes in small patty-pans, with good paste in them.

### *Cheesecakes without Curd.*

A pint of cream, half a pound of fresh butter, six eggs, two spoonfuls of grated bread, a little cinnamon pounded, or nutmeg grated, three spoonfuls of sugar, five of currants, and two of brandy; beat the eggs well; mix all together in a deep pewter dish; set it on a stove, stir it one way till it becomes a soft curd; when cold, put it into tins with paste in them.

### *Baked Custard.*

Boil one pint of cream, with a bit of cinnamon; when cold, put to it four eggs beaten and strained, with only two whites; a little brandy, nutmeg, and sugar; fill the cups, or paste, nearly full, and bake them ten minutes. Baked custards may be made with good new milk, but it will be necessary to add more eggs.

### *Lemon-Custard.*

Beat up the yolks of ten eggs till they look quite white;



put to them a pint of boiling water, the rinds of two lemons grated, and the juice sweetened to your taste. Stir it on the fire till thick enough; then add a large glass of rich wine, and half a glass of brandy: give the whole one scald, and put it in cups to be eaten cold.

### *Boiled Custards.*

Take a pint of cream; set it over a slow fire, with about two ounces of loaf-sugar, an ounce of sweet almonds, and a few bitter ones, blanched and cut up small, a little cinnamon, and the rind of a lemon: when it begins to simmer, take it off the fire, pour it backwards and forwards in two large bowls to cool it till you can just bear your finger in it; have ready-beaten the yolks of eight eggs; stir them in by degrees as the cream cools, then strain it through a piece of thin muslin; put the pan over a very slow fire; stir it carefully one way till it almost boils; take it off the fire, pour it into a large bowl as quick as possible, stir it one way till it begins to cool a little, then add a little orange-flower water, or rose-water; put it into cups, and serve them cold. It is very good to eat with fruit-pie or preserved fruit. A little brandy is an improvement. If the cream is thick, half a pint of new milk may be added to it, and a couple more eggs, and the custards will still be rich enough.

### *Almond-Custard.*

Blanch and beat a quarter of a pound of almonds very fine; take a pint of cream, and two spoonfuls of rose-water; sweeten it to your taste; beat up the yolks of four eggs. Stir all together one way, over the fire, till it is thick, and pour it into cups.

### *Rice-Custard.*

Boil three pints of new milk with a bit of lemon-peel, a

bit of cinnamon, and two or three bay-leaves; sweeten it to your taste. Mix a large spoonful of rice-flour into a cup of cold milk very smooth, mix with it the yolks of four eggs well beaten. Take a basin of the boiling milk, and mix with the cold that has the rice in it; then add it to the remainder of the boiling milk; stir it one way till it begins to thicken; it should not quite boil; then pour it into a pan; stir it till it is cool, and add a spoonful of brandy, ratafia, or orange-flower water, or a little of each. This is a good imitation of cream-custard, and is considerably cheaper.

### *Orange-Custard.*

Boil the rind of a Seville orange till tender; beat it fine in a mortar; put to it a spoonful of brandy, the juice of a Seville orange, four ounces of loaf-sugar, and the yolks of four eggs. Beat them all together for ten minutes; pour in, by degrees, a pint of boiling cream. Keep beating till cold, then put it into cups, and place them in an earthen dish of hot water till set; then take them out, stick preserved orange on the top, and serve them either hot or cold.

### *Water-Curds.*

Beat eight eggs; mix them with a quart of thick cream. Have ready on the fire a gallon of boiling water, with a bit of alum the size of a large nutmeg dissolved in it. Pour in the eggs and cream, and stir it very gently, to mix it with the water; when it begins to curdle (which will be in about two or three minutes), take it off, and have ready a strainer laid over a pot or pan large enough to hold the water, so as to prevent the strainer from touching it, when the curd is strained. Then take the water and curd in a basin, pour it very gently into the strainer, and let the water drain from it; tie the corners of the

strainer together, and hang it up till cold; turn it whole out of the strainer into a dish, and send it to table with wine and sugar. Or mash it very fine with a spoon, and mix wine and sugar with it, before it is sent to table. Some people prefer it to custard.

### *Gooseberry-Fool.*

Set two quarts of gooseberries on the fire in about a quart of water. When they begin to simmer, turn yellow, and look plump, throw them into a cullender to drain the water out; then with the back of a spoon squeeze the pulp carefully through a sieve into a dish; make them tolerably sweet, and let them stand till cold. Take two quarts of milk, and the yolks of four eggs; beat them up with a little grated nutmeg, and stir it softly over a slow fire. When it begins to simmer, take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If it is made with cream, it does not require any eggs. The cream should not be boiled.

### *Another Way to make Gooseberry-Fool.*

Scald the gooseberries, and rub them through a cullender; when cold, beat two eggs to a froth, and mix them with the gooseberries; add a little nutmeg and sugar, and as much new milk as will be sufficient to make it the proper thickness.

A spoonful of brandy may be added, if agreeable.

### *Apple-Fool.*

Make it as directed for either of the receipts for gooseberry-fool.

### *Devonshire Junket.*

Put some warm milk into a bowl; turn it with rennet; then put some scalded cream, sugar, and cinnamon on the top, without breaking the curd.



*Syllabub under the Cow.*

Put a pint of cider and a bottle of strong beer into a large punch-bowl ; grate in a small nutmeg ; and sweeten it. Put it under the cow, and milk into it as much as will make a strong froth. Let it stand an hour, wash and prick some currants, and make them plump before the fire ; then strew them over the syllabub, and it will be ready for use.

Currant wine, or any other kind of wine, may be used, mixed with a little rum or brandy : sweeten it, and, if agreeable, add the juice and peel of a lemon, and omit the currants ; grate a little nutmeg on the top. It is fit for use as soon as it is made.

A good imitation of this may be made by those who do not keep cows, by pouring new milk out of a tea-pot into the cider and beer, or wine.

*Solid Syllabub.*

To a pint and a half of cream add a pint of sweet wine, a glass of brandy, some sifted sugar, and a little lemon-juice ; whisk it well ; take off the froth with a spoon, lay it on a sieve, fill the glasses three parts full with the liquor, add a little nutmeg, and put on the froth.

*Whip-Syllabub.*

Grate some lemon-peel into a pint of cream, add a quarter of a pint of wine, some orange or lemon juice, and a little sugar ; whip or mill it ; lay the froth on a sieve, and put a little red or white wine into the glasses ; when the froth is well drained, fill up the glasses with it as high as possible.

*Lemon-Cheese.*

To a quart of cream, grate the peel of three large lemons ; squeeze in the juice ; sweeten it, and add nearly

half a pint of brandy; whip it till it is quite thick; lay a wet strainer in a sieve, which must be in proportion to the size of the dish which is intended to be used; then put on the cream. It is better to stand two or three days, that it may be thoroughly drained. Garnish with bits of preserved fruit.

### *Panada.*

Slice the crumb of a penny-loaf very thin, and put it into a sauce-pan with a pint of water. Boil it till it is very soft, and looks clear. Beat it exceedingly fine with a fork, grate in a little nutmeg, add a bit of fresh butter, about the size of a walnut, a glass of wine, and some sugar; put it into a deep soup-dish, and serve it up.

Put in a little cream and salt, if preferred, and leave out the wine and sugar.

### *White Caudle.*

Mix two spoonfuls of oatmeal in a quart of water, put in a blade of mace, and a piece of lemon-peel; stir it often, and let it boil twenty minutes; strain it through a sieve; sweeten it; add a little white wine, brandy, and nutmeg, also a little lemon-juice.

The gruel may be made of grits, if preferred, but they will require rather longer boiling.

### *To make Brown Caudle.*

Make the gruel as above, but with more spice; add a pint of ale that is not bitter; boil them well together, add a glass of wine or brandy, and sweeten it.

The best method of using spice for caudle is, to tie it in a muslin bag, and take it out when the gruel tastes sufficiently strong.

Some people use cloves for brown caudle.

*To make Rice Milk.*

Take half a pound of rice ; boil it in a quart of water, with a bit of cinnamon ; let it boil till the water is wasted, but take care it does not burn ; then add three pints of milk, and an egg beaten up, with a spoonful of flour ; keep stirring it till it boils ; then take it up, and sweeten it. Currants and nutmeg may be added, if agreeable, but it is very good without.

Milk may be used instead of water, to make it richer.

*To make Firmity.*

To a pint of wheat, add two quarts of water ; put it into a jar, and tie it down ; bake it eight or ten hours, or till the wheat is tender ; then add to it three pints of milk, and six ounces of currants, picked and washed ; stir them together and boil them ; beat two eggs and mix them with one spoonful of flour, a little nutmeg, and a few spoonfuls of milk ; put this to the wheat ; stir them together ; let it boil about five minutes, sweeten it, and pour it into a deep dish. Send it to table hot. Some people boil the wheat instead of baking it, and strain the water from it, before the milk is put to it.

*Thick Milk.*

Boil a pint of milk ; mix one tea-spoonful of flour very smooth with a table-spoonful of cold milk ; beat an egg well, and add to it ; put it to the milk that is boiling, keep stirring it over a slow fire till it boils, pour it out, and add some nutmeg and sugar ; the egg may be omitted, and a table-spoonful of flour\*, mixed with a little cold milk.

\* Dr. Underwood, in his valuable publication, " the Diseases of Children," as well as in his private practice, recommends the flour to be baked in a jar till of a grey colour, or tied up in a cloth and boiled, before it is made into thick milk, if intended for children of relaxed habits.



Any sauce-pan or kettle that milk is to be boiled in should have cold water put into it first, to prevent the milk from burning to the bottom. Marbles boiled in milk or cream will keep it from burning.

### *To mull Wine.*

Grate half a nutmeg into a pint of wine, and sweeten it with loaf-sugar. Set it over the fire; when it boils, take it off to cool. Beat up the yolks of four eggs; put them into a little cold wine, and mix them carefully with the hot wine a little at a time. Then pour it backwards and forwards till it looks fine and bright. Set it on the fire again till it is quite hot and tolerably thick; pour it backwards and forwards again several times, and serve it in chocolate-cups, with long slices of bread toasted of a nice brown. Some prefer an equal quantity of wine and water.

### *Sago.*

Put a large spoonful of sago into three quarters of a pint of water. Stir it frequently, and boil it gently till it is thick enough. Then pour it into a basin, and add some wine and sugar, with a little grated nutmeg. A bit of lemon-peel boiled in the sago gives it a pleasant flavour.

### *Saloop.*

Take a large tea-spoonful of the powder of saloop, and put it into a pint of boiling water. Keep stirring it till it is a fine jelly; then add some wine and sugar.

### *Milk-Porridge.*

Make a cupful of thick gruel; strain it; mix a pint of milk with it, then let it boil; have ready in a basin some bits of white bread cut in small square pieces, and pour

the milk upon it ; add some pepper and salt : a small bit of butter may be added, if approved.

### *Water-Gruel.*

Mix a large spoonful of oatmeal with a little cold water, add a pint of boiling water, and stir it well together ; let it boil three or four times, stirring it often ; be careful it does not boil over. Strain it through a sieve, and put in a bit of butter and some salt. Stir it about with a spoon till the butter is melted, and it will be fine and smooth. Grits make excellent gruel, but require much longer boiling than oatmeal.

### *Barley-Water.*

Take two ounces of pearl-barley ; boil it in two quarts of water till it looks white, and the barley is quite soft ; then strain it, and add to the water a little currant-jelly, or lemon, or milk. Then put a pint more water to the barley, and boil it over again ; when done with for barley-water, it will make very good firmity, or it eats very good in boiled milk.

The currant-jelly, &c., may be omitted if not approved.

If very particular about the colour of barley-water, give the barley one boil in a quart of water ; then pour it off, throw that water away, add two quarts of fresh water, and let it boil till the barley is soft.

### *Wine-Whey.*

Put a pint of skimmed milk and half a pint of white wine into a basin, let it stand a few minutes, then pour over it a pint of boiling water, let it stand a little, and the curd will gather of a lump, and settle to the bottom ; then pour the whey into a bowl, and put a lump of sugar, a sprig of balm, or a slice of lemon into it.

*Another Way of making Wine-Whey.*

Put half a pint of new milk on the fire ; the moment it boils up, pour in as much wine as will completely turn it into whey, and make it look clear ; let it boil up, then take the sauce-pan off the fire till the curd sinks to the bottom ; do not stir it, but pour the whey off for use. If for an invalid who is feverish, half a pint of water should be put to the milk ; it will then require less wine to turn it.

*Lemon-Whey.*

Take half a pint of new milk, and an equal quantity of water ; when it boils add to it the juice of one lemon, let it simmer two or three minutes, strain it off, and sweeten it. This is less heating than if made of wine ; and, if only intended to excite perspiration, answers the purpose quite as well.

*To mull Ale.*

Take a pint of good strong ale ; put it into a sauce-pan, with three or four cloves or a little nutmeg, and set it over the fire ; when it boils, take it off ; beat three eggs well, and mix them with a little cold ale, then put in the warm ale, and pour it in and out of the sauce-pan several times, to prevent the eggs curdling ; then set it over a slow fire, and warm it a little ; then take it off, and pour it backwards and forwards again, and warm it in this manner three or four times, till it is quite hot and thick ; then serve it up with dry toast. Any kind of spirits may be added ; also a piece of fresh butter, the latter to be put in with the eggs.

*Ale-Posset.*

Take a small piece of white bread ; put it into a pint of milk, and set it over the fire. Then put some nutmeg



and sugar into a pint of warm ale, and, when the milk boils, pour it upon the ale. Let it stand a few minutes to clear, and it will be fit for use.

### *Wine-Posset.*

Boil the crumb of a penny loaf in a quart of milk till it is soft; then take it off the fire, and grate in half a nutmeg. Put in some sugar, then pour it into a bowl, and add, by degrees, a pint of sweet wine. Serve it up with toasted bread upon a plate.

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## CREAMS, JELLIES, &c.

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### *Barley-Cream.*

BOIL a small quantity of pearl-barley in milk and water till tender; strain off the liquor, and put the barley into a quart of cream to boil a little. Then take the whites of five eggs, and the yolk of one; beat them with a spoonful of fine flour, and two spoonfuls of orange-flower water. Take the cream off the fire, mix in the eggs by degrees, and set it over the fire again to thicken. Sweeten it, and pour it into cups for use.

### *Ratafia-Cream.*

Mix a glass of ratafia, the same quantity of mountain wine, the juice of two lemons, a pint of rich cream, and some sugar. Beat it all together with a whisk, and put it into glasses.

### *Snow-Cream.*

To a quart of cream add the whites of three eggs, well beaten: four spoonfuls of sweet wine, some sugar, and a

bit of lemon-peel ; whip it to a froth, take out the peel, and serve it in a dish.

### *Raspberry-Cream.*

Rub a quart of raspberries, or raspberry-jam, through a hair sieve, to take out the seeds ; mix it well with some cream and add some sugar ; then put it into a milk-pot, and froth it with a chocolate-mill or whisk. As the froth rises, take it off with a spoon, lay it upon a hair sieve, and when there is sufficient froth, put the cream that remains into a deep glass dish or punch-bowl ; put the froth upon it as high as possible, and stick a light flower in the middle.

Cream may be made the same way, of any kind of fruit or preserves.

### *Another Raspberry-Cream.*

Take a quarter of a pound of raspberry-jam, and rather more than half the quantity of currant-jelly ; stir them together in a basin with very little milk ; then rub them through a hair sieve ; add half a pint of cream and a pint of milk ; divide it in equal parts, and squeeze half a lemon into one part ; whisk it well, and it will be nice and thick. Put it into a glass dish, then put the other half into a large bowl ; whisk it, and as soon as the froth rises, take it off with a spoon, and lay it on the cream in the dish, as high as possible ; then pour the remainder of the cream into one corner of the glass dish, and it will look very handsome.

N. B.—The jam or jelly will make it sweet enough without sugar.

### *Lemon-Cream without Cream.*

Take the rinds of two lemons pared very thin, the juice of three lemons, and a pint of spring-water. Beat

the whites of six eggs very fine, and mix them with the water and lemon; sweeten it, and keep stirring it till it thickens, to keep it from boiling. Strain it through a cloth, beat up the yolks of six eggs, and put it over the fire to thicken; then pour it into a bowl, and put it into glasses when cold.

### *Another Lemon-Cream.*

Squeeze three lemons; put the parings into the juice; cover it, and let it stand three hours; beat the yolks of two eggs, and the whites of four; sweeten it, put it to the lemon-juice, with a little orange-flower water; set it over a slow fire till it becomes as thick as cream; but do not let it boil.

### *Orange-Cream*

May be made as lemon-cream, only put more juice, and the peel of one orange.

### *Cream for Pies.*

To a pint of new milk add a bit of lemon-peel, a laurel-leaf, and four cloves; sugar it and boil it ten minutes. Have ready in another stew-pan the yolks of six eggs, and half a table-spoonful of flour mixed; strain the milk to them, and set it over a slow fire: whisk it till of a consistence, but do not let it curdle; when cold, it may be put over green codlings, gooseberries, currants, or any kind of fruit-pies.

### *A Trifle.*

Lay macaroons and ratafia-cakes over the bottom of a dish, and put in as much sweet wine as they will soak up; then pour over them a rich cold custard. Let it stand two or three inches thick, and cover it with a fine whip, made the night before, of rich cream, &c.; lay it as high as possible. Bits of any kind of preserved fruit may be put



in the bottom of the dish, and harlequin-comfits scattered on the top.

### *Calf's-Foot Jelly.*

Boil two calf's feet in a gallon of water, till it is reduced to two quarts; strain it, and, when cold, skim off all the fat; take the jelly up clear from the sediment; put it into a sauce-pan, with a pint of sweet wine, half a pound of powdered sugar, the juice of four lemons, and the peel of two; whisk six or eight whites of eggs; put them in, and stir them with the jelly till it boils; let it boil a few minutes; pour it into a flannel bag, and it will run through quick; pour it in again till it runs clear; have ready a large bowl, let the jelly run into it, and then put it into the glasses.

### *Apple-Jelly.*

Take one dozen and a half of russetings; pare and core them; then cut them into small pieces, and put them into a preserving pan; cover them with water, and let them boil to a marmalade; drain them; have as much syrup in another pan as there comes jelly through the sieve: boil it till it almost comes to carmel; put the jelly to the syrup, and let it boil ten minutes.

### *Another Apple-Jelly.*

Grate some large juicy apples on a rough grater, (pare them first), put them into a strainer, and press out the juice; to a quart of juice put a pound of sugar; add some lemon-peel; boil it to a jelly, run it through a jelly-bag, and, when cool, put it in glasses, or on any kind of preserved fruit.

### *Hartshorn Jelly.*

Boil half a pound of hartshorn shavings in a gallon of water, till one third of the water is boiled away; then

strain it off, and let it stand till cold, then melt it again; put in a little bit of orange and lemon peel, just to colour it; skim it well, and add half a pint of sweet wine, the juice of one lemon and a half, with half a pound of fine sugar; taste it, and if it is not sweet enough, add more; take the whites of six eggs, whisk them well, and put them in: stir these all together, let it boil a short time; then take it off, and add some more juice of lemon; pour it into the jelly-bag, first putting in the whites of eggs; if it does not come clear the first time, pour it into the bag again, and it will come clear into the glasses; let the bag hang near a fire, to keep the jelly warm, till it all runs through. To know when the liquor will jelly, take out a little in a spoon while it is on the fire, and let it cool.

### *Fruits in Jelly.*

Put half a pint of clear calf's-foot jelly into a bowl; when stiff, lay in three peaches, and a bunch of grapes, with the stalks upwards. Put vine-leaves over, and fill up the bowl with jelly. Let it stand till the next day, and then set it to the brim in hot water. When it gives way from the basin, lay the dish over it; turn the jelly carefully out, and send it to table.

Use any other kind of fruit, if peaches and grapes are not to be had. If the jelly is stiff, it will turn out, without putting the mould in hot water, and the jelly will look much better.

### *Currant-Jelly.*

Take some ripe currants, one-third white ones: pick, and put them into a preserving-pan over the fire to dissolve; run the liquor through a flannel bag, and to a quart of juice add a pound of sifted sugar; boil it quick; skim it, and reduce it to a good thickness, which may

be known by putting a little into a saucer, and setting it in cold water.

### *Black-Currant Jelly*

May be made the same as red : and raspberries, or any other kind of fruit may be made into jelly, in the same manner.

### *Gooseberry or Apple Trifle.*

Scald as much fruit as, when pulped through a sieve, will cover the bottom of the dish it is intended to be made in ; if of apples, mix the rind of half a lemon, grated fine ; add as much sugar as will be agreeable. Pour any quantity of common custard over it, and put a whip on the top as for a trifle.

### *A Froth to put on Cream, Custard, or Trifle.*

Take half a pound of the pulp of damsons, or any other scalded fruit : put some sugar to it, and add the whites of four eggs well beaten ; then beat the pulp with them till it stands sufficiently high ; put it on the cream, &c. with a spoon, and it will take any form.

### *Isinglass-Jelly.*

Take an ounce of isinglass, a few cloves, and a quart of water ; boil it till reduced to a pint, and strain it ; add sugar and lemon-juice. Or omit the cloves, and use lemon-peel and wine.

### *To make Blanc-Mange.*

To one ounce of picked isinglass put one pint of water ; boil it with a bit of cinnamon till the isinglass is melted ; then put to it three quarters of a pint of cream, two ounces of sweet almonds, six bitter almonds, blanched and beaten, and a bit of lemon-peel ; sweeten it, stir it over the fire, let it boil ; strain it, stir it till cool ; squeeze in the juice of a lemon ; put it into any kind of



moulds; when quite cold and stiff, turn it out; garnish with currant-jelly, any kind of jam, or marmalade. The isinglass should be washed before it is used.

### *Another Way.*

Take one ounce and a half of isinglass, put it into a basin, and pour over it a quart of boiling milk; cover it over with a plate, and let it stand till the next day; put it into a sauce-pan with the rind of a lemon, a bit of cinnamon, and a little loaf-sugar; let it boil till the isinglass is dissolved, then add to it some orange-flower and rose water, and a little white wine; strain it, let it cool a little, wet the moulds in cold water, and pour it into them. A few sweet and bitter almonds blanch'd, and beat in a mortar with a little rose-water, may be added, if agreeable.

### *To colour Blanc-Mange green.*

Use juice of spinage.

### *Red.*

Put a bit of cochineal into a little brandy; let it stand half an hour, and strain it through a bit of cloth.

### *Yellow.*

Dissolve a little saffron in brandy; strain it, and use a sufficient quantity to colour it.

### *Yellow Flummery.*

Take two ounces of isinglass; beat it, and open it; wash it well, put it into a bowl, and pour a pint of boiling water upon it; cover it up till almost cold; then add a pint of white wine, the juice of two lemons, with the rind of one, and the yolks of eight eggs well beaten; sweeten it, put it into a tossing-pan, and keep stirring it; when it boils, strain it through a fine sieve; when almost cold, put it in cups or moulds; let it stand one night,

then turn it out. Half this quantity is generally thought sufficient for a small party.

### *Oatmeal-Flummery.*

Steep three handfuls of fine white oatmeal, for one day and night, in cold water; then pour off the water quite clear, and add as much more fresh water; let it stand the same as before; strain it through a fine hair sieve, add one table-spoonful of white sugar, two of orange-flower water, and boil it till it is as thick as hasty pudding; stir it well all the time. Pour it into shallow dishes, or cups, and serve it up with wine, cider, brandy, or cream and sugar.

### *Rice-Flummery.*

Boil a pint of new milk, with a bit of lemon-peel and cinnamon; mix as much rice-flour with a little cold milk as will make the whole of a good consistence: sweeten it, and add a spoonful of peach-water, or a bitter almond beaten, a little ratafia, or wine; boil it, and take care it does not burn; pour it into a shape or pint basin, and take out the spice. When cold, turn the flummery into a dish, and serve it with cream or custard round it, or wine and sugar.

### *Dutch Flummery.*

Pour half a pint of boiling water upon an ounce of isinglass, cover it up and let it stand before the fire two hours; then take half a pint of mountain wine, the juice of two lemons, the peel of half, and the yolks of four eggs well beaten. Mix all these together with the isinglass, and sweeten it, then set it on the fire till it boils, stirring it all the time one way, to prevent its curdling; strain it through a hair sieve, and pour it into cups or tin moulds.

*N. B.* Seville oranges will do instead of lemons.

*A Dish of Snow.*

Put a dozen large apples into cold water; stew them till soft, pulp them through a sieve; beat the whites of twelve eggs to a strong froth; put to them half a pound of loaf-sugar, beaten and sifted; beat the pulp of the apples well; beat all together with a little grated lemon-peel till stiff, then heap it in a dish.

*Fairy Butter.*

Beat two ounces of sugar in a large spoonful of orange-flower water; then take the yolks of four eggs boiled hard, and a quarter of a pound of butter, beat them all together to a fine paste; then rub it through a cullender into a plate, or put it into cups.

*To stew Pears purple.*

Pare them, cut them in two, or let them remain whole; put the pears into a stew-pan, and boil the parings in a sufficient quantity of water to cover the pears; strain off the liquor, and sweeten it; pour it over the pears, and lay a pewter plate upon them; put on the cover of the stew-pan close; let them stew over a slow fire till they are quite tender, and they will be a fine purple.

*To bake Pears.*

Pare, halve, and core them; put them into an earthen pan, with a few cloves, a little water, and some red wine, or any other kind, if preferred; sweeten it, add a little lemon-peel cut small; and bake them in a moderate oven, till they are quite soft.

*To scald Codlings.*

Wrap each in a vine-leaf, and pack them close in a clean sauce-pan; when full, pour on as much water as



will cover them. Set it over a slow fire, and let them simmer till done enough to take the skins off; when cold, place them in a dish. Cream or custard may be added. Dust fine sugar over them.

### *Ribbon-Jelly.*

Take four calf's feet, cut out the great bones, and put the feet into a pot with ten quarts of water, three ounces of hartshorn, the same quantity of isinglass, a nutmeg quartered, and four blades of mace. Boil it till it comes to two quarts; strain it through a flannel bag, and let it stand twenty-four hours. Then take off all the fat very clean; slice the jelly, and put to it the whites of six eggs beaten to a froth. Boil it a little, and strain it through a flannel bag; colour some of the jelly red, some yellow, some green, with the colouring, as directed in the receipt for that purpose. Then strain the jelly into high glasses, and let each colour be as thick as your finger; but observe that one colour must be thoroughly cold before the second is put on, and continue this till the ribbon is complete; the jellies must be put on each other only blood-warm, otherwise they will mix together.

### *Green Melon in Flummery.*

Put plenty of bitter almonds into a little stiff flummery, and add to it as much juice of spinage as will make it of a fine pale green. When it becomes as thick as good cream, wet the melon-mould, and put the flummery into it; then put a pint of clear calf's feet jelly into a basin, and let it stand till the next day. Then turn out the melon, and lay it down in the middle of the basin of jelly. Then fill up the basin with jelly that is beginning to set, and let it stand all night. The next day turn it out the same way as directed for fruit in jelly. Make a garland of flowers and put it on the jelly.

*Flummery to look like Eggs and Bacon.*

Take a pint of stiff flummery ; colour part of it a pretty pink. Then dip a potting-pot in cold water, and pour in some of the pink flummery to the thickness of a crown-piece ; then the same thickness of white flummery ; then another of pink, and put white flummery at the top, which should be double the thickness of the others. Remember that one layer must be stiff and cold before another is put on. Take five tea-cups, put a large spoonful of white flummery into each of them, and let them stand all night. Then turn the flummery out of the potting-pot on the back of a plate, cut it into thin slices, and lay it on a dish ; then turn the flummery out of the cups on the dish, and take a bit out of the top of each piece of flummery ; lay in half a preserved apricot, which will prevent the syrup from discolouring the flummery ; by this means it will look like the yolk of a poached egg, Garnish with flowers, or any thing ornamental.

*A Hedge-Hog.*

Beat two pounds of blanched almonds well in a mortar, with a little canary and orange-flower water, to keep them from oiling. Make them into a stiff paste, then beat in the yolks of twelve eggs, and seven whites.

Put a pint of cream to it, sweeten it, and set it on a slow fire. Keep it constantly stirring till it is thick enough to make it into the form of a hedge-hog. Then stick it full of blanched almonds, slit and stuck up like the bristles of a hedge-hog, then put it into a dish. Take a pint of cream, and the yolks of four eggs, well beaten ; and sweeten it. Stir them together over a slow fire till it is quite hot ; then pour it into the dish round the hedge-hog, and let it stand till it is cold.

*Another way to make a Hedge-Hog.*

Make a cake, either pound-cake, diet-bread, or sponge-biscuit; make it in a mould the shape of a hedge-hog; turn it out of the mould, and let it stand till the next day: three or four days would be better. Then prick it with a fork, and set it in a dish with as much sweet wine as it will suck up; let it stand all night; then slit blanched almonds, and stick about it, and pour boiled custard in the dish round it.

*Tipsy-Cake.*

Bake a cake in any form, and do it as the last receipt for a hedge-hog.

*Snow-Balls.*

Boil some whole rice in new milk, steep it till quite tender; boil a stick of cinnamon in it; pour it into cups; when cold, turn them out upon a dish, cut a hole in each, and put in a bit of preserved fruit; or send them whole to table, with wine and sugar. Cream of any kind, or custard, may be put in the dish.

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## CONFECTIONARY, PRESERVES,

&c. &c.

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**THE** first process in confectionary is that of preparing sugars, which must be done as follows:—

*Clarified Sugar.*

Put four pounds of loaf-sugar, and two quarts of water, into a preserving-pan; set it over the fire; when warm, add the whites of three eggs beaten up with half a



pint of water. Skim it, and let it simmer till clear, then pass it through a fine straining-bag.

### *First Degree, or Candied Sugar.*

Boil clarified sugar till smooth ; to know which, dip a skimmer into the sugar, touch it with the fore-finger and thumb, open them immediately, and if a small thread draws between them, breaks directly, and forms itself into a drop on the thumb, it is not quite smooth enough ; therefore let it boil again, and it will draw into a longer string ; it will then have acquired the first degree.

### *Second Degree, or Blown Sugar.*

The sugar must be boiled longer then mentioned in the last receipt ; dip in the skimmer, and shake off all the sugar you can into the pan. Then blow through the holes of the skimmer ; and, if bladders or bubbles blow through, it has acquired the second degree.

### *Third Degree, or Feathered Sugar.*

This must be boiled longer than the last-mentioned degree. Dip the skimmer in, then shake it over the pan, and give it a sudden toss behind you (but still keep the skimmer in your hand) ; if done, the sugar will fly off like feathers.

### *Fourth Degree, or Crackled Sugar.*

Boil the sugar still longer than in the preceding ; dip in a stick, and immediately put it in a pot of cold water. The sugar that hangs to the stick must be scraped off into the water ; if it becomes hard, and snaps in the water, it is done ; if not, it must boil longer.

### *Fifth Degree, or Carimel Sugar.*

The sugar for this degree must be boiled longer than

any of the former. Dip a stick into the sugar, then into cold water, and if it snaps like glass the moment it touches the cold water, it is then called carmel, which is the highest or last degree in the boiling of sugar; the fire must not be fierce, for it will burn the sugar, and discolour it.

*Economical Method of preparing Fruit for Children.*

Put apples, pears, plums, gooseberries, raspberries, or any kind of fruit into a stone jar, and add Lisbon or common moist sugar; place the jar in a cool oven, or in a sauce-pan of boiling water, and let it remain till the fruit is done. It may be eaten with bread, or boiled rice; or be made into puddings.

*Raspberry-Jam.*

Dissolve four pounds of lump-sugar in one quart of currant-juice; then boil and scum it quite clean. Mash four quarts of raspberries, and mix with it; let it boil quick, over a clear fire, for nearly an hour, or till the sugar and raspberries are quite mixed, which may be known by putting a little on a plate; if the juice drains from the fruit it must be boiled longer; when boiled enough, put it into pots, and the next day put brandy-papers over them; tie them down with another paper and set them in a dry place.

*Another Way to make Raspberry-Jam.*

Put four quarts of raspberries into a preserving-pan, mash them with a spoon, then clarify three pounds of lump-sugar, and, when it has boiled a little, add the syrup; boil them together till the jam is done enough.

*Strawberry-Jam.*

Take some scarlet strawberries (gathered when quite

ripe), bruise them very fine, and put a little juice of red currants to them. Beat and sift some sugar, and put twelve ounces to every pound of fruit: strew the sugar over them, and put them into a preserving-pan. Set them over a clear fire, skim them, and let them boil half an hour.

Use only eight ounces of sugar to a quart of fruit if you do not like it very sweet; the fruit will keep quite as well if it is boiled longer. Put it into pots, and brandy-paper over, as directed for raspberry-jam.

### *Apricot-Jam.*

Pare apricots when they are nearly ripe, cut them into halves, break the stones, blanch the kernels, then put them to the fruit. Boil the parings in a little water, and strain it. To a pound of fruit add twelve ounces of sifted sugar, and a small glass of the water in which the parings were boiled; set it over a brisk fire; keep stirring it till of a good strength, but not too stiff. When cold, put the apple-jelly over, and brandy-paper over that before they are tied down.

### *Gooseberry-Jam.*

Gather some red gooseberries, when they are quite ripe; mash them, and to four quarts of fruit add three pounds of sugar; put them into a preserving-pan; boil and scum them; when boiled enough (which may be known by trying it as directed for raspberry-jam) put it into pots; when cold, put brandy-paper over, and tie it down with another paper; set it in a dry place.

Gooseberry-jam may be made with good moist sugar, and put two pounds and a half of sugar to a gallon of fruit: but it must boil longer.



*Black-Currant Jam.*

Pick the currants from the stalks, bruise them well, and to four pounds of fruit add three pounds of sugar; boil them an hour; skim and stir them all the time, and then put it into pots; cover them with brandy-papers, as directed for raspberries.

*Plum-Jam.*

Get some ripe plums, cut them to pieces, and put them into a preserving-pan; bruise them well with a spoon, warm them over the fire till they are soft, pass them through a cullender with a pestle; boil it one hour, stirring it from the bottom all the time, or it will burn; put six ounces of powdered sugar to every pound of jam; take it off the fire to mix it; put it over the fire ten minutes, then take it off, and put it in brown pans or white pots, and sift some powder-sugar over it.

*Medley Sweetmeat.*

Take three pounds of Kentish cherries, three pints of ripe gooseberries, three quarts of red currants, and about four pottles of raspberries; pick and prepare the fruit in the usual way, mash the gooseberries and raspberries, but put the cherries in whole; mix them all well together with the currants, and about five pounds of good moist sugar, boil it about an hour, then pour it into stone jars or preserving-pots; when cold, put papers dipped in brandy over the fruit, and tie the jars down close.

It should be well scummed, and stirred frequently while it is boiling.

*To preserve Fruit green.*

Take pippins, apricots, pears, plums, or peaches, while green; put them into a preserving-pan, cover them with vine-leaves, and then pour clear spring water over them;

put on the cover of the pan, and set them over a clear fire, when they begin to simmer, take them off the fire, and take them out carefully with a slice. Peel and preserve them as other fruit.

### *Morello Cherries.*

Gather them when quite ripe, take off the stalks, prick them with a pin, and to every pound of cherries put a pound and a half of loaf-sugar. Beat part of the sugar, strew it over, and the next day dissolve the rest of the sugar in half a pint of the juice of currants; set it over a slow fire; put in the cherries with the sugar, and give them a gentle scald; then take them carefully out; boil the syrup till it is thick; pour it upon the cherries, and tie them down.

Gooseberries, plums, raspberries, strawberries, currants, or any kind of fruit, may be done as directed for cherries, only using that kind of juice to boil in the syrup that is most suitable for the fruit intended to be preserved. It is a good plan to put apple-jelly over jam, or preserved fruit; or sift sugar over the top of the pots, and, when cold, put brandy-paper over them; but, if they are set in a dry place, paper dipped in brandy and put over them will be sufficient, and white paper put over that, to tie them down.

Any kind of preserved fruit may be dried, by taking it out of the syrup it is preserved in; draining it on a sieve, or dipping it in cold water to wash off the syrup, and drying it in a stove, or slow oven, and turning it frequently.

### *To preserve Damsons, Currants, &c.*

Take stone jars that hold about a quart, fill them nearly full of damsons or any other sort of fruit, put some good

moist sugar upon them, the proportion of six ounces to a quart of fruit; wet a bladder, and put a piece over the top of each jar, instead of paper, to tie them down; set the jars in a pot, or copper, of cold water; let the heat increase gradually; do not let them boil, but let them simmer gently a quarter of an hour; then take them out of the water, and, when cold, set them in a dry place till they are wanted for use. This method of preserving fruit retains the flavour exceedingly well. If any of the bladders burst, those jars must not be set by for future use, as they will not keep if the air is once admitted.

Damsons may also be preserved without sugar; bake them in a slow oven, and use the fruit out of one jar to fill up the rest with; put papers dipped in brandy over them, and pour mutton-fat on the top; tie them down with bladder and paper.

### *To keep Currants.*

Take common quart bottles that are perfectly clean and dry; let the currants be gathered on a fine dry day, and cut from the stalks with a pair of scissors, as close to the currants as possible, so as not to break the skins; hold the bottle under them, and let them drop gently into the bottle as they are clipped off; when full, cork them close, and rosin them, set them in a box that has dry bran or sand in it, with the mouth of the bottles downward; let them stand in a dry place.

Cherries and damsons may be done in the same way.

### *To bottle Gooseberries.*

Gather smooth-skinned gooseberries, before they are quite full grown; pick them, and put them into gooseberry-bottles; set them in a copper of cold water, up to their necks; cork the bottles before they are put in, but



do not knock them in tight, and put hay or straw round them, to prevent their breaking ; make a fire under them, and let the heat increase gradually ; let them simmer ten minutes, but not quite boil ; then take out the fire, and let them remain in the copper till cold ; then take them out, dry the bottles, knock the corks in close, rosin them, and set them in a dry place ; or put them into sand, ashes, bran, or saw-dust, that is dry, with the mouths downwards.

The gooseberries eat very nice if the bottles are filled up with cold pump water before they are put into the copper. When the fruit turns quite yellow they are done. They must not boil.

### *To preserve Cucumbers.*

Get those most free from seed ; some should be small to preserve whole, and others large to cut in pieces.—Put them into a jar, with strong salt and water, and a cabbage-leaf to keep them down, and set them in a warm place till yellow ; then wash them, and set them over the fire in fresh water, with a little salt, and a fresh cabbage-leaf over them ; cover the pan close, but they must not be boiled. If not of a fine green, change the water, cover them as before, and make them hot ; when of a good green, take them off the fire, and let them stand till cold. Cut the large cucumbers in quarters, and take out the seeds and soft part ; put them into cold water for two days, change the water twice each day.—Set a pound of single-refined sugar and half a pint of water over the fire ; skim it clean ; put in the rind of a lemon, and an ounce of ginger with the outside scraped off ; when the syrup is pretty thick, take it off, and, when cold, wipe the cucumbers dry, and put them in. Boil the syrup every two or three days, and

continue to do so for three weeks, and make it stronger if necessary. When the syrup is put to the cucumbers, be sure that it is quite cold. Cover them close, and set them in a dry place.

### *To make Elder-Rob.*

Gather elder-berries when quite ripe; pick them from the stalks, put them into a large jar, and tie a paper over them; put them into a moderate oven, and let them remain there for two hours; then take them out, put them into a strainer, and squeeze out all the juice. Put it into a well-tinned sauce-pan, and to four quarts of juice put one pound of sugar; let it boil till it is reduced to one quart; keep stirring it all the time; when it is done, put it into a jar, and, when cold, tie it down with a bladder, and keep it in a very dry place. It is an excellent thing for fevers, or a sore throat.

### *Quince-Marmalade.*

Pare some quinces that are quite ripe, cut them into quarters, core them, and put them into a sauce-pan, cover them with the parings; fill the sauce-pan nearly full of spring-water, cover it close, and let it stew over a slow fire till soft, and of a pink colour; then pick out all the quinces from the parings; beat them to a pulp in a marble mortar, or wooden bowl; put the same weight of fine loaf sugar as there is pulp, into as much of the water they were stewed in, as will dissolve the sugar. Boil and skim it well, then put in the pulp of the quinces; boil it gently for three quarters of an hour; keep it stirring all the time, or it will stick to the pan, and burn. Put it in pots, and tie it down close.

### *Orange-Marmalade.*

Get some of the clearest Seville oranges that can be

procured, cut them in two, put all the pulp and juice into a basin; pick the skins and seeds out of it, and boil the rinds in hard water till tender, changing the water two or three times while boiling. Pound them in a marble mortar, and add the juice and pulp; put them into a preserving-pan, with double their weight of loaf-sugar. Set it over a slow fire, and boil it rather more than half an hour; put it into pots, and tie it down close.

### *Candied Angelica.*

Cut some angelica into pieces about three inches long; cover it close, and boil it till it is tender. Then peel it, put it in again, and let it boil till it is green. Then take it up, dry it in a cloth, and to every pound of stalks put a pound of sugar. Put the stalks into a pan, beat the sugar, strew it over them, and let them stand two days. Then boil it till clear and green, and put it in a cullender to drain. Beat another pound of sugar to powder, and strew it over them; then lay them on plates, and let them stand in a slack oven till they are thoroughly dry.

### *To make Paste of any Kind of Fruit.*

Put the fruit in a preserving-pan, stir it about till it will mash quite soft; strain it, and to one pint of juice add a pound and a half of fine sugar; put the sugar over the fire, with as much water as will dissolve it, and boil it to sugar again, *i. e.* till all the water is dried up; then add the juice, give it a scald, pour it into plates, and put them in a stove to dry. Cut it in strips when it is wanted for use, and make paste-knots for garnishing a desert, or cake.

### *Orange Chips.*

Get some of the best Seville oranges, and pare them about a quarter of an inch broad; if the parings can be



kept whole, they will have a pretty effect. When as many have been pared as may be necessary, put them into salt and water for two days; then boil them in a large quantity of water till they are tender, and drain them on a sieve. Have ready a thin syrup; made of a quart of water and a pound of sugar. Boil them a few at a time, to keep them from breaking, till they look clear. Then put them into a syrup made of fine loaf-sugar, with as much water as will dissolve it, and boil them to a candy height; take them up, lay them on a sieve, and grate double-refined sugar over them. Then put them in a stove, or before the fire, to dry.

### *Lemon and Orange Peels Candied.*

Take either lemons or oranges, cut them longways, take out the pulps, and put the rinds into a pretty strong salt and water for six days. Then boil them in a large quantity of spring-water till they are tender. Take them out, and lay them on a sieve to drain. Then make a thin syrup of fine loaf-sugar, a pound to a quart of water. Put in the peels, and boil them over a slow fire till the syrup begins to candy about the peels. Then take them out, and grate fine sugar over them. Lay them on a hair sieve to drain, and set them in a stove, or before the fire, to dry. When either lemons or oranges are boiled the saucepan should not be covered.

### *Damson Cheese.*

Pick the damsons free from stalks and leaves; put them into a jar, and tie white paper over them; bake them in a slow oven till quite soft; rub them through a cullender while hot, till nothing remains but the skins and stones; put the pulp and juice which have passed through the cullender into a stew-pan, with some fine moist sugar, and

boil it over a moderate fire till it is quite stiff, which will take three hours ; or, boil it quickly over a brisk fire, with a pound and quarter of loaf-sugar to every quart of juice, and it will then be done sufficiently in an hour and a half. Keep stirring it to prevent it burning to the pan ; and a few minutes before it is taken off the fire, blanch the kernels of the damsons, put them into the pan, and mix them with the fruit ; put it into pots or moulds ; let it stand a day, then cut some pieces of writing-paper the size of the tops of the pots or moulds ; dip the papers in brandy, and put them close over the pots ; set them in a dry place, and the cheese will keep several years. Plum or bullace cheese may be made in the same way. To save trouble, some bitter almonds may be blanched, and cut up, instead of the kernels of the damsons.

### *Black Butter.*

To three pounds of fruit (viz. currants, gooseberries, raspberries, and cherries), add one pound of good moist sugar ; boil them till reduced to half the quantity ; put it in pots with brandy-paper over it. It is a very pleasant sweetmeat, and keeps well.

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## PUDDINGS.

### GENERAL OBSERVATIONS.

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A CLOTH should be kept solely for the purpose of boiling puddings ; it should be washed immediately after it is used, and kept clean and dry till wanted again ; always dip it into boiling water, flour it, and shake it,

before the pudding is put into it. If it is a bread-pudding, tie it rather loose, to allow room for swelling: but if it is a batter-pudding, tie it quite close. If boiled in a basin, mould, or tin, butter them before the pudding is put in; put a piece of buttered writing-paper over the top of the mould before the cloth is put on, and boil it in plenty of water. Turn it often, and do not cover the saucepan it is boiling in; when it is done enough, take it up, and let it stand a few minutes to cool. Then untie it, take the cloth off, lay the dish over the top of the basin, turn it upside down, and take off the basin carefully, as light puddings are apt to break. If boiled in a cloth, without a basin, when done, have ready a pan of cold water, into which dip the pudding as soon as it is taken out of the saucepan; this will prevent its adhering to the cloth.

Batter-pudding should be strained through a coarse sieve when mixed; but, in every other kind, the eggs must be strained separately.

\* Very good puddings may be made without eggs; but they must have very little milk, and must be boiled three or four hours. A few spoonfuls of fresh small beer, or one of yeast, will be found a tolerable substitute for eggs.

Snow is by some thought a good substitute for eggs in puddings or pancakes. Two large spoonfuls will supply the place of one egg. This will be found a convenient substitute at that season of the year, when eggs are generally very expensive.

The water must boil before the pudding is put in, and should be kept boiling all the time, or the pudding will not be light.



### *Batter Pudding.*

Take a pint of milk, four eggs, three table-spoonfuls of flour, and a little salt; mix it all, and beat it till very smooth; tie it in a cloth very close, and boil it three quarters of an hour. Use cold butter or melted butter, for sauce. If it is intended to make a plainer pudding, and two eggs are thought sufficient, put more flour in proportion in order to bind it. Spice of any kind may be added, if agreeable. Butter and sugar, wine-sauce, or Yorkshire dip, may be used for sauce.

### *Fruit Puddings.*

Make a batter as directed for the last pudding, only make it a great deal thicker, add any kind of fruit, and either bake or boil it. If apricots, cut them in quarters, and take out the stones. If apples, pare them, cut them in quarters, and take out the cores. If gooseberries, currants, plums, cherries, &c., pick them as for a pie.

### *Baked Apple-Pudding.*

Make batter as directed for a batter-pudding; butter a baking-dish; put in the batter; take some apples, rub them clean with a cloth, take out the stalk and blossom, but do not pare them, or take out the cores; put them in the batter, and bake them in a quick oven. If the apples are pared before they are put in the pudding, they mash among the batter as soon as they are hot, and make the pudding soft; but, when baked whole, the pudding is light, and eats very well. Use butter and sugar for sauce.

### *Bread-Pudding.*

Slice a twopenny loaf very thin; pour as much cold milk upon it as will completely soak it; let it stand two or three hours, then drain all the milk from it; mash it well with the back of a spoon; beat one egg and mix with

it, and a little salt ; tie it in a cloth, and boil it half an hour. If it is made with double this quantity, boil it three quarters of an hour. Use plain butter, or butter and sugar, for sauce. Add currants, sugar, and spice, if agreeable.

Some cooks pour boiling milk over the bread to soak it for a bread-pudding ; but it is much lighter, and cuts smoother, when soaked in cold milk.

### *Pudding to bake under Meat.*

Make either a bread or batter pudding, by the receipts given as above : butter the dish it is intended to be baked in, pour in the pudding, set the pudding-stand in it, lay the meat upon it, and send it to the oven. If the meat is a large piece, and a bread-pudding is to be baked under it, add a table-spoonful of flour to it, and mix it well before it is put into the dish. If it is veal, put some small bits of butter upon the top of the meat before it is sent to the oven, or the outside will be dry and hard. Other kinds of meat do not require butter over them. Send the pudding to table in the dish it is baked in, with a slice of butter upon a plate.

### *A richer Bread-Pudding.*

Boil a pint and a half of milk with a stick of cinnamon, the peel of half a lemon, and a couple of bay-leaves ; stir in two ounces of fresh butter, and pour it over as much grated bread as will soak up the milk ; cover it over, and let it stand an hour ; then take out the cinnamon, bay-leaves, and lemon-peel, beat up the pudding, and add some powdered loaf-sugar, some nutmeg, six eggs well beaten, and a glass of brandy. About three quarters of a pound of currants may be added, if approved. Boil it

about an hour and a quarter. Serve it up with wine or brandy sauce.

This pudding eats very nice baked, when currants are added; in that case, four eggs would be sufficient, the brandy might be omitted, and about a quarter of a pound of suet chopped and stirred in instead of the butter. Moist sugar also will do very well for a baked pudding.

### *Yorkshire Pudding.*

Make a smooth batter-pudding; pour it into a small shallow tin pudding-dish, made for the purpose; put it under beef, mutton, or veal, while roasting; when brown, cut it into four or five pieces, and turn it, or turn it whole, that it may be brown on the other side; when done, take it out of the tin, and send it to table in a dish. Use about twelve spoonfuls of flour to a quart of milk, and three eggs.

If six eggs are put in, eight spoonfuls of flour will be sufficient.

### *Boiled Fruit-Pudding in Crust.*

Make any quantity of paste that may be judged necessary, with either dripping, suet, lard, or butter; then roll it out, and line a basin with it; fill it with fruit, put on a lid, pinch it close, and tie a cloth over it; if a pint basin, boil it two hours; if larger, longer in proportion. If boiled in a basin, it must be buttered before the paste is put in, but the pudding is much lighter if it is only made in the basin, and then turned out into a pudding-cloth, tied close, and boiled in a good quantity of water; if it is intended to turn it out of the basin to boil it, the basin must be floured before the paste is put in. It will take much less time when boiled in a cloth without a basin.



### *Hasty-Pudding.*

Put some milk over a clear fire ; when it boils take it off ; stir it, with a wooden spoon in one hand, and flour in the other ; continue stirring and adding flour, till it is as thick as very thick batter ; put it on the fire again, let it boil a few minutes, pour it into a deep dish, and stick small bits of butter in different parts.

### *Fine Hasty Pudding.*

Beat one egg ; mix as much fine flour with it as will make a stiff paste ; then mince it as fine as possible. Put it into a quart of boiling milk, and put in a little salt, some cinnamon beaten, some sugar, and a bit of butter as big as a walnut, and stir them all one way. When it is of a proper thickness pour it into a dish, and stick small bits of butter in different places on the top of it.

### *Fried Puffs.*

Take a pint of milk, and as much flour as will make a hasty pudding, set it on the fire to thicken, taking care it is not lumpy ; pour it out to cool ; then add three eggs, a little salt, and some sugar ; beat the whole well together, then fry them over a quick fire, dropping them in small bits.

### *Oatmeal Pudding.*

Pour a quart of boiling milk over a pint of the best fine oatmeal ; let it soak one night, then beat two eggs and mix with it, also a little salt ; butter a basin that will just hold it ; cover it tight with a floured cloth, and boil it an hour and a half. Cold butter and salt are eaten with it.

### *Common Rice Pudding.*

Wash and pick half a pound of whole rice ; chop four ounces of suet very small, put it at the bottom of a deep

baking-dish, and strew the rice upon it; take three pints of milk, sweeten it, add a little salt and allspice finely powdered; put it into the dish, and bake it of a fine brown. A few slices of thin bread and butter laid on the top (just enough to cover it) will make a nice crust. Nutmeg and cinnamon may be used instead of the allspice, and eggs may be added to make it richer.

### *Suet-Pudding.*

Chop six ounces of suet; mix it with a pound of fine flour, two tea-spoonfuls of salt, and one tea-spoonful of white pepper, or ginger, ground fine; mix it with milk as stiff as it can be stirred with a spoon; tie it in a cloth, and boil it three hours. An egg may be put in, but it is unnecessary.

It eats very good baked under meat; or, when cold, cut in slices, and fried or broiled. Some people make a very stiff batter with milk and eggs; beat it well, and add the suet with a little salt.

### *Suet-Dumplings.*

Make them as directed in the last receipt for suet-pudding, only make it into paste, by adding a little more flour; make them into balls as big as a goose's egg; tie them in a cloth separately, or boil them without a cloth, if more convenient; put them in when the water boils, and let them boil half an hour. Dumplings are very good mixed with water instead of milk.

### *Yeast-Dumplings.*

Make a very light dough with yeast, as for bread. (*See the receipt for Bread*). Let it rise an hour before the fire. Half an hour before they are to be served make the dough into balls the same size as the last receipt; lay

them on a dish before the fire for a quarter of an hour to rise; then put them into a pot of boiling water, and boil them very quick a quarter of an hour; in order to know when they are boiled enough, run a fork into the middle of one of them, and, if it comes out clear, it is done enough; but if any paste sticks to the fork, let them boil a few minutes longer.

A few currants, well washed and picked, may be mixed with the dough, if agreeable.

### *Plum-Pudding.*

Take half a pound of raisins stoned, half a pound of currants picked and washed, half a pound of beef-suet chopped; make a batter of nearly one pint of milk, about eight spoonfuls of flour, and three eggs; beat it very smooth, put in the fruit and suet, and add two ounces of sweetmeat, (orange-peel, lemon-peel, and citron), a glass of brandy, and half a nutmeg grated; boil it four hours; do not tie it too tight, but allow a little room for it to swell. Some sugar may be put in if agreeable.

This pudding may be enriched by increasing the quantity of sweetmeat, fruit, eggs, and brandy.

### *A richer Plum-Pudding.*

Take one pound and a half of raisins, the same quantity of currants, and the same of suet, chopped fine, with about an equal proportion of grated bread, rubbed fine through a cullender; mix them well together, and add the peel of a lemon, one ounce of bitter, and two ounces of sweet almonds, all chopped fine, a nutmeg grated, some cinnamon pounded fine in a mortar, a little sugar, and some candied orange-peel, lemon-peel, and citron, about two ounces of each, cut in small slices; stir it all well together, and wet it with about half a pint of milk, six or



eight eggs, well beaten, and a glass or two of brandy. Either tie it in a cloth and boil it four hours, or divide it into two melon-moulds, and let them boil about two hours or two hours and a half. Send it to table with brandy-sauce.

*Another.*

A pound of currants, a pound of suet, a pound of raisins stoned, the yolks of eight eggs, the whites of four, the crumb of a twopenny loaf grated, one pound of flour, half a nutmeg, a tea-spoonful of ginger, a little salt, and a glass or two of brandy ; beat the eggs first, then mix them with some milk ; add the flour and other ingredients by degrees, and as much more milk as may be necessary ; it must be very thick and well stirred ; boil it five hours.

*Common Plum-Pudding.*

Make it as directed for suet-pudding, only put allspice instead of white pepper, and but little salt ; put in a table-spoonful of moist sugar, and add either raisins, malagas, or currants ; mix it up stiff, as directed for suet-puddings ; tie it close in a cloth, and boil it three hours, or four if a large one. It will eat very well mixed with water, but milk is best. A glass of home-made wine mixed with it is a great improvement, and a table-spoonful of brandy may be added ; but it is very good without either.

*Boiled Rice-Pudding.*

Boil a quarter of a pound of rice in a cloth ; leave it room to swell ; when it has boiled an hour, untie it, and stir in two ounces of butter or beef-suet, some nutmeg and sugar ; then tie it up again, boil it another hour, and pour melted butter over it.

Currants or raisins may be added, if agreeable, but they

must be added when the pudding is taken up to put the butter and sugar in.

### *A fine boiled Rice-Pudding.*

Take a quarter of a pound of rice flour; put it over the fire in a pint of milk, and stir it constantly, that it may not stick or burn to the sauce-pan; when it is of a proper thickness, take it off, put it into an earthen pan, and put to it a quarter of a pound of butter, while it is hot enough to melt it, but not to oil; put to it half a pint of cream, or milk, the yolks of eight eggs, the whites of two, some sugar, and the peel of a lemon grated; then put it into a basin, or into cups, and boil them; put them in a dish, and pour wine-sauce over them.

### *Hard Dumplings.*

Mix some flour and water, with a little salt, into a sort of paste; make them into balls as big as a turkey's egg; roll them in a little flour; throw them into boiling water, and boil them half an hour. They are best when boiled with a good piece of beef. A few currants may be added. Serve them up with melted butter in a boat, or with Yorkshire dip.

### *Norfolk Dumplings.*

Take half a pint of milk, two eggs, and a little salt; make it into a good thick batter with flour. Have ready a clean sauce-pan of boiling water, and with a spoon drop the batter into it, and boil them two or three minutes; be particularly careful that the water boils fast when they are dropped in. Then throw them into a sieve to drain, put them into a dish, and stir a bit of butter into them. They will be very good if eaten hot.

Some people put currants and spice in the batter.

### *Lemon Dumplings.*

Grate half a pound of bread, add to it a quarter of a pound of beef-suet chopped very fine, a quarter of a pound of Lisbon sugar, the juice of a large lemon, and the peel grated or cut very small; mix all well together, and wet it with one table spoonful of new-milk, boil them in tea-cups, three quarters of an hour, and turn them out on a dish.

### *Batter-Pudding without Eggs.*

Take six spoonfuls of flour, a tea-spoonful of salt, two tea-spoonfuls of beaten ginger, and two of the tincture of saffron. Mix them with nearly a quart of milk, and boil the pudding an hour. Some people add fruit to it.

### *Bread and Rice Pudding.*

Put a quarter of a pound of whole rice into a sauce-pan with some milk, and steep it till quite soft; put it into a basin, and let it stand till the next day; cut a two-penny loaf into thin slices, soak it in milk for two hours; then drain all the milk from it; mash it fine with the back of a spoon; mix it with the rice; beat two eggs, and stir into it, and a little salt; tie it in a cloth, and boil it an hour.

### *Millet-Pudding.*

Take half a pound of millet-seed, washed and picked; add half a pound of sugar, a nutmeg grated, three quarts of milk, and half a pound of fresh butter, or six ounces of suet chopped fine. Butter the dish, pour the pudding in, and send it to bake.

### *Pearl-Barley Pudding.*

Wash a pound of pearl-barley clean; add three quarts of milk, half a pound of sugar, and a nutmeg grated; put it into a deep pan, and bake it. Take it out of the



oven, beat up six eggs, and mix all well together.—Butter a dish, pour it in, bake it again an hour, and serve it up.

### *Sago-Pudding.*

Boil two ounces of sago in one pint of milk till tender; when cold add five eggs, two Naples biscuits, a little brandy, and some sugar; boil it in a basin.—Put it into a dish with sauce made of a little very thick melted butter, wine, and sugar; boil it up, and pour it into the dish.

### *Peach, Nectarine, or Apricot Pudding.*

Take a pint of cream or milk, six eggs, four table-spoonfuls of flour, a very little salt, and a small quantity of pounded cinnamon; whisk them all together.—Rub either of the above fruits, or ripe or bottled damsons, through a hair sieve, and add to the mixture a sufficient quantity of the fine pulp, to make it in substance a little thicker than batter; sweeten it and put it into a buttered basin; flour a cloth, and tie over it; boil it an hour and a quarter; turn it out of the basin on a dish, and pour melted butter over it.

Plums of any kind, or gooseberries, may be used for the same purpose.

Either of these fruits, prepared as above, may be put into tartlet-pans lined with puff-paste, and baked.

### *Potato-Pudding with Meat.*

Boil, and mash fine, as many potatoes as may be wanted for use; season them with pepper and salt; cut either mutton or pork into small bits, about an inch square; season it with pepper and salt; lay a layer of meat at the bottom of a baking-dish, then a layer of potatoes, then meat, and so on till the dish is full; lay potatoes over the top, and make it smooth with a spoon; shake a little suet

over it, to make the top crisp, and bake it till it is of a fine brown.

The meat should have rather more fat than is used for a meat-pie. Cream or butter may be added to the potatoes, when they are mashed, but it is very good without.

Potatoes mashed and seasoned as above are very good baked under meat as a pudding, or put under meat while it is roasting. Batter may also be made with milk and eggs, and mashed potatoes used instead of flour: cut some beef-steaks into pieces; season them; lay a layer at the bottom of a deep baking-dish, pour some of the batter over; then put another layer of meat, fill up the dish with batter, and send it to bake.

### *Steak or Kidney Pudding.*

If kidney, split and soak it, and season that or the meat. Make a paste of suet, hog's lard, or dripping, and flour; roll it, and line a basin with it; put the kidney or steaks in, cover with paste, and pinch it close round the edge. Tie a cloth over it and boil it, if in a pint basin, at least two hours. Or turn it out of the basin, and boil it in a cloth. Great care must be taken that it does not break while boiling.

### *Paste-Pudding, with Jam, &c.*

Make a paste of flour and either butter, lard, suet, or dripping, roll it out thin; spread any kind of jam over it, or currants, and suet chopped very fine; begin at one end, and roll it up, like a collared eel; close it at both ends, roll it in a pudding-cloth, and boil it, if a large one, two hours. Wine-sauce may be poured over it before it is sent to table but it is very good without.

### *Peas-Pudding.*

Put the peas into a pudding-cloth; give them room to

swell. When nearly done, take them out ; beat them up with salt and pepper, an egg well beaten, and a bit of butter ; put it again into the cloth, tie it close, and let it boil half an hour longer. The peas will be better if soaked an hour or two before they are boiled. The egg may be omitted.

### *Prune-Pudding.*

Mix four spoonfuls of flour into a quart of milk ; add six eggs, but only half the whites, a little salt, two tea-spoonfuls of ginger, and a pound of prunes ; tie it in a cloth, and boil it an hour. Or make it as a common batter-pudding, and add prunes and spice.

### *Tansy-Pudding.*

Blanch four ounces of almonds, and beat them very fine with rose-water. Pour a pint of cream or milk, boiling hot, on a French roll sliced very thin. Beat four eggs well, and mix with them a little sugar and nutmeg grated ; add the almonds, a glass of brandy, a little juice of tansy, and the juice of spinage to make it green. Put all the ingredients into a stew-pan, with a quarter of a pound of butter, and give it a gentle boil. It may either be boiled or baked in a dish, with or without a crust.

### *Vermicelli Pudding.*

Boil a quarter of a pound of vermicelli in a pint of new milk, with some cinnamon, till it is soft ; then put in half a pint of cream, a quarter of a pound of butter, a quarter of a pound of sugar, and the yolks of four eggs, well beaten. Bake it in a dish, with or without a paste.

### *Another.*

Take six ounces of vermicelli, and a pint and a half of milk ; boil it till tender ; add a quarter of a pound of



sugar, a quarter of a pound of butter, three eggs, and a little nutmeg. Bake it in a dish, with or without a crust.

### *Bread-and-Butter Pudding.*

Cut some thin slices of bread and butter; butter a dish, and lay slices all over it. Strew on a few currants, picked and washed clean, a little grated nutmeg and cinnamon pounded, or in small pieces; then a row of bread and butter, then a few currants again, with the spice as before, and so on till the dish is full; sweeten some milk, according to the size of the dish, and beat up three eggs, a little salt, and a little more nutmeg grated: mix them all together; pour it over the bread, and bake it.

Three rows of bread and butter are sufficient for a dish of a moderate size, as it swells considerably. Slices of bread and beef-suet chopped fine will answer the purpose of bread and butter for a family pudding. Let it stand an hour after the milk has been put to it, before it is put into the oven. More eggs may be added, and cream used instead of milk, if it is intended to be very rich.

Some people put a little brandy into it.

### *Calf's-Foot Pudding.*

Boil four feet till tender; pick the meat from the bones and chop it very fine; then add the crumb of a twopenny loaf grated, a pound of beef-suet chopped small, half a pint of cream, seven eggs, a pound of currants, four ounces of citron cut small, two ounces of candied orange-peel cut like straws, a nutmeg grated, and a glass of brandy; butter the cloth, and flour it; tie it close, and boil it three hours.

### *Baked Plum-Pudding.*

Cut two twopenny loaves into thin slices; leave out the crust, soak it in cold milk, let it stand two or three hours;

then drain the milk from it, mash it fine with a spoon, beat four eggs, and mix with it, and half a pound of suet, chopped very fine, three quarters of a pound of currants, the same of raisins stoned, a little nutmeg grated, a little ginger, a glass of brandy, and some sugar; mix all well together, and bake it in a deep dish.

### *A Hunting Pudding.*

Mix a pound of flour with a pint of cream, and eight eggs that have been well beaten, a pound of beef-suet cut small, a pound of currants, half a pound of raisins stoned and chopped, two ounces of candied citron, two ounces of candied orange cut small, a nutmeg grated, and two glasses of brandy; tie it close, and boil it four or five hours. Add some almonds if agreeable.

### *Another Hunting Pudding.*

Mix half a pound of suet chopped fine, half a pound of grated bread, half a pound of currants, half a pound of raisins stoned, six ounces of Lisbon sugar, four eggs, a little brandy, some citron, and some candied orange and lemon peel, about a quarter of an ounce of each will be sufficient: mix it all together, butter two moderate-sized melon-moulds, put it in, tie them very tight in a cloth, and boil them seven hours.

### *A rich Apple-Pudding.*

Pare some large juicy apples; grate three quarters of a pound, and add to it six ounces of butter worked to a cream, the rind of a lemon grated, four eggs well beaten, a spoonful of orange-flower water, a little brandy, and some sugar; line the dish with a rich paste, and strew candied peel over it, cut into bits; put in the pudding; bake it half an hour. If the apples are not tart enough, add a

little lemon-juice. A spoonful of bread-crumbs, or two or three Naples biscuits, are a great improvement. Apple-tart may be made the same way. A little nutmeg may be added.

### *A rich Gooseberry-Pudding.*

Scald a quart of green gooseberries; put them on a sieve to drain; when cold, rub them through with the back of a spoon; add half a pound of butter, half a pound of sugar, four ounces of Naples biscuits grated, four eggs, a little ratafia, and some brandy; mix all well together; put it into a dish, with or without a crust.

It will make excellent patties; line the pans with a rich paste, and fill them quite full. This pudding may be made in the winter, with bottled gooseberries.

### *Lemon-Pudding.*

Put half a pound of fresh butter and half a pound of sugar into a sauce-pan, set it on the fire, and keep stirring till all the sugar is melted; put it into a basin, and let it stand till cold; beat eight eggs well, squeeze the juice of a large lemon to them, and grate all the yellow part of the peel, and put to it; mix the sugar and butter with the eggs; put a puff-paste in the dish it is to be baked in; pour in the pudding, and bake it in a moderate oven.

### *Another Lemon-Pudding.*

Break one pound of loaf-sugar in a mortar, grate to it the peel of four lemons, squeeze the juice and strain it through a sieve; beat twelve eggs, and strain them; put the whole into a stew-pan, with about three quarters of a pound of fresh butter, set it over a stove, and stir it gently till it thickens, taking care it does not boil; line a dish with paste, and pour it in: bake it of a fine colour.



*A boiled Lemon-Pudding.*

Take two large lemons, pare them thin, and boil them in three waters till they are tender; then beat them in a mortar to a paste; grate a twopenny loaf into the yolks and whites of four eggs well beaten, add half a pint of milk, and a quarter of a pound of sugar; mix them all well together; put it into a basin well buttered, and boil it half an hour.

*Orange-Pudding.*

Boil the rind of a Seville orange very soft; beat it in a mortar with the juice, and put to it two Naples biscuits grated very fine, a quarter of a pound of sugar, half a pound of butter, and the yolks of six eggs. Mix them well together; lay a good puff-paste round the edge of the dish, and bake it half an hour in a moderate oven.

*Ground-Rice Pudding.*

Put six ounces of ground rice into a sauce-pan with a quart of milk; steep it till it is quite soft; and stir it quick all the time from the bottom of the sauce-pan, or it will burn; when it has soaked up all the milk, put it into an earthen pan or dish; cut a quarter of a pound of butter into slices, and put into it; keep stirring it till the butter is melted, and cover it over till cold. Then add to it four eggs well beaten, half a nutmeg grated, a little lemon-peel grated, some sugar, a small quantity of orange-flower water, and a little brandy; put a puff-paste in the dish, pour in the pudding, and bake it in a moderate oven. Boil a stick of cinnamon in the milk, and take it out when the butter is stirred in. Whole rice-pudding may be made in the same way.

*Cold Rice-Pudding.*

Boil a quarter of a pound of rice, pour the water off, add one quart of milk, when it boils up let it stand to

simmer till done enough. Then sweeten it and pour it into a dish. When cold, put some powdered cinnamon over it.

### *Carrot-Pudding.*

Wash and scrape some carrots; boil them till quite soft in a good quantity of water; take off the outsides, and grate or beat in a mortar a quarter of a pound of the middle part of the carrots; add to it a quarter of a pound of butter, either clarified or beaten to a cream, four eggs well beaten, some sugar and a little brandy; bake it in a dish with a puff-paste at the bottom, and add candied orange or lemon peel.

### *Citron-Pudding.*

Boil some Windsor beans quite soft; take off the skins, and beat a quarter of a pound in a mortar or wooden bowl till quite fine; then add a quarter of a pound of butter, either clarified or beaten to a cream, four eggs well beaten, some sugar, orange-flower water, and brandy; put a puff-paste in the dish, and any quantity of citron, cut in long bits, and laid upon the paste; then pour the pudding into the dish, stick bits of citron round the edge of the dish for ornament, and bake it in a moderate oven.

### *Ratafia Pudding.*

Butter a mould the proper size to make the pudding in, lay a layer of ratafia-cakes in the bottom, have some raisins ready stoned, put one raisin spread open between each ratafia-cake, then put a layer of thin bread and butter, cut from a French roll, then a layer of the ratafias and raisins, placed as before, one between each cake, then more bread and butter, and so on till the mould is full; mix about a quarter of a pint of cold milk with four eggs well beaten,

a glass of brandy, a little cinnamon, nutmeg, and sugar; pour it over the pudding, put a buttered paper over the top, tie it in a cloth, and boil it an hour and a quarter. Send brandy-sauce to table with it.

### *Northumberland Pudding.*

Make a hasty pudding with a pint of milk and some flour; put it into a basin; cover it over, and let it stand till the next day; then mash it with a spoon; add a quarter of a pound of clarified butter, and half a pound of currants, four eggs, two ounces of candied peel, cut small, a glass of brandy, some nutmeg and sugar; bake it in tea-cups, turn them out on a dish, and pour wine-sauce over them. They are very good to eat cold, and make a pretty dish for supper. The wine-sauce must be omitted when they are to be eaten cold.

### *Curd and Almond-Pudding, baked.*

Get some cheese-curd; put it on a hair sieve to drain the whey from it; when quite dry, rub it through a hair sieve, with a quarter of a pound of butter; put it in a basin, and break eight eggs (leave out six whites); sweeten it with sifted sugar; grate the peel of two lemons into it, and add some nutmeg; crumble six sponge biscuits, or an equal quantity of Savoy biscuits, or French roll; add a glass of brandy, two ounces of sweet almonds, about eight or ten bitter almonds pounded, and a few currants; mix all well together; butter the mould well, then throw in some fine bread-crumbs, so as to stick to the sides; fill the mould, and let it bake half an hour in a quick oven; then turn it out, and pour wine-sauce over. Or bake it in cups or small moulds.

### *College Puddings.*

Boil the crumb of two penny rolls in a quart of new



milk, with cinnamon, mace, nutmeg, &c., till it becomes thick; stir into it, while hot, a quarter of a pound of fresh butter, and, when cold, mix in six ounces of currants, six eggs well beaten, one ounce of sweet almonds, and half an ounce of bitter almonds, blanched and beaten, half an ounce of citron, the same of candied lemon and orange peel, and a glass of brandy. Butter some tea-cups, fill them with the pudding, and bake them.

*A Custard Pudding, either baked or boiled.*

Boil a pint of milk and a pint of cream together, with cinnamon, lemon-peel, and nutmeg; strain it, and let it cool; break eight eggs (leaving out half the whites), and about a table-spoonful of flour; beat them well; then add the milk and cream that have been boiled, and a glass of brandy; if for baking, butter a dish, and put a thin puff-paste at the bottom, and round the sides; then strain the custard into the dish; it will take about twenty minutes baking; if for boiling, butter the mould, and let it boil about half an hour; turn it out into a dish. Garnish with currant-jelly, and pour wine-sauce over it.

*Another Custard Pudding.*

Mix by degrees a large table-spoonful of flour into a pint of new milk; put to it the yolks of five eggs well beaten, and the whites of two, a little white sugar, nutmeg, and pounded cinnamon; add some brandy and orange-flower water; butter a pint basin, pour it in, tie a cloth tight over it, and boil it half an hour; turn it out very carefully.

*A George Pudding.*

Boil a handful of rice, with a piece of lemon-peel, in a little milk, till tender, and drain it; then mix with it a dozen of large apples boiled to a pulp, as dry as possible;

add a glass of white wine, some sugar, the yolks of four eggs, and two ounces of candied orange and citron, cut thin; then beat the whites of the eggs to a froth, and mix with it. Line the mould or basin with paste, fill it, and bake the pudding till brown; turn it into a dish, and add sauce made as follows:—Two glasses of white wine, the yolks of two eggs, a bit of butter, and some sugar; simmer it all together, and pour it in and out of the sauce-pan till of a proper thickness; then pour it over the pudding.

### *Biscuit-Puddings.*

Grate three Naples biscuits, pour a pint of boiling milk or cream over them; and cover it close. When cold, add the yolks of four eggs, the whites of two, some nutmeg, a little brandy, half a spoonful of flour, and some sugar; beat the eggs well, mix all together, butter a basin, put in the pudding, boil it an hour, and serve it up with wine-sauce.

### *Fried Rusks.*

Boil a quart of milk with a little mace and cinnamon; when half cold add three eggs, well beaten; put in eight or nine rusks, and let them remain till the milk is soaked up. Then fry them crisp of a light colour.

### *Black Puddings.*

Get two quarts of grits; pick them clean; boil them in as much milk as they will require to make them quite soft: when they have soaked up all the milk, put them into an earthen pan; cut half a pound of hog's lard in thin slices, and mix with them; stir it till it is all melted; then cover them with a dish that just fits the pan, that the steam may not get out. Take a pint of the hog's blood, put a little salt to it, and stir it till quite cold; mix it

with the grits, and stir them well together. Season with salt and pepper. Take a little winter savoury, sweet marjoram, thyme, and a handful of penny-royal; strip them off the stalks, and chop them very fine, with a middle-sized onion; put them to the grits, with half a pint of the crumbs of bread grated, two eggs well beaten, and half a pint of cream; mix all well together, cut some of the leaf of the hog into small pieces, about half an inch square; wash the entrails, and scour them clean with salt, changing the water very often; cut them into pieces about a yard long, tie one end, and begin to fill them; be sure to put in a good deal of fat; fill them three parts full, then tie the other end, and divide it into four bows or links; prick them with a pin, put them into a pot of boiling water, and boil them very slowly for an hour; take them out, and lay them on clean straw till cold.

### *White Puddings.*

Boil half a pound of whole rice in milk, till quite tender; cut a quarter of a pound of butter in slices, and mix with it while hot; stir it till the butter is melted; when cold, beat four eggs, and mix with it; then add half a pound of currants, a little grated bread, some rose-water, sugar, and nutmeg; prepare the skins as directed in the last receipt, and fill them in the same manner; boil them half an hour.

Half a pound of beef-suet, chopped fine, may be used instead of the butter, if preferred.



## PANCAKES AND FRITTERS.

IN frying pancakes, great care must be taken to have the pan quite clean. Rub some butter or lard round the inside of the pan, and make it hot, then wipe it out with a clean cloth. Butter, lard, or dripping, may be used for frying. Pancakes should be sent to table quite hot ; if suffered to cool, they become tough.

*Common Pancakes.*

Make a light batter of six eggs, a quart of milk, and about eight spoonfuls of flour ; put some lard or dripping into the frying-pan ; when it boils, put in a ladle-full of the batter ; move the pan about, so as to make the batter of an equal thickness all over the pan ; fry it of a nice brown ; when one side is done, toss it, or turn it over without breaking ; when it is done on both sides, lay it on a hot dish before the fire ; when two or three are done, send them to table ; if more are laid on a dish at a time, the bottom ones will be spoiled.

Send some vinegar, verjuice, or lemon and sugar, to table with them. A little warm ale, that is not bitter, added to the batter a few minutes before they are to be fried, is an improvement.

Batter made of buttermilk and flour, without eggs, is very good in winter, when the buttermilk is sweet.

Some use snow instead of eggs ; in that case the batter must be made thick.

*Pancakes fried without Butter or Lard.*

Beat six eggs well ; mix them with a pint of cream, four ounces of sugar, a glass of white wine, half a nutmeg

grated, and as much flour as will make it almost as thick as common pancake-batter. Make the frying-pan tolerably hot, wipe it with a clean cloth; then pour in as much batter as will make a thin pancake.

### *New-England Pancakes.*

Mix a pint of cream with five spoonfuls of flour, seven eggs, and a little salt; fry them very thin in fresh butter, and between each pancake strew sugar and cinnamon.

### *Rice Pancakes or Fritters.*

Take three spoonfuls of rice-flour, and a quart of cream or milk. Set it on a slow fire, and keep stirring it till it is as thick as pap. Put into it a quarter of a pound of butter, and half a nutmeg grated. Then pour it into an earthen pan, and, when cold, stir in three or four spoonfuls of flour, a little orange-flower water, some sugar, and eight eggs, well beaten. Mix all well together, and fry them nicely.

### *Plain Fritters.*

Grate the crumb of a penny loaf, and put it into a pint of milk; beat it smooth, and add the yolks of five eggs, three ounces of sifted sugar, and some nutmeg. Fry them in hogs' lard; and, when done, pour some melted butter, wine, and sugar, into the dish.

### *Apple-Fritters.*

Take some of the largest apples that can be procured; pare and core them, and cut them into round slices. Take half a pint of ale, and two eggs, and beat in as much flour as will make it rather thicker than a common batter-pudding; add some nutmeg and sugar. Let it stand a few minutes to rise. Dip the slices of apple into the batter; fry them crisp, and serve them up with sugar grated over them, and wine-sauce in a boat.

Or make them of common batter, with some apples chopped fine, and mixed with it.

### *Apple-Fritters another Way.*

Make a nice light batter, with flour and milk ; take a few large apples, pare and core them, cut them into long thin slices, put a small spoonful of batter into a frying-pan, then a layer of apples, and another small spoonful of batter on the top ; fry them of a light brown, and serve them up with sugar grated over them.

### *Currant-Fritters.*

Take half a pint of ale that is not bitter, and stir it into as much flour as will make it tolerably thick ; add a few currants. Beat it up quick, make the lard boil in the frying-pan, and put a large spoonful in at a time, which is a sufficient quantity for one fritter.

### *Another.*

Make some batter in the common way ; add a little beef-suet, cut very small, with any quantity of nutmeg and currants ; when fried, sift some sugar over them.

### *Hasty Fritters.*

Put some butter into a sauce-pan, and let it melt ; then take half a pint of good ale, and stir a little flour into it by degrees ; put in a few currants, or chopped apples ; beat them up quick, and drop a large spoonful at a time into the pan, till the bottom is nearly covered, but remember that each spoonful is to make a fritter ; be careful they do not stick together. Turn them with an egg-slice, and, when of a fine brown, lay them on a dish, strew some sugar over them, and serve them hot.

### *Carrot-Fritters.*

Boil two large carrots, and pound them soft, then add



a quarter of a pint of cream, three eggs, leaving out one yolk; a little nutmeg and sugar, some grated bread, a little rose, or other sweet-scented water, and three table-spoonfuls of flour; mix all well together; then fry them in lard like other fritters,

### *Potato-Fritters.*

Boil and mash half a pint of potatoes very fine, with one ounce of butter, two spoonfuls of cream, a little pepper and salt, and two eggs well beaten; fry it in fritters of a nice brown. They are good to eat with sausages, steaks, or any thing with which potatoes are eaten.

### *Bockings.*

Mix three ounces of fine wheat-flour with a tea-cupful of warm milk, and a spoonful of yeast; let it rise before the fire for an hour; then mix four eggs well beaten, and as much milk as will make the batter the usual thickness for pancakes; fry them the same as other pancakes.

### *To make Pincushions and Dough-Nuts.*

Set two pounds of flour before the fire to warm; put a quarter of a pound of butter and a quarter of a pound of fresh beef-dripping into some milk; set it over the fire till it is melted; then beat the yolks of two eggs, and put three table-spoonfuls of very thick yeast to them (prepared as in the general directions for cakes); add some of the milk to them when it is as warm as you can bear your finger in it; then put it to the flour, with a little salt; make it into a paste, and set it before the fire to rise. Cut the dough in two, and roll each piece out as for a pie-crust, only much thinner; beat the whites of the eggs, and brush each piece over it, on one side; have ready some currants well washed, picked, and dried; strew them

thick over one of the pieces, then lay the other over it, that side to be next the currants that has been brushed with egg; press it all over till it is thoroughly closed; then cut it in pieces quite across, about an inch and a half or two inches wide; then cut them across again, so as to make them in the form of a diamond pincushion; have ready in a stew-pan a sufficient quantity of hogs' lard boiling for them to swim in; let them boil till they are of a fine gold colour, but not brown, or at all scorched; they will be done in a few minutes; take them up with a slice, and put them on a sieve to drain. Put a little beaten cloves and allspice into the flour before it is made into a paste.

Dough-nuts are made in the same way, only not rolled out, but the paste is pulled into small bits, and thrown into the lard while boiling, and managed the same as pincushions. The bits of dough should be about as large as a small walnut, and as rough as possible, in order to make them crisp.

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## CAKES, &c.

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**BEFORE** any sort of cake is made, all the ingredients should be ready for use; currants should be well washed, picked, dried in a cloth, and then set before the fire. If damp, they will make the cake heavy; a little flour should be thrown over them before they are put into the cake. Butter should be beaten to a cream before it is put to the sugar, or it will require more beating afterwards, and not answer the purpose so well. Eggs should be well

beaten, strained, and used immediately, or they will require beat again, and the cake will not be so light as if used when they are first beaten. Sugar should be powdered and sifted. Lemon-peel should be cut thin and beaten to a paste, with a little sugar, in a bowl, or marble mortar, and then mixed with a little wine or cream, so as to mix it easily among the other ingredients. When all the articles are put together, they should be well beaten, and put in the oven directly, if the cake is a rich one; but if there is any yeast used, it should stand in the pot, or tin, that it is to be baked in, till it rises to the top, and then put in the oven. Whenever yeast is required, it should be procured the day before it is to be used, that it may have time to settle and be quite thick at the bottom of the basin. The beer which will rise to the top must be all poured off, and the proper quantity of yeast used, as directed in the different receipts. If the yeast is at all bitter, put a little water to it the day before it is used, and it will improve it very much, but rather more yeast must be used on that account. When wanted for use, pour all the water from it, and always have the yeast as thick as possible for cakes, buns, bread, rolls, &c. Rich cakes should be baked in wooden girths. Common cakes will bake very well in pans or tins; the brown Nottingham-ware pots are best for the purpose. All large cakes require a quick oven; to know when they are soaked enough, take a broad-bladed knife that is very bright, and plunge it into the middle; draw it out immediately, and, if any of the cake sticks to it, put it in the oven, and bake it longer; but if the knife comes out quite clean, the cake is sufficiently baked. All kinds of cakes should be turned out of the tins or pans they are baked in, as soon as they are taken out of the oven, and kept upside down till



cold, or the steam which settles at the bottom will make them heavy.

### *Rich Plum-Cake.*

Take one pound and six ounces of currants, wash and pick them very clean, then dry them, and rub a little flour with them; take one pound of fresh butter, and put it into a preserving-pan; rub it with your hand till it is quite a cream; take another pan and break sixteen eggs, yolks and whites together; whisk them about ten minutes; take one pound of powdered sugar, put it in with the eggs, whisk them well over the fire, and be careful it does not burn at the bottom; make the whisk go to the bottom, and, when they are warm, take it off; whisk them till they are quite cold before the butter is put to them; then mix them well with the butter; put the pound and six ounces of currants in with it; add one pound and a quarter of flour, and mix it well with the rest; add half a pound of citron, and lemon and orange peel, cut in bits; a handful of sweet almonds cut up, a handful of bitter almonds pounded, with a little powdered sugar, half an ounce of cinnamon and mace pounded fine, and a glass of brandy; then paper the hoop, put in the cake, and bake it in an oven regularly heated.

### *A good Plum-Cake.*

Take three pounds of flour, three pounds of currants, four ounces of sugar, seven eggs, one pint of cream, two pounds of butter, and four table-spoonfuls of yeast, (prepared as in the general directions for cakes); mix the eggs and the yeast together; strain them; set the cream on the fire, melt the butter in it, and add half a pint of sweet wine; mix together the flour, currants, and sugar, with some nutmeg and cloves, stir these into the cream; when it is as warm as you can bear your finger in it, put in the

yeast, beat it well, butter the pot or tin it is to be baked in, put in the cake, let it stand before the fire half an hour to rise, then put it into an oven properly heated.

### *Another Plum-Cake.*

Set two pounds of fine flour before the fire till it is warm; melt one pound of fresh butter in a sufficient quantity of milk to mix the cake; beat six eggs well, and mix two table-spoonfuls of yeast (prepared as the last receipt) with them; beat them together a little, and strain them; then add some of the milk and butter that is melted; when it is as warm as you can bear your finger in it, put it into the flour, and mix the remainder of the milk and butter with it; stir it with a spoon, and make it as stiff as you can stir it about, so as to have it well mixed; set it before the fire an hour to rise; cover it with a dish or lid that will keep out the air; when it has risen, take it up, and add one pound of currants washed and picked, one pound of raisins stoned and chopped, a glass of brandy, some cinnamon, and nutmeg and sugar; mix all well together, butter the pan it is to be baked in, put in the cake, and set it before the fire till it rises to the top, do not press it down, nor touch it with your hand, but put it directly in an oven properly heated, and bake it. Any quantity of candied peel may be added, if approved.

The pot, or tin, that any kind of cake is baked in, should not be more than half full when the cake is first put in, that it may have room to rise; turn it bottom upwards out of the pan, or tin, as soon as it is taken out of the oven.

### *A Pound-Cake.*

Beat a pound of butter to a cream; beat twelve eggs, leaving out half the whites; mix them with the butter,

then put in a pound of dried flour; beat them together for an hour, with one pound of sifted sugar, and a few carraway seeds; butter the pan, and continue to beat the cake till sent to the oven.

### *A Pound-Cake with Plums.*

Make it as the last receipt, only omit the carraway-seeds, and add one pound of currants, one pound of raisins stoned and chopped, a glass of brandy, and any quantity of candied peel; add a little nutmeg, cloves, and cinnamon, if agreeable.

### *Rice-Cake.*

Whisk five eggs well; mix with them half a pound of rice flour, and about six ounces of lump-sugar pounded, a little brandy and orange-flower water, and a drop or two of essence of lemon; beat it half an hour, and put it immediately in a quick oven; it is fit to eat when cold, and best while new.

### *A common Seed-Cake.*

Take a quartern of fine flour, set it before the fire till it is warm; put into it an ounce of carraway-seeds and a little salt; melt half a pound of fresh butter in a little milk; beat four eggs well; add two table-spoonfuls of very thick yeast to them; beat them together, add a little warm milk and water to them, and strain them through a sieve into the flour; then put some of the milk and butter, when it is as warm as you can just bear your finger in it, into the flour; add the rest of the milk and butter, by degrees, and keep stirring and beating it with a spoon; mix it up as stiff as you can conveniently stir it, add more warm milk and water if necessary, beat it well, cover it over, and set it before the fire an hour; then take it up,



and add a tea-spoonful of ginger, a little nutmeg, and some sugar ; mix it well, butter the pan or tin it is to be baked in ; put in the cake, set it before the fire till it rises to the top, then put it into the oven ; as soon as it is baked, turn it out of the pot, and let it stand till cold, with the top downwards. Put a few currants in if agreeable, and omit the carraway-seeds ; or put both. A glass of sweet wine may also be added, and some candied orange and lemon-peel, and citron, if you wish to make it richer.

### *Another Seed-Cake.*

Make it as the last receipt, only omit the butter ; it eats very good when new. Toast and butter it when stale. Currants may be added, if approved.

Milk and water is much better for these kind of cakes than milk alone, which soon makes them dry. They eat much better, and keep longer, made with milk and water.

### *A rich Seed-Cake.*

Work one pound of butter to a cream with the hand ; put to it the whites of ten eggs beaten to a strong froth, the yolks of four, ten ounces of loaf-sugar sifted, a little mace pounded, and some nutmeg grated ; add one pound of flour, one ounce of carraway-seeds, and a glass of brandy. Sliced almonds, orange-peel, or citron, may also be added.

### *A light Cake.*

Mix half a pound of currants, some nutmeg, and an ounce of sugar, with one pound of flour, and a little salt ; then stir a quarter of a pound of butter into a quarter of a pint of milk, over the fire, till the butter is melted ; strain into it two table-spoonfuls of thick yeast, and two eggs (omitting one white) ; stir all together with a spoon,

and set it before the fire to rise in the pan it is to be baked in. The oven must be as hot as for white bread.

### *Lemon-Cake.*

Take the whites of ten eggs; put to them three spoonfuls of rose or orange-flower water, and beat them an hour with a whisk. Then put in a pound of sugar beaten and sifted, and grate in the rind of a lemon.—When it is well mixed, put in the juice of half a lemon, and the yolks of ten eggs beaten smooth. Just before it is put in the oven, stir in three quarters of a pound of flour; butter the pan, put in the cake, and bake it in a moderate oven one hour. Orange-cakes are made in the same manner.

### *Drop-Cakes.*

Rub half a pound of butter very fine into one pound of flour; mix with it half a pound of sugar, and half a pound of currants well washed and dried; make it into a paste, with two eggs, a large spoonful of orange-flower water, the same quantity of rose-water, the same of brandy, and the same of sweet wine; dropt it with a spoon on tin plates floured; they will require but a very short time to bake.

### *Almond-Cake.*

Take two ounces of butter, one pound of sweet almonds blanched and beaten, with a little rose or orange-flower water, and the white of an egg: half a pound of sifted loaf-sugar, eight yolks and three whites of eggs, the juice of half a lemon, and the rind grated; bake it in a pan.

### *Little Cakes for Tea.*

Mix one pound of flour with half a pound of sugar sifted, one ounce of carraway-seeds, and a little nutmeg; beat the yolks of two eggs with three spoonfuls of sweet wine; put these to the rest, with half a pound of butter

melted in a little cream or new milk ; work all well together, roll it out thin, cut it into cakes with a tin or glass ; and bake them on tins in a slack oven.

### *Another Sort of Tea-Cakes.*

Rub half a pound of butter into a pound and a quarter of flour ; add half a pound of loaf-sugar pounded, and an ounce of carraway-seeds ; mix it into a paste, with one egg beaten and a glass of sweet wine ; roll it out, and cut it into cakes, with the top of a wine-glass ; put them on tins, and bake them of a light brown.

### *Little Cakes with Currants.*

Beat half a pound of butter to a cream, with your hand ; beat two eggs and mix with it, add two table-spoonfuls of brandy, a little nutmeg, some cloves pounded fine, half a pound of currants well washed and picked, and as much flour as will make it into a paste, but not very stiff ; roll it out, then cut them with a tin or the top of a wine-glass, and bake them on tin plates, in a slack oven.

Omit the currants, and use carraway-seeds, if preferred, or make half of it with seeds, and half with currants, for variety.

### *Sugar-Cakes.*

Take one pound of fine flour, twelve ounces of sugar, beaten and sifted, the yolks of two eggs, a little mace or nutmeg, and a small quantity of rose or orange-flower water ; mix all well together, make it into a paste, roll it out thin, cut the cakes out with a tin or glass, sift some sugar over, and bake them in a quick oven.

### *Tea Cakes without Sugar.*

Rub two ounces of butter into half a pound of flour, beat the white of an egg, and add as much milk and water



as will mix it into a paste, with a little salt ; roll it out very thin, cut out the cakes, prick them well with a fork, and bake them crisp.

### *Grantham Whetstones.*

Take five ounces of white sugar, half a pound of flour, a few carraway-seeds, and the whites of three eggs beaten to a froth ; mix all together to a paste, roll them out thin, cut them into any shape, and bake them upon a tin.

### *Cinnamon-Cakes.*

Put six eggs, and two table-spoonfuls of rose-water, into a pan ; whisk them well together ; add a pound of sifted sugar, a dessert-spoonful of pounded cinnamon, and sufficient flour to make it into a good paste ; roll it out, cut it into cakes, and bake them on writing-paper. When done, keep them in a dry place.

### *Queen-Cakes.*

Make these in the same manner as pound-cake, and bake them in small tins made for the purpose.

### *Diet-Bread.*

Take nine eggs, and sifted sugar equal to their weight ; break the whites into one pan, and the yolks into another ; whisk the whites till of a solid froth ; beat the yolks, and whisk them with the whites ; add the sugar, with flour equal to the weight of five eggs ; mix all well together ; and add a few carraway-seeds, or grate the rind of a lemon into it ; put it into a hoop, and bake it.

### *Shrewsbury Cakes.*

Take a pound of butter, and put it into a pan ; rub it till it is as fine as cream ; then take one pound of powdered sugar, a little cinnamon and mace pounded, with four

eggs, yolks and whites together ; beat it up with your hand till it is very light ; then take one pound and a half of flour, work it together, roll it out, and cut the cakes any size, only very flat ; let the oven be very slow, and let them just change their colour ; then take them out.

### *Bath Buns.*

Take half a pound of butter, and one pound of flour ; rub the butter well into the flour ; add five eggs, and three table-spoonfuls of very thick yeast. Set it before the fire to rise ; when it has risen sufficiently, add a quarter of a pound of powdered sugar, and an ounce of carraways ; mix them well in, then roll it out into little cakes, and bake them on tins. Strew carraway-comfits on the top before they are put into the oven.

### *Banbury Cakes.*

Take a pound of dough that has been made for white bread, roll it out, and put bits of butter upon it the same as for puff-paste, till a pound of butter has been worked in ; roll it out very thin, then cut it into bits of an oval form, the size you wish to make the cakes. Have ready some currants, washed, picked, and dried ; mix some good moist sugar with a little brandy, sufficient to wet it ; then mix the currants with the sugar and brandy, put a little upon each bit of paste, close them up, and put the side that is closed next the tin they are to be baked upon ; do not let them touch each other ; bake them in a moderate oven, and be careful not to bake them too much : as soon as they are taken out, sift sugar over them. Some candied peel may be added to the currants, or the rind of a lemon grated, or a few drops of essence of lemon.

### *Common Buns.*

Rub four ounces of butter into two pounds of flour ;

add a little salt, four ounces of sugar, a dessert-spoonful of carraways, and a tea-spoonful of ginger, put some warm milk or cream to four table-spoonfuls of very thick yeast; mix all together into a paste, but not too stiff; cover it over, and set it before the fire an hour to rise; then make it into buns, put them on a tin, set them before the fire for a quarter of an hour, covered over with flannel; then brush them over with warm milk, and bake them of a nice brown, in a moderate oven.

### *Cross Buns.*

Put two pounds and a half of fine flour into a wooden bowl, set it before the fire to warm; then add half a pound of sifted sugar, some coriander-seeds, cinnamon and mace, pounded fine; melt half a pound of butter in half a pint of milk; when it is as warm as you can just bear your finger in it, mix with it three table-spoonfuls of very thick yeast and a little salt; put it to the flour, mix it to a paste, and make the buns as directed in the last receipt; put a cross on the top, but not very deep.

### *Whigs.*

▮ Rub a quarter of a pound of butter well into two pounds of flour; make it into a paste with three table-spoonfuls of very thick yeast, some warm milk or cream, add a little salt; put it before the fire to rise; add a nutmeg grated, a few cloves pounded, a quarter of an ounce of carraway-seeds, and a quarter of a pound of sugar; work all into the dough; make it into whigs what size you like, but not too thick; do them as directed for buns.

### *To make light Whigs.*

To three quarters of a pound of flour put a little salt, and two table-spoonfuls of very thick yeast; make it into a



paste with some warm milk; set it before the fire an hour to rise. Then work into it four ounces of sifted sugar, four ounces of butter, and a few carraway-seeds; make it into whigs, with as little flour as possible, and do them as directed for common buns.

### *Sweetmeat Gingerbread-Nuts.*

Take two pounds of treacle, and put it in a large basin; then take half a pound of fresh butter, and carefully melt it; pour the butter to the treacle, and stir it well as you pour it in; add three quarters of an ounce of the best pounded ginger, two ounces of preserved lemon and orange-peel, and two ounces of preserved angelica, cut very small; one ounce of coriander-seed pounded, and one ounce and a half of carraway-seeds whole; mix them well together; then break two eggs, yolks and whites together, and mix as much flour as will bring it to a fine paste; make them of any size, put them on a tin plate, and let the oven be rather brisk.

### *Fine Ginger-Cakes.*

Break three eggs into a sauce-pan, and mix them well with a spoon; add half a pint of cream to them, and beat them well; put the sauce-pan over the fire, and stir it till it is just warm; put one pound of butter into the eggs and cream, and half a pound of powdered sugar; stir it over a slow fire, just to melt all the butter; put in two ounces of pounded ginger, and, when the butter is melted, pour it all into the middle of two pounds of flour; mix it well, and when it is made into a fine paste, roll it out with flour under it; cut the cakes out the size of a breakfast-cup, and a quarter of an inch thick; put three papers under them before they are put into the oven, which must be very hot.

*Good plain Gingerbread.*

Mix three pounds of flour with four ounces of moist sugar, and half an ounce of pounded ginger; warm one pound and a quarter of treacle, and melt half a pound of fresh butter in it; put it to the flour, and make it into a paste; make it into nuts or cakes, or bake it in one cake.

*Another Way to make Gingerbread.*

Mix six pounds of flour with two ounces of carraway-seeds, two ounces of ground ginger, two ounces of candied orange-peel, the same of candied lemon-peel cut in slices, a little salt, and about six ounces of moist sugar; melt one pound of fresh butter in about half a pint of milk, pour it by degrees into four pounds of treacle, stir it well together, and add it a little at a time to the flour; mix it thoroughly; make it into a paste; roll it out rather thin, and cut it into cakes, with the top of a dredger or a wine-glass; put them on floured tins, and bake them in rather a brisk oven.

*Rusks, or Tops and Bottoms.*

Beat up seven eggs, and mix them with half a pint of warm new milk, in which a quarter of a pound of butter has been melted; add a quarter of a pint of yeast and three ounces of sugar; put them by degrees into as much flour as will make a very light paste, nearly as thin as batter; let it rise before the fire half an hour; then add more flour, to make it a little stiffer. Work it well, and divide it into small loaves, or cakes, about five or six inches wide, and flatten them. When baked and cold, slice and put them in the oven to brown a little. These cakes, when first baked, are very good buttered for tea.

If they are made with carraway-seeds, they eat very nice cold.

### *Breakfast-Cakes.*

Take one pound and a half of flour, four ounces of butter, and two eggs; put one table-spoonful of yeast to half a pint of warm milk; rub the butter into the flour, and mix the eggs, yeast, and milk together, with a tea-spoonful of sugar; put the liquid into the middle of the flour, and let it stand to rise for two hours: make it into cakes, and let them stand to rise again before they are put into the oven. Wash them over with skimmed milk, with a feather.

N. B.—When they are made hot a second time, dip them into boiling milk, and make them hot in a Dutch oven; then cut them open, and butter them.

### *Yorkshire Cakes.*

Mix two pounds of flour, warmed before the fire, with six ounces of butter melted in a pint of milk, three eggs beaten, a little salt, and three spoonfuls of very thick yeast; let the milk be as warm as you can just bear your finger in it; mix it all well together into a paste, but not too stiff; set it before the fire, covered over, for an hour, to rise; then make it into cakes about an inch thick, and as large as a saucer or small plate; make the tins hot, shake a little flour over, put on the cakes, cover them over, set them before the fire ten minutes, then put them in a slow oven. They may be buttered while hot; or, when cold, cut in two, toasted brown, and buttered. The eggs and yeast should be mixed with a little of the warm milk, and put into the flour first; and then the rest of the milk and butter added.



*Crumpets.*

Set two pounds of fine flour, with a little salt, before the fire, till quite warm; then mix it with warm milk and water till it is as stiff as you can stir it with a spoon; the milk and water should be as warm as you can bear your finger in it. Have ready three eggs well beaten, with three spoonfuls of very thick yeast; add a cupful of the warm milk and water to the eggs and yeast, put them to the batter, and beat it all well together in a large pan or bowl; add as much milk and water as will make it into a thick batter, cover it close, and set it before the fire to rise; put a bit of butter in a bit of thin muslin, tie it up, and rub it lightly over the iron hearth or frying-pan; pour on a sufficient quantity of batter at a time to make one crumpet; let it do slowly, and it will be very light. Bake them all in the same way. They should not be brown, but of a fine pale yellow; when cold, toast and butter them; do not lay too many together.

*Muffins.*

Put a quartern of fine flour into a kneading-trough, mix a pint and a half of warm milk and water with a quarter of a pint of good yeast and a little salt; stir them together for a quarter of an hour; then strain the liquor into a quarter of a peck of fine flour; mix the dough well, and set it to rise for an hour. Then roll it up with the hands, pull it into small pieces, roll them in the hands like balls, and lay a flannel over them, while rolling up, to keep them warm; all the dough should be closely covered up the whole time. When all the dough is rolled into balls, the first that are made will be ready for baking. When they are spread out into the right form for muffins, lay them on

tins, and bake them, and, as the bottoms begin to change colour, turn them on the other side.

A richer sort may be made by mixing a pound of flour with two eggs, two ounces of butter melted in half a pint of milk, and two or three table-spoonfuls of yeast beaten well together. Let it stand two hours to rise, then bake the muffins in the usual way. Muffins should be pulled open, and never cut with a knife.

### *Oat-Cakes.*

These may be made the same as muffins, only use fine Yorkshire oatmeal instead of flour. When toasted crisp on both sides, pull them open the same as muffins; put in as much butter as is necessary; and set them before the fire for the butter to melt. Use a knife to cut them across, but never to cut them open.

Another sort of oat-cake is made with fine oatmeal, warm water, good yeast, and a little salt, made into a thick batter, and set to rise in a warm place; pour some of the batter on a baking-stone, or hot hearth, and make them any size you like, about as thick as a pan-cake. They are very good when toasted crisp on both sides, and buttered.

Muffins, or oat-cakes, if stale, may be much improved by dipping them in cold water, and toasting or warming them in an oven, or Dutch oven, till the outside is crisp.

### *French Rolls.*

Warm three spoonfuls of milk, three of water, and a piece of butter the size of a walnut, with a little salt; then add two spoonfuls of very thick yeast; put all this into the middle of a quartern of flour; stir enough with it to make it of the thickness of a batter pudding; strew a little flour over it from the sides, and set it a little distance from the

fire: do this three hours before it is put into the oven; when it breaks through the flour and rises, work it into a light paste with some warm milk and water; make it lightly into rolls a quarter of an hour before they are put into the oven; drop them on a tin first floured; handle them as little as possible; and set them before a fire to rise, covered over with flannel, they will require about twenty minutes' baking: rasp the rolls.

### *Potato-Rolls.*

Boil three pounds of potatoes; bruise and work them with two ounces of butter, a little salt, and as much milk as will make them pass through a cullender.—Take half a pint of thick yeast, and half a pint of warm water, and mix it with the potatoes; then pour the whole upon five pounds of flour. Knead it well; if not of a proper consistence, put a little more warm milk and water; let it stand before the fire an hour to rise; work it well, and make it into rolls. Bake them about half an hour in an oven that is properly heated for white bread. They eat best when toasted and buttered.

### *White Bread.*

Put a bushel of fine flour into a dough-trough. Take nine quarts of warm water, and mix it with a quart of yeast; put it to the flour, and stir it well with your hands till it is tough. Let it lie till it rises as high as it can, which will be in about an hour and a quarter.—Watch it when it rises; and do not let it remain too long, or it will fall. Then make up the dough with eight quarts more of warm water, and one pound of salt; work it up with your hands; cover it with a coarse cloth, and flannel over the cloth. By the time the oven is heated, the dough will be ready. Make the loaves about five pounds each, or any



size you like; clean the oven, put in the loaves, and bake them two hours and a half. In summer the water must be lukewarm, in winter a little warmer, and in frosty weather as warm as you can bear your hand in it, but not so hot as to scald the yeast. Make the loaves a quarter of an hour before they are put into the oven. Some prefer baking bread in tins made for the purpose. Bricks are made by making the loaves long instead of round, and cutting them in several places along the sides with a knife, before they are put in the oven. Small families may reduce the quantity.

### *Household Bread*

Is made the same way as the white bread, only it is a mixture of rye and wheat-flour; the proportion is generally two pecks of wheat to one of rye, but some prefer half rye; bread made of half rye will keep moist and good a week or ten days, and is excellent for bilious or costive habits. This sort of dough should be made very stiff.

### *Leavened Bread.*

Save two pounds of dough from the last baking; cover it with flour, and keep it in a little flour-barrel; the night before you intend to bake, put the dough or leaven into a peck of flour, and work them well together with warm water. Let it lie in a dry wooden vessel in a warm place, covered with a linen cloth, and a blanket over the cloth. If the dough is kept warm, it will be sufficiently fermented by the next morning to mix with two or three bushels of flour. Work it up with warm water, and a pound of salt to each bushel. When well worked, and thoroughly mixed with all the flour, let it be covered with the linen and blanket till it rises; then knead it well, and work it up into loaves and bricks; make the loaves broad, and not

so thick and high as for yeast-bread. Bake them as before directed. The more leaven there is put to the flour, the lighter the bread will be.

### *To preserve Yeast.*

Take a quantity of yeast; stir and work it with a whisk till it is thin. Then take a clean and dry tub, and with a soft brush lay a thin layer of yeast over the bottom of the tub, and cover it over with a cloth. When that coat is dry, lay on another, and repeat it till it is two or three inches thick; one coat of yeast must be dry before another is laid on; it will keep good several months. When wanted for use, cut a piece off, and lay it in warm water to dissolve; then stir it with the water, and it will be fit for use.

### *To make Yeast.*

Thicken two quarts of water with three spoonfuls of fine flour; boil it half an hour; sweeten it with about half a pound of brown sugar; when nearly cold, put it with four spoonfuls of fresh yeast into a jug; shake it well together, and let it stand one day to ferment near the fire without being covered. There will be a thin liquor on the top, which must be poured off; shake what remains, and cork it up for use. Always take four spoonfuls of the old to ferment the next quantity.

A quarter of a pint of yeast is sufficient for a peck loaf.

### *To make Yeast with Pease.*

Take a tea-cupful of split or bruised pease; pour on them a pint of boiling water, and set it by in a vessel four-and-twenty hours in a warm place; it will then be fit for use.

### *Potato-Yeast.*

Boil one pound of potatoes to a mash; when it is as

cool as you can bear your finger in it, add a cupful of yeast, and mix it well. It will be ready for use in two or three hours, and keeps well. Use double the quantity of this to what would be necessary of beer-yeast.

To take off the bitterness from yeast, wet some bran with warm water, put it into a sieve, pour the yeast upon it, and let it drain through the sieve.

### *Economical Bread*

Is made in the same manner as other bread, only the water is boiled with a quantity of fine bran in it; when strained off, mix the water with the yeast, and make the dough with it. This method is supposed to save a considerable quantity of flour. Some use potatoes with flour, to make bread, which should be mashed, and mixed with the water.

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## PICKLES, VINEGAR, &c.

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STONE or glass jars are best for all kinds of pickles; earthen jars being porous, admit the air, and frequently spoil the pickles.

A wooden spoon, with holes in it, is best to take pickles out of the jar, and should be kept dry for that purpose. It is best to keep a small jar, to put in the pickles that come from table; if they are returned into the jar they were taken from, it injures the others, by opening them too often.

It is a common practice to make use of brass utensils for green pickles, or to use alum; others boil halfpence with



pickles; they are all very pernicious, and by no means necessary, as the colour may be preserved quite as well without, if the receipts are properly attended to, the vinegar good, and the jars kept in a dry place, tied down close with bladder and leather over them.

### *Alegar.*

Take any quantity of good sweetwort, before the hops are put in; when it is as warm as milk from the cow, add to it a little yeast; put it in a stone jar, or barrel, and put a board over the top; when it has done fermenting, which will be in three or four days, set it in the sun, and it will soon begin to turn; in three or four months it will be fit for use.—Sour yeast is best to ferment it with, if it can be procured. Spring or summer is the proper time to make it. When it has done fermenting, it may be mixed with an equal quantity of sour ale, that is not bitter, and it will soon be fit for use.

### *Gooseberry Vinegar.*

Bruise some ripe gooseberries, and to three quarts of water put one of gooseberries; let it stand twenty-four hours; then strain it through canvass, and afterwards through a flannel bag; put one pound of coarse sugar to every gallon of the liquor; stir it well together; put it into a cask; and let it stand nine or ten months, it will then be fit for use. It improves by keeping.

The water must be boiled, and stand till it is cold before it is mixed with the gooseberries. This is a good vinegar for pickling.

### *Another sort of Gooseberry Vinegar.*

Get the ripest gooseberries; put them into a tub, and mash them well with the hands; to every peck put two

gallons of water. Mix them well together, and let them work for three weeks, stirring them three or four times a day; then strain the liquor through a hair sieve; to every gallon of liquor put a pound of brown sugar, a pound of treacle, and a spoonful of fresh yeast; work it three or four days in the same tub; then put it into an iron-hooped barrel; let it stand a year, and draw it off in bottles for use.

### *Cucumber Vinegar.*

Take eighteen large cucumbers, and six large onions, slice them thin, and put them into a pan with twelve shalots, one head of garlic, a table-spoonful of salt, the same of ground pepper, and a tea-spoonful of Cayenne pepper. Add to these two quarts of good vinegar, and let it stand four days, then strain it through a flannel bag, and bottle it with twenty pepper-corns in each bottle.

### *Sugar-Vinegar.*

To two quarts of water put one pound of brown sugar, boil and scum it well; add two quarts of cold water, and work it with a toast spread with yeast; stir it three or four times a day, for nine days; then put it into a cask, and let it stand from April to September in the sun; the cask must not be stopped, but covered with a board.

This kind of vinegar may be made stronger, if required, by putting two pounds of sugar to the gallon, and boiling it well, but it will require to stand longer before it is used.

### *Vinegar of Foul Wine.*

Boil it till one-third is wasted; while it is boiling, take care to scum it very clean; then put it into a cask, and add some chervil to it; stop it close, and it will soon be fit for use.

*Vinegar in Balls.*

Take bramble-berries when half ripe, dry them, and beat them to powder ; make it up into balls as big as nuts, with strong white-wine vinegar ; dry them thoroughly, and keep them in boxes ; when wanted, take some wine, or a little stale beer ; dissolve a ball in it, and it will become strong vinegar.

Green bramble-berries put into good wine will make vinegar in an hour.

*Verjuice.*

Take some crabs ; when the kernels turn black, lay them in a heap to sweat ; then throw out the stalks, and decayed ones, mash the rest well, and press the juice through a bag or coarse hair cloth into a clean vessel ; it will be fit to use in a month. It is good to put into sauces where lemon is wanted.

*Indian Pickle.*

Take some large fresh cauliflowers in the month of July ; pull them into small pieces ; take off all the leaves, and cut off the outside of the stalk, but save the middle part ; cut it in slices, and put it to the cauliflower. Cut a large white cabbage in the same manner as a red cabbage for pickling, scrape some carrots clean, and slit them down in four pieces ; if too long, cut them again across ; pare some turnips, cut them in thick slices ; peel a few small onions ; have ready a strong brine of salt and water, that will bear an egg ; put in the cauliflower, and let it simmer one minute ; take it out and drain it ; put in any of the other sorts, and simmer each one minute ; drain them, spread them upon tins or dishes, and dry them before the fire, or on the top of a baker's oven, till they are shrivelled



up, and as dry as a bit of leather ; then put them into a jar, and prepare a pickle as follows:—

To two quarts of good vinegar put one ounce of the best flour of mustard, one ounce of turmeric, one ounce of ginger sliced, one ounce of long pepper, one ounce of black pepper-corns, one ounce of Jamaica pepper-corns, four cloves of garlic, a few shalots, and a little horse-radish sliced ; boil the vinegar, put in the spices, &c., and pour it boiling-hot upon the pickles ; when cold, tie them down ; look at them in a few days, and add more vinegar, if required ; they will be fit to use in a fortnight, but are better if they stand twelve months. When the pickles have soaked up the vinegar, and it becomes thick, add more vinegar. The onions or any of the other vegetables which are not so good in July, may be added as they come in season.

### *Gherkins, French Beans, and Radish-Pods.*

Gather them when quite dry, pick off the blossoms and stalks, put them into a dish, and shake a handful of salt over them ; when the salt begins to melt, stir them about frequently, so as to let them all be wet ; the next day, drain them in a cullender, put them into the jars they are to be kept in, and pour boiling vinegar over them, sufficient to cover them. Let the jars stand at some distance from the fire for three or four days ; then put the vinegar and pickles into a stew-pan ; set it on the fire, with vine-leaves over the top, so as to keep in the steam of the vinegar ; when the leaves are turned yellow, take them off and put fresh ones on, and continue to do so till the pickles are of a good green ; let the heat increase gradually till they simmer, but do not let them quite boil ; add some ginger sliced or bruised, and some pepper-corns, either

black or white. More expensive spice may be added, if agreeable ; but it is not necessary.

Some gather gherkins, French beans, &c., put them into the jar directly. boil a spoonful of salt in the vinegar, pour it boiling hot upon them, and then finish them, as directed above.

### *Another Way to pickle Gherkins.*

Put the gherkins into a jar, and boil some vinegar just enough to cover them ; add a little salt ; set them near the fire ; boil the vinegar every day for five or six days ; cover them close to keep in the steam ; then have ready some fresh vinegar, with black and white pepper and ginger ; put in the gherkins, and let them simmer very slowly till they look green ; when they are cool, lay them down, and set them in a dry place.

### *Sliced Cucumbers.*

Cut them in slices a little thicker than for the table, drain them in a cullender ; add some sliced onions, and do them as directed for the last receipt. The vinegar must be very strong for this sort of pickle.

### *Mangoes.*

Take some large green cucumbers ; cut a bit off the tops, take out all the seeds, wipe them quite dry ; fill them with mustard-seed, horse-radish, small onions, sliced ginger, and pepper-corns ; sew the top on, and put them into a jar ; pour sufficient boiling vinegar over them to cover them, and do them as directed for gherkins, &c.

Or make a pickle for them as directed for Indian pickle. Garlick may be used, if agreeable.

Melons may be done the same way.

### *Codlings.*

Gather codlings when they are about the size of a large

French walnut. Put them into a pan with some vine-leaves at the bottom, and cover them well with vine-leaves. Set them over a very slow fire till the skin will peel off, and then take them carefully up in a hair sieve; peel them with a penknife, and put them into the same pot again, with the vine-leaves and water as before. Cover them close, and set them over a slow fire till they are of a fine green. Then drain them on a hair sieve; and, when they are cold, put them into white-wine vinegar that has been boiled, and has stood to be cold. Pour a little mutton-fat on the top, tie them down close with a bladder and paper, and keep them in a dry place.

### *Onions.*

Peel some small button-onions, and put them into milk and water, with some salt in it; when it boils, strain the onions, wipe them dry, and put them into glass jars or wide-mouthed bottles. Have ready some cold white-wine vinegar, in which whole white pepper, ginger, mace, and slices of horse-radish, have been boiled. Pour it over the onions, and cover them with bladder and leather.

### *Another Way to pickle Onions.*

Peel them, put them into salt and water, and let them simmer till they look clear; put them in a cullender to drain; cover them with a cloth till you have ready some white-wine vinegar boiling, with white pepper-corns and ginger in it. Put in the onions, let them simmer one minute, then put them into a jar; when cold, tie them down with bladder and leather. Onions pickled by this receipt will not be so good a colour, but will taste much better, and be fit for use much sooner, than if done according to the first receipt.

To prevent onions hurting the eyes while peeling, put



them into a pot, and pour sufficient boiling water over to cover them; let them lie a few minutes, then drain them, and they will peel easily, without doing the least injury to the onions.

### *Walnuts.*

Gather walnuts before the shells begin to form, which may be known by running a pin in near the stalk, where the shell first begins to get hard. Pick off the stalks; put them into a jar; boil the best white-wine vinegar, or gooseberry-vinegar, with a table-spoonful of salt to a quart of vinegar; add pepper-corns, ginger, and slices of horse-radish; pour it boiling-hot upon the walnuts; when cold, tie them down with bladder and leather. They should stand twelve months before they are used.

If the spice is bruised before it is put in, and boiled in the vinegar, half the quantity is sufficient to what it would be if put in whole; mace and cloves may be added, but they are not necessary. When the walnuts are all used, boil up the vinegar with some anchovies, a little garlic, and a few cloves. The proportion is one pound of anchovies to a gallon of vinegar, one ounce of cloves, and four cloves of garlic; strain it; when cold, bottle it for use. Cork it close, and tie it down with bladder and leather. A spoonful of it, with melted butter, makes excellent sauce for fish. It is also a great improvement to any kind of brown gravy or hashed meat.

### *Another Way to pickle Walnuts.*

Pick them, and put them into salt and water for nine days, changing the water every other day. Then put them over the fire in some fresh salt and water, let them heat gradually; when they have boiled one minute, take them out and lay them on a cloth to drain; let them remain all night: boil two quarts of vinegar with two ounces of ginger,

one ounce of black pepper-corns, one ounce of long-pepper, one ounce of allspice, a quarter of a pound of mustard-seed, and a little salt ; pour it into a jar, cover it over close, and let it stand all night ; the next morning put the walnuts into it cold, and tie down the jar with bladder and paper. They will keep good for three or four years, but will be fit for use in twelve months.

### *Nasturtiums, or Sturtions.*

Take the vinegar which is left of green pickles and onions ; boil them together ; put it into a jar ; when cold, put in the nasturtiums, which must be gathered when quite dry, and while they are young ; if a sufficient quantity cannot be gathered at once, they may be put in as they ripen till the jar is full.

This is a good way to use up old vinegar, and they eat very well. If old vinegar cannot be had, boil some fresh vinegar, with salt and spice ; and when cold, put in the nasturtiums.

### *Red Cabbage.*

Slice a cabbage cross-ways, put it into an earthen dish, and sprinkle a handful of salt over it. Cover it with another dish, and let it stand twenty-four hours. Put it into a cullender to drain, and then put it into the jar. Take a sufficient quantity of good vinegar to cover it ; add a few cloves and allspice bruised ; boil it, and put it hot on the cabbage ; cover it till cold, and then tie it down close, like other pickles.

### *Mushrooms.*

Put some of the smallest mushrooms that can be procured into spring-water, and rub them with a piece of new flannel dipped in salt. Put them into cold water as you do them. Then put them into a sauce-pan, and throw a

handful of salt over them. Cover them close, and set them over the fire four or five minutes, or till they are thoroughly hot, and the liquor drawn out of them. Then lay them between two clean cloths till they are cold, put them into wide-mouthed bottles, and fill them up with vinegar that has been boiled, with a little mace, salt, and ginger in it; let the vinegar be cold before it is put to the mushrooms. Put a spoonful of sweet oil into each bottle, cork them close, and tie them down with bladder and leather.

### *Mushrooms, brown.*

Wash some small mushrooms in milk and water; dry them well; put them into a stew-pan, with two-thirds of the best white-wine vinegar, and one-third of white wine, a little mace, ginger, and white pepper-corns; let them stew very gently till they are much reduced; then put them into a jar, and, when cold, tie them down like other pickles.

Or they may be done in vinegar only, and the mace omitted.

### *Cauliflowers.*

Take some white and close cauliflowers; pull the white part into bunches, and spread them on a dish. Lay salt over them, and let them stand three days to draw all the water out. Then put them into jars, and pour boiling water upon them, with salt in it. Let them stand one night; then drain them in a sieve, and put them into glass jars. Fill up the jars with vinegar that has been boiled, and tie them down like other pickles.

### *Barberries.*

Take some barberries that are not quite ripe, pick off the leaves and dead stalks, and put them into jars, with a good quantity of strong salt and water; tie them down



with a bladder. When a scum rises on the berries, put them into fresh salt and water; they do not require vinegar, their own sharpness is sufficient to preserve them.

Currants may be done in the same way.

### *Mushroom-Powder.*

Procure some of the largest and thickest button-mushrooms; peel them, and cut off the root end, but do not wash them. Spread them separately on pewter dishes, and set them in a slow oven to dry. Let the liquor dry into the mushrooms, as the powder will be much stronger. Let them continue in the oven till they are dry enough to powder; then beat them in a wooden bowl or marble mortar, and sift them through a sieve, with a little Cayenne pepper and pounded mace. Keep it in a dry situation, well bottled.

### *Cucumbers for Winter Use, for Sauces.*

Take some fresh-gathered middle-sized cucumbers; put them into a jar; have ready half vinegar, half water, and some salt, a sufficient quantity to cover them; make it boiling-hot, and pour it over them; add some sweet oil; then cover the jar as before, and set them in a dry place.

### *Mushrooms for Sauces.*

Peel some button-mushrooms; wash and boil them till half done in a sufficient quantity of salt and water to cover them; then drain and dry them in the sun; boil the liquor with different kinds of spice; put the mushrooms into a jar; pour the boiling pickle over them; add some sweet oil, tie them over with bladder and leather, and set them in a dry place.

### *Mushroom-Ketchup.*

Procure some of the largest mushrooms; wash them well with your hand; and throw some salt amongst them;

the proper proportion is six ounces of salt to a peck of mushrooms. Let them stand two nights; then strain it, and press the mushrooms as hard as possible, to get out all the liquor; put it into an iron sauce-pan or well-tinned stew-pan, with Jamaica and black pepper-corns bruised, a few shalots, some ginger sliced, and a little horse-radish; boil it an hour, strain it, and, when cold, bottle and cork it close; tie it over with leather or bladder, and keep it in a dry place.

Any quantity of the vinegar that walnuts have been pickled in may be added. If ketchup is well boiled, kept in a dry place, and tied down close, it will keep two or three years; but if the bottle is left open long, or set in a damp place, it will soon spoil. Mace, cloves, and nutmeg, may be added, if agreeable, but it is very good without them.

### *Walnut-Ketchup.*

Take some green walnuts, just before they are fit to pickle; and pound them in a mortar, with some salt; squeeze out the juice; let it stand to settle; pour off the clear juice, and boil it; to every quart add half a pound of anchovies, half a quarter of an ounce of mace, the same of cloves, and of Jamaica pepper, a handful of shalots, and half a pint of vinegar; boil all together till the anchovies are dissolved; strain and bottle it: when cold, cork it close, and tie it down with leather or bladder, and keep it in a dry place. It will keep good many years. A little of it in any kind of gravy-sauce or hashed meat is a great improvement. A few spoonfuls of it in melted butter makes excellent sauce for fish.

If you have not an opportunity to make it when the walnuts are green, the green peel of ripe walnuts will do well, and are preferred by some to young walnuts.

Walnut-ketchup should stand at least six months before it is used, and is much better if it stands twelve months.

### *Cucumber-Ketchup.*

Take some large old cucumbers that are full of seed ; pare them, cut them in slices, and mash them with your hand ; add some salt, and let them stand till the next day : then drain off all the liquor ; boil it with lemon-peel, mace, cloves, white pepper-corns bruised, a little horse-radish, a few shalots, and a little ginger sliced ; strain it, and, when cold, put it into bottles, with the mace, cloves, and pepper-corns, but not the horse-radish, ginger, and shalots. A little of this ketchup gives a very agreeable flavour to any kind of gravy-sauce, particularly white sauce for fowls, veal, rabbits, minced veal, &c.

### *Herbs dried for Winter Use.*

Take basil, pot-marjoram, sweet marjoram, lemon-thyme, common thyme, and parsley, four times the quantity of the other herbs ; put them to dry gradually, spread them upon a coarse cloth, and turn them very frequently ; let them have a free circulation of air, but do not let the sun shine upon them, as that will injure the colour ; when quite dry, rub them with the hand through a hair sieve ; then put them into canisters or bottles, and keep them in a dry place ; they will be found very useful for seasoning force-meat, and many other purposes, and will keep good for years, if kept in a dry place, and corked close.

### *To dry Parsley.*

Gather it when the weather is fine, pick it from the stalks and rub it in a coarse cloth to get out the grit ; put it into a Dutch oven, and set it before the fire, but be careful not to let it burn ; turn it about till it is dried sufficiently



to rub to powder ; put it into a dry bottle, cork it close, and keep it in a dry place. It is fit for any purpose for which parsley is wanted in the winter.

*To dry Mint, Sage, Thyme, &c.*

Mint, sage, thyme, and such kind of herbs, should be tied in small bunches, and hung on a line, where they can have free circulation of air, and turned frequently, but not hung where the sun can shine upon them. When quite dry, put each sort into a separate paper bag, and hang them in the kitchen, or some dry place. Parsley should be picked from the stalks as soon as gathered, and dried in the shade to preserve the colour. Cowslips, marigolds, and clary, should be gathered in the middle of the day, when the weather is fine, picked from the stalks, and spread upon a cloth till quite dry, and kept in paper bags for use. Some prefer making wine of these flowers, when dried, as there is not so much danger of its turning sour ; but the flavour is stronger if made as soon as they are gathered.

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TO CURE

HAMS, BACON, TONGUES, &c.

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IF the weather will permit, let a ham hang up two or three days before it is salted. Beat it well with a rolling-pin or thick stick. Take a good quantity of common salt, half a pound of coarse sugar, and a quarter of a pound of saltpetre ; mix them together, and set them before the fire to warm ; then rub the ham thoroughly ; put it into a pan

proper for the purpose, and lay the remainder of the salt upon it; let it lie two days; then turn it, rub it well with the brine, and baste it several times in the day; repeat this every day for a month, if the ham is large; if a small one, three weeks; then take it out of the brine, drain it; wash off the salt with cold water; dry it with a cloth; rub some black pepper over the inside, and put some in at the knuckle; hang it in a chimney, or send it to the baker's to dry; when it is quite hard, put it into a chest with a good quantity of dry saw-dust, malt-dust, or bran; let it remain till the day before it is to be dressed; then put it into cold water to soak. Bacon and pig's face may be done in the same way. This is the best method of keeping hams, &c. from getting rusty. They may be smoked or not, as agreeable.

It is better to put a sufficient quantity of salt upon hams, &c., at first, than to add more afterwards, which would make them eat disagreeably salt and hard. It is proper to boil the brine, when a ham has been in salt a week or ten days; skim it well; let it be cold, and pour it on again. In damp weather this is very necessary, but in frosty weather it will do without. Do bacon in the same manner. When any kind of meat has been salted, the brine may be boiled and skimmed till it is as clear as water; when cold, bottle it, and set it by for use. It will be good in many articles for which salt is used.

### *To pickle a Ham.*

Salt it as above; let it remain a week; then boil a pint of vinegar, with two ounces of bay salt in it; pour it hot upon the ham, and baste it well every day; let it remain in salt as above; this is a sufficient quantity for a large ham.

*Westphalia Ham.*

Rub it with half a pound of the coarsest sugar ; let it lie twelve hours, and rub it again with an ounce of saltpetre finely beaten, and a pound of common salt. Let it lie three weeks, turning it every day. Dry it in wood or turf smoke ; when boiled, put a pint of oak saw-dust into the water with it.

*To pickle a Ham with Beer.*

Rub a ham with a quarter of a pound of saltpetre ; let it lie twenty-four hours ; boil one quart of strong old beer with half a pound of bay-salt, half a pound of brown sugar, and a pound and a half of common salt ; pour this on the ham boiling-hot ; rub and turn it every day for a fortnight, and baste it with the liquor very frequently.

*Yorkshire Hams.*

Beat them well ; mix half a peck of salt, three ounces of saltpetre, half an ounce of sal-prunella, and five pounds of coarse sugar ; rub the hams well with this, lay the remainder on the top ; let them lie three days, then hang them up ; put as much water to the pickle as will cover the hams, adding salt till it will bear an egg ; boil and strain it ; the next morning put in the hams, press them down so that they may be covered ; let them lie a fortnight ; rub them well with bran, and dry them. The above ingredients are sufficient for three middle-sized hams.

*Mutton Hams.*

Cut a hind quarter of mutton like a ham, and rub it well with an ounce of saltpetre, a pound of coarse sugar, and a pound of common salt, well mixed together. Lay it in a hollow tray, with the skin downwards, and baste it every day for a fortnight. Then roll it in saw-dust, and



hang it in wood-smoke for a fortnight; then boil it, and hang it in a dry place. Cut it out in slices, and broil them as they are wanted, and they will eat very fine.

### *Veal Hams.*

Take a leg of veal that is cut like a ham. Take a pint of bay-salt, two ounces of saltpetre, and a pound of common salt. Mix them all together, with an ounce of beaten juniper-berries, and rub the ham well with them. Lay it in a tray, with the skinny side downwards, and baste it every day for a fortnight; then hang it in wood-smoke for a fortnight longer. Either boil it, or parboil it, and roast it.

### *Beef Hams.*

Take the leg of an ox, cut like a ham. Take an ounce of bay salt, an ounce of saltpetre, a pound of common salt, and a pound of coarse sugar, which will be a sufficient quantity for about fourteen or fifteen pounds of beef; rub the meat with the above ingredients; turn it every day, and baste it well with the pickle every day for a month. Then take it out, and roll it in bran or sawdust, and hang it where there is a constant smoke for a month. Then take it down, and hang it in a dry place, not a hot one, and keep it for use. You may cut a piece off as you have occasion, and either boil it, or cut it into rashers, and broil it with poached eggs; or boil a piece, and it eats very good cold.

### *To make a Pickle that will keep several Years, for Hams, Tongues, or Beef.*

To two gallons of spring water put two pounds of coarse sugar, two pounds of bay salt, two pounds and a half of common salt, and half a pound of saltpetre, in a deep

earthen glazed pan that will hold four gallons, and with a cover that will fit close. Keep the beef or hams as long as they will keep sweet before they are put into the pickle; sprinkle them with coarse sugar in a pan; then drain them. Rub the hams, &c. well with the pickle, and pack them in close, putting as much as the pan will hold, so that the pickle may cover them. The pickle is not to be boiled at first. A small ham may lie three weeks, a large one a month, a tongue twelve days, and beef in proportion to its size. They may be dressed directly out of the pickle without drying. When they are to be dried, let each piece be drained over the pan; and when it will drop no longer, take a clean sponge or cloth, and dry it thoroughly. If you wish to smoke them, burn some oak saw-dust that is damp, and hang them over it twelve hours.

This pickle should be boiled and skimmed whenever fresh hams or tongues are to be put into it.

### *Dutch Beef.*

Take a round of beef, cut off the fat, rub the lean all over with brown sugar, and let it lie two or three hours in a pan, turning it two or three times. Then salt it with saltpetre and common salt, and let it lie a fortnight, turning it every day. Then roll it very tight in a coarse cloth, put it into a press for two days, and hang it to dry in a chimney. When it is boiled, put it into a cloth, and when cold it will cut like Dutch beef.

### *Hung Beef.*

Make a strong brine with bay-salt, saltpetre, and common salt, and put in some ribs of beef for nine days. Then hang it up in a chimney. It may be smoked or not, as you like.

*Another.*

Rub some ribs of beef with saltpetre and common salt, let it lie fourteen days, turn and rub it every day; and then dry it in a chimney.

*Tongue.*

Having scraped and dried a tongue clean with a cloth, salt it with common salt, and two ounces of saltpetre. Lay it in a pan, and turn it every day for a fortnight. Then take it out, dry it with a cloth, flour it, and hang it up in a dry, but not in a hot place. Some people mix coarse sugar with the salt and saltpetre. It is a good plan to cut off part of the root before it is salted, and stew it.

*Another Way to Cure a Tongue.*

Sprinkle a little salt over the tongue, to draw the slime out, and let it lie one night; the next day put the tongue into cold pump water, let it remain about an hour, then take it out and wipe it dry with a cloth. Mix two ounces of pounded saltpetre and the same of coarse moist sugar together, rub them over the tongue, and add two or three handfuls of common salt; rub it into every part of the tongue, and let it lie in the brine three weeks. Turn it every day, and baste it frequently with the brine. Take it out of the pickle, wash off the brine, and boil it slowly for four hours or more, according to the size. When quite tender, peel it and send it to table. Garnish with parsley.

*Welsh Beef.*

Take a good piece of the round of beef, rub well into it three ounces of saltpetre beat fine; let it stand four hours, then take a handful of common salt, and mix with it a quarter of an ounce of Jamaica pepper, and the same



quantity of black pepper; rub these well on the beef, let it remain in the pickle fourteen days, turn it frequently, stuff it with any sort of herbs, cover it with a thick coarse paste, and send it to the oven; let it remain in the oven three days or more, according to the size. When the paste is removed, pour the liquor from it, and pour melted beef-suet over the beef.

### *Irish Beef.*

To twenty pounds of beef put one ounce of allspice, a quarter of an ounce of mace, cinnamon, and nutmeg, and half an ounce each of saltpetre and pepper. Mix all together, and add as much common salt as it may require.

Put it into a salting-pan; rub it with more salt; turn it every day in the pickle, and rub it with the seasoning. When it has remained a month in pickle, take out the bone, and boil the meat in the pickle it was salted in, and as much water added to it as will cover the meat. It may be stuffed with herbs, and eaten when cold.

The mace and nutmeg may be omitted, and the quantity of allspice doubled.

### *Savalloys.*

Take a piece of young pork, free from bone and skin; salt it with saltpetre and common salt; let it remain in salt two days; chop it fine, add to it two or three teaspoonfuls of pepper, a few sage-leaves chopped fine, and some grated bread; mix it well; fill the entrails, and bake them half an hour in a slack oven: they are good either hot or cold.

### *German Sausages.*

Take the crumb of a small loaf, a pound of suet, half a lamb's lights, some parsley, thyme, marjoram, and onion; mince them small, and season with salt and pepper:

stuff the whole into sheep's entrails, and fry them in butter; they are only for present use.

*To make Mustard.*

Mix by degrees the best Durham mustard with boiling water, to a proper thickness; rub it smooth; add a little salt; keep it in a small jar closely covered, and put only as much into the glass as will be used in a day or two. Horse-radish may be boiled in the water, and a little Cayenne pepper added, to make it very strong.

*Another Way, for immediate Use.*

Mix the mustard with boiling milk; and it will be fit for use as soon as cold, but will not keep so long as that made with water.

## DAIRY.

IT may be expected, that, in a publication of this kind, something will be said respecting the management of a dairy. To those who are entirely ignorant of the subject it will be impossible to convey a correct idea by means of receipts. Cleanliness and coolness are absolutely necessary. In each county there is a different method of conducting the business of a dairy, therefore, it would be impossible to give directions that would suit all.

*Mr. Billingsley's Receipt to prevent any disagreeable Taste that may be communicated to the Butter when Cows have fed on Turnips, &c.*

When the milk is set abroad in the leads, put one gal-

on of boiling water to six gallons of milk. It may also be prevented by dissolving nitre in spring water, and putting about a quarter of a pint to ten or twelve gallons of milk when warm from the cow. The quantity of nitre is one ounce to a pint of spring water.

*An approved Receipt to preserve Butter.*

Take two parts of the best common salt, one part sugar, and one part saltpetre; beat them together, and mix them well. Take one ounce of this composition for every sixteen ounces of butter; work it well with the butter, and close it up for use.

Butter thus cured appears of a rich marrowy consistence, and of a fine colour.

Butter cured by this method must not be opened for use in less than a month after it is put into the pot.

*Another Receipt to keep Butter for Winter Use.*

Take some good fresh butter in August or September, and put it into a pot, in layers about two inches thick, till the pot is full within about three inches of the top; make a strong brine of salt and water, boil and skim it; let it stand to be quite cold, then pour a sufficient quantity over the butter, that the brine may be an inch deep; tie a paper over it, and set it in a cool place: when it is cut, take care not to cut deeper than the first layer till it is all used; then cut the second, and so on to the bottom; by this means there will never be more than a part of one layer that is not covered with the brine. In order to make it eat like fresh butter, dip each piece into water when cut out of the pot before it is used. Or work it over again in fresh buttermilk, or milk, and make it into shapes like fresh butter; and it will eat much better with toast than most of the fresh butter that is made in the winter.



It is a false idea which some entertain, that butter to be preserved for winter use requires a greater quantity of salt. Experience has proved the contrary; butter salted in the common way, and put into pots, with brine over the top, retains the flavour, and preserves it much better than if made with a greater quantity of salt.

### *To make thick Cream.*

Put some new milk into an earthen pan; set it over some clear embers till it is quite hot; then set it by till the next day, and it will produce excellent cream to use with coffee, tea, fruit, &c.

Cream may be kept twenty-four hours, if scalded without sugar; and, by adding to it as much powdered lump-sugar as will make it sweet, will be good two days, if kept in a cool place.

### *Syrup of Cream.*

To a pint of fresh cream put one pound and a quarter of lump-sugar; let it boil in an earthen pot, or clean tin sauce-pan; pour it into a pot, or basin, till cold, then put it into phials, and cork it close. It will keep good for several weeks, and will be found very useful at sea.

### *To purify tainted Butter.*

Melt and skim the butter, as if for clarifying; then put into it a piece of bread well toasted. In a minute or two the butter will lose its offensive taste and smell, but the bread will become perfectly fetid.

### *To make Stilton Cheese.*

Take the night's cream, and put it to the morning's new milk, with the runnet; when the curd is come, it is not to be broken, as is done with other cheese, but taken out altogether, and placed in a sieve to drain gradually, and,

as it drains, keep gradually pressing it till it becomes firm and dry; then place it in a wooden hoop, afterwards keep it dry on boards, and turn it frequently, with binders round it, which must be tightened as occasion requires. When taken out of the hoop, a cloth may be bound tight round it, which must be changed every day; this, perhaps, is better than a binder, but, whichever is used, it must be changed every day: when the cheese is firm enough to stand without being bound, it must be rubbed and turned every day.

### *To make Net Cheese.*

Make some very tender curd, of new milk, with the addition of any quantity of cream that may be judged proper. When the curd is come, break it as for other cheese, and press out the whey with your hand, but not so much as to make it hard; put the curd into a strainer, and hang it up in the middle of the dairy; press it on all sides with your hand, and get out all the whey; let it hang till the next day, then take it down, and break all the curd with your hand, and add what salt you think proper; put it into a clean strainer, and hang it up as before; press it well on all sides with your hands, and let it drain; have a thin iron skewer, and run it into the bottom in several places, so as to reach the middle of the cheese; repeat this several times in the course of the day; the next morning put it into a clean strainer very carefully, so as not to break the coat, and then hang it up again; let it hang in a strainer for a week or more, changing it every day; when it has hung in the dairy two days, it is best to remove it into the kitchen, that it may dry faster, but not too near the fire; when the outside is dry, put it into a net, and hang it in the cheese-chamber; rub it as the other cheese, but keep it always in a net. It may be cut

in six months, but it is better if it hangs longer. It should be put into the cellar a month before it is cut. The shape should resemble a sugar-loaf, only it should be round at the bottom, and not so high.

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## HOME-BREWED BEER.

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AS cleanliness is essential to the management of beer, it is proper to observe, that the copper should be used the day before the brewing begins, to boil water for washing the barrels, &c., and the copper should be made thoroughly clean. When the barrels are brought out of the cellar, the bungs should be taken out, the grounds poured out, and the barrels washed with cold water; then dried, and scalded with a good quantity of boiling water, which should be suffered to stand in the casks for an hour; they should then be well washed, and set to dry; it is best to have the heads of the barrels taken out, to wash them, but, when that cannot be done, care must be taken to have them as clean and dry as possible.

Ten or twelve bushels of malt is generally thought the proper quantity to make one hogshead of ale, and half the quantity of table-beer. If the copper is not large enough to boil a sufficient quantity of water to make the ale, it must be mashed twice; put half the malt into the mash-tub, and when the water boils, pour half of it upon the malt, or as much as will wet it all; then put in the remainder of the malt (except about half a bushel, which must be kept dry to throw over the top), and add *more*.



water; stir it about well, so as to mix the malt and water thoroughly; then put over it the dry malt, which was saved for the purpose; cover the tub over with sacks, to keep in the heat and steam; and let it stand three hours. Then draw off a gallon, and put it upon the malt again, as the first that is drawn is never clear; let it run very slowly, till it is all drawn off; have ready more boiling water, and mash again as before; let it stand two hours; then draw it off, and mix it with the other, which together should be a sufficient quantity for the ale. Then mash again with boiling water, and let it stand an hour; then drain it off, and throw a few gallons of cold water upon it with a bowl, so as to spread all over the top, but do not stir it at all, nor stop it at the bottom, but let it keep running gently off; this will work out all the remaining sweetness from the grains much better than boiling water. Put the hops into a large tub, and the wort for the ale to it, till you are ready to put it in the copper: then put the hops and wort in, and, when it begins to boil, let it continue to do so an hour or more; then strain it through a coarse sieve, and cool it as soon as possible. When a small quantity is cool, put a quantity of good fresh yeast into a bowl, and mix a little of the liquor with it, which should be about blood-warm; then set it in the liquor that has been cooled till it works over the top of the bowl; then mix it all together, and turn the bowl bottom-upwards; cover the tub with a sack, and add more liquor as you cool it, reserving two or three gallons to warm, and put to it the next day, in order to improve the fermentation; when it has fermented two days, put it into the barrel with a tin for the purpose of drawing out the yeast at the top cork-hole; put the bung in lightly, but do not stop it down close till it has done fermenting,

which will be in two or three days ; then take out the tin, cork it close, beat the bung down close, paste some brown paper over it, and lay sand upon it ; let it stand at least six months before it is tapped, but it will be better if it stands twelve months. The quantity of hops is generally nine pounds to twelve bushels of malt. March and October are the best months for brewing.

### *Porter.*

Porter may be made with eight bushels of malt to the hogshead, and eight pounds of hops. Put into a copper with it, while boiling, three pounds of bruised liquorice-root, cut short, a pound of Spanish liquorice, and twelve pounds of coarse brown sugar, or the same quantity of treacle.

### *To season new Casks.*

Boil two pecks of malt-dust in a copper with a sufficient quantity of water to fill a thirty-gallon cask ; put it boiling-hot into the cask, stop it close, and let it stand two nights ; then wash the barrel, and when dry it will be fit for use.

### *To refine Wine or Cider.*

Take the shells and whites of twenty new-laid eggs ; beat them together for ten minutes with a whisk ; mix a quart of the wine with them ; put it into the barrel, and stir it a quarter of an hour with a stick that will reach to the bottom ; let it stand half an hour ; put the bung in, and stop it close ; in a few days it will be fit to bottle.

### *To cure Table-Beer that is turning sour.*

When the brewing is over, before the grains are taken out of the mash-tub, if there is any table-beer that is turning sour, put it upon the grains, and let it run gently through without stirring the grains at all ; put it into the

copper with the hops, when they are done with for the brewing, and let it boil a little ; then strain it, and put a little fresh yeast to it when it is sufficiently cool ; let it remain till the next day ; then put it into a barrel, let it stand a few days, and it will be fit for use, and have lost its tartness.

*To make sour Ale drink like bottled Ale.*

Draw some ale in a quart jug ; put a tea-spoonful of salt of wormwood into it ; stir it together, and a froth will rise on the top, like bottled ale ; let it be drank before the froth begins to fall ; the salt of wormwood will settle at the bottom, and the beer will have lost its disagreeable tartness.

*Scurvy-Grass Ale.*

Brew it as directed for other ale ; only, when the liquor boils, throw in half a bushel of fine wormwood, a bushel of scurvy-grass, and twelve pounds of sugar ; this quantity is sufficient for a hogshead ; no hops are required, as the wormwood will make it sufficiently bitter.

*Table-Beer.*

If it is intended to brew table-beer only, five or six bushels of malt will be sufficient to make one hogshead. If brewed in October, it will be fit to drink in April or May, and is excellent for summer beer.

Much ale might be saved by filtering the dregs of an ale-barrel through a jelly-bag ; put it into bottles with a few raisins, or a little sugar, and it would soon be fit to drink.

*To bottle Ale.*

Put into each bottle six or eight raisins, a tea-spoonful of moist sugar, a little whole rice, or a few horse-beans ; either of these will improve it very much



OBSERVATIONS  
ON  
WINES, CORDIALS, &c.

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**PARTICULAR** care should be taken to have the cask quite sweet and dry, and washed inside with a little brandy before the wine is put in. Wines that require the sugar and water to be boiled should have some whites of eggs beaten to a froth, and mixed with the water while cold ; the proper proportion is the white of one egg to a gallon of water ; after the sugar and water is boiled, it should be cooled as fast as possible ; and if not for wines that require fermenting, it may be put into the cask when cold ; but, if to be fermented, the yeast should be put to it when the wine is as warm as milk from the cow ; it must not be left too long to ferment before it is put into the cask ; two nights are generally sufficient. When in the cask, the bung should be put in, but not stopped quite close till the wine has done fermenting. It is advisable to taste the wine when it has stood three or four months, to know if it is fit to draw off, and, if too sweet, let it stand longer ; if not sweet enough, more sugar may then be added, or it may be drawn off into another cask, and sugar-candy added, which in such cases is preferable to sugar, and adds much to the richness of the wine. When wine is drawn off, the dregs may be put into a flannel bag, and hung up for the wine to drain from the sediment ; it will produce a good quantity of wine, which, if not clear enough to send to table, will be useful for wine-sauce, &c.

*Clary-Wine.*

To five gallons of water put fifteen pounds of lump-sugar, and the whites of five eggs well beaten ; boil and scum it all the time it boils, and, when quite clear, set it by till cold. Then put it into a cask with two gallons of clary-flowers, stripped from the stems, just as the blue flowers are beginning to fall ; at the same time put in about a quarter of a pint of good yeast ; stir it about every day for three or four days, then bung it close. Some put in a pint of flowers that are in blow two or three weeks after the wine is made, and stir them in to increase the flavour. When it has stood in the barrel about four months, it is generally fit for bottling.

*Mixed Wine.*

Take an equal quantity of white, red, and black currants, cherries, and raspberries ; mash them, and press the juice through a strainer or thin cloth ; to one quart of juice put three quarts of water, and three pounds of good moist sugar ; boil the sugar and water ; scum it clean, and when cold mix the juice with it, and put it into a barrel that will just hold it. Put the bung in, but not quite close till it has stood a week : then stop it close. Let it stand in the barrel four months, if a small one ; if a large one, longer in proportion. When the wine is put into the barrel, add to every five gallons of wine one quart of brandy.

*Capillaire.*

Take fourteen pounds of good moist sugar, three pounds of coarse sugar, six eggs beaten in with the shells, and three quarts of water : boil it up twice ; scum it well ; then add to it a quarter of a pint of orange-flower water ; strain it through a jelly-bag, and put it into bottles . when cold,

mix a spoonful or two of this syrup in a draught of warm or cold water.

### *Gooseberry-Wine.*

Gather red gooseberries when ripe; press the juice from them, but do not break the seeds; make it as directed for currant-wine.

Either currant or gooseberry wine may be made with one quart of juice to three quarts of water and four pounds of sugar, but the wine is much richer with an equal quantity of juice and water.

### *Frontinidæ Wine.*

Take twelve pounds of white sugar, six pounds of raisins of the sun, cut small, and six gallons of water; let them boil an hour. Then take half a peck of the flowers of elder. Put them into the liquor when it is almost cold; and, the next day, add six spoonfuls of the syrup of lemons, and four spoonfuls of ale-yeast. Let it stand two days; then put it into a barrel that will just hold it; when it has stood two months, bottle it off.

### *Marigold-Wine.*

Gather marigolds when quite dry; pick the flowers from the stalks, and to a gallon of flowers, put a gallon of water and three pounds and a half of lump-sugar; make it as directed for cowslip-wine: when it is bottled put a table-spoonful of brandy into each bottle.

Those who gather the marigolds from their own gardens may not be able to gather a sufficient quantity at once; but, if gathered a few at a time, measure them as they are picked, and spread them on a coarse cloth; lay them on a wooden floor, and dry them in the shade; turn them about often, that they may all be equally dried; when



there is a sufficient quantity, put them into the barrel, and pour the sugar and water to them.

### *Elder-Wine, to drink cold.*

Take sixteen pounds of Malaga raisins; pick and chop them very small; take six pounds of powdered sugar, and five gallons of water; boil the sugar and water together for a quarter of an hour; then pour it boiling-hot upon the raisins; stir them well together, and let them stand seven or eight days, stirring it well every day; then strain the liquor, and press out the raisins; add to each gallon a pint of the juice of ripe elder-berries; put to it a little ale-yeast spread on a bit of toast, just enough to make it move, not to work up; let it stand two or three days to ferment; then put it into the barrel, leaving it room to work; stop it close; let it stand to be thoroughly fine, and the sweetness sufficiently gone off; then bottle it.

The best way to get the juice of elder-berries is to bake them in earthen pots, and strain off the juice through a sieve or strainer.

### *Grape-Wine.*

Put three quarts of water to one quart of the juice of white grapes, and add three pounds and a half of lump-sugar to each gallon; boil the water first; put the sugar in before it is cold, so that it may dissolve; when cold, put in the juice; let it work together three days, which it will do of itself; then put it into the vessel; after a few days stop it close; let it stand six or eight months according to the quantity; make it beer-measure.

### *Mead-Wine.*

To one gallon of water put either four and a half or five pounds of honey; when the water is hot, put the honey into it; let it boil one hour and a half; as soon as the

scum begins to rise, take it off, and continue doing so as long as any scum rises; then put in two ounces of hops to every ten gallons, with two ounces of coriander-seeds, each sewed up in a different bag; and add the rinds of three or four lemons; when it is cold, put it into the cask, stop it close, and let it stand nine or twelve months.

Omit the seeds if not approved of.

### *Orange-Wine.*

To ten gallons of water, wine-measure, add twenty-eight pounds of lump-sugar, and the whites of six eggs; boil it, and scum it as long as the scum rises; pour it boiling-hot on the peels of a hundred oranges; when nearly cold, put in six quarts of orange-juice; let it stand three days, then strain it from the peels, and put it into a cask; in a month or six weeks, put in two quarts of brandy.

### *To make Orange-Raisin Wine.*

Take thirty pounds of new Malaga raisins; pick them clean, and chop them small. Get twenty large Seville oranges; pare ten of them as thin as for preserving. Boil about eight gallons of soft water till a third part is consumed; let it cool a little, then put five gallons of it hot upon the raisins and orange-peel; stir it well together, cover it up, and, when cold, let it stand five days, stirring it up once or twice a day; then pass it through a hair sieve, and with a spoon press it as dry as possible; put it in a rundlet fit for it, and add to it the rinds of the other ten oranges, cut as thin as the first; then make a syrup of the juice of twenty oranges, with a pound of white sugar: it must be made the day before it is tunned up. Stir it well together, and stop it close; let it stand two months to clear, then bottle it off: it will keep three years, and is better for keeping.

*To make Raisin-Wine.*

To one hundred weight of raisins put sixteen gallons of water ; boil it ; when cold, put it to the fruit in a large tub, and let it remain a month or five weeks to ferment ; as soon as it begins to throw the raisins to the top, it must be well beaten, and stirred once a day for about a fortnight, and then twice a day ; when it has remained in a vat a sufficient time, which may be known by most of the fruit bursting, then press the liquor from the fruit as clear as possible, and put it into the cask ; leave it unstopped two or three months, or only put the bung in loose. In order to know when it may be stopped up close, attend to the following observations ; it must be looked at once a week or oftener, to see how the fermentation proceeds ; it will hiss and sparkle at the bung as soon as that abates, the sweetness will go off, and it will have more of a wine taste when this takes place ; put into this quantity one bottle of the best brandy, and stop it very close ; keep it six or eight months in the vessel, then rack it off from the lees, and fine it down with isinglass ; when the lees are taken out of the vessel, put the wine into it again, and stop it close ; when fine, bottle it ; this quantity may stand six or eight months.

The isinglass should be prepared as follows :—Take one ounce and a half of isinglass ; beat it well, and pull it into small pieces ; put to it a quart of the wine ; beat it with a whisk three or four times a day, till it becomes a fine jelly ; it will be about a week in dissolving ; as it becomes thick, add a little more wine when it is to be used ; put to it the whites of ten or twelve eggs, whisk all together, and put it into the wine after it has been racked, and put into the barrel the second time.



*Elder-Wine.*

Put the berries into a pot or jar, and let them stand all night in a cool oven; then mix one quart of the juice with three quarts of water; add three pounds and a half of sugar, a little ginger and cloves; boil it three quarters of an hour; when cool, work it with yeast, spread upon a toast, and let it work twenty-four hours; then put it into the cask, and put the bung in lightly, till it has done fermenting.

*Currant-Wine.*

To three quarts of water add one quart of currant-juice, and four pounds of good moist sugar; let it stand two days before it is put into the cask; if you make ten gallons, add two quarts of brandy and two quarts of raspberry-juice; put in the bung, but do not stop it close till it has done hissing, which perhaps will not cease in less than a fortnight; then stop it close, and let it stand twelve months, if it is a large quantity.

*N. B.* As currant-wine is seldom two years alike, on account of the different seasons for ripening the currants, it will be proper to try the wine in four or five months after it is made, as the sweetness goes off much sooner some years than others; but it will generally require to stand twelve months or more; if it is made of loaf-sugar it is fit to draw off sooner; but the wine is not so strong as that made of moist sugar; the raspberry-juice and brandy should not be mixed with the wine till it is put into the cask. It is best to use half red and half white currants; the sugar and water may be boiled for the wine, if preferred.

¶ In order to make it very rich, put an equal quantity of juice and water.

*English Sherry.*

To thirty pounds of sugar put ten gallons of water; boil it half an hour, and scum it clear; when cold, put to every gallon one quart of new ale-wort out of the vat; let it work well in the tub a day or two; then put it into the cask, with one pound of sugar-candy, six pounds of sun-raisons, one pint of brandy, and two ounces of isinglass; when it has done working, stop it close; let it stand eight months; rack it off, and put in as much more brandy as may be necessary, put it into the cask again, and let it stand four months before it is bottled.

*Balm-Wine.*

To three pounds of sugar add one gallon of water; boil and scum it; put in a handful of balm, and let it boil ten minutes; strain it off; when cool, put in some yeast, and let it work two days; put the rind and juice of one lemon to each gallon, and let it stand six months in the barrel.

*Cowslip-Wine.*

To one gallon of water put three pounds and a half of lump-sugar; boil and scum it as long as any scum rises; put the rind of a lemon, or Seville orange, and boil with the sugar and water one gallon of the flowers of cowslips; let them boil three minutes; then put them into a tub, and, when quite cold, put it into the cask; add the juice of the orange or lemon which was pared; and, to ten gallons of wine, put one quart of brandy.

*Damson-Wine.*

Gather the damsons when dry; weigh them and mash them with your hand; put them into a vessel with a fauset, and to eight pounds of fruit add one gallon of water; boil the water, and put it to the fruit scalding-hot; let it stand

about two days, then draw it off; to every gallon of liquor put three pounds of fine sugar; let the barrel be full, and stop it close; if it is a large quantity, let it stand twelve months in the barrel.

### *Cherry-Wine.*

Gather the cherries when fully ripe; pull them off the stalks; mash and press them in a hair sieve; and to two quarts of juice put three pounds of lump-sugar; stir it together till the sugar is dissolved; put it into the barrel, which must be full; put the bung in lightly till it has done hissing; and let it stand six months; brandy may be added if approved.

Strawberry, raspberry, mulberry, or blackberry-wine, may be made in the same way.

### *Sack-Mead.*

To a gallon of water put four pounds of honey; boil it three quarters of an hour; take the scum off as it rises; and to every gallon add an ounce of hops; boil it half an hour, strain it off, and let it stand till the next day; then put it into the cask, and to every ten gallons add a quart of brandy: let it be lightly stopped till the fermentation is over, then stop it very close; if it is a large cask, let it stand at least twelve months.

### *White Elder-Wine.*

Boil eighteen pounds of lump-sugar in six gallons of water; beat the whites of three eggs to a froth; mix them with the water while cold; put in a quarter of a peck of elder-flowers, from a tree that bears white berries; let it boil three minutes after the flowers are in; put it into a tub, and, when quite cold, put in six spoonfuls of lemon-juice; mix it well with the liquor; let it stand two days;



put six pounds of the best raisins, stoned, into the cask, and tun the wine ; stop it close, and bottle it in six months. If well kept, this wine will pass for Frontinac.

### *Ginger-Wine.*

To twenty pounds of moist sugar add ten gallons of water, ten ounces of ginger, bruised and boiled in a muslin bag, the rind of ten Seville oranges, and ten lemons ; do not put the peel in till you have done scumming it ; let it boil ten minutes after the peel is in ; put it into a tub till quite cold ; put the juice of the lemon and orange into the barrel, and to ten gallons add a quart of brandy ; let it stand for four months ; it is best made very early in the spring. Put two spoonfuls of yeast into the cask.

*N. B.*—Raisins may be put into the barrel, if approved.

### *Another Way to make Ginger-Wine.*

To three gallons of water (beer measure) add nine pounds of lump-sugar, boil it as long as any scum will rise. Have ready three ounces of race-ginger bruised, but not broken to pieces ; put it into a muslin bag, and lay it in the tub the liquor is to be put into, with the rind of three lemons and three Seville oranges ; pour the liquor boiling hot upon them. When cold, put it into the barrel with half a pint of brandy and the juice of the lemons and oranges ; put the peel into the barrel, and let the bag of ginger hang from the bung-hole by a thread, so as to be just covered with the wine. Let it stand six weeks ; then try it, and if it is too sweet, let it stand longer.

### *Quince-Wine.*

Take twenty large quinces, gathered when they are dry and full ripe ; wipe them clean with a coarse cloth, and grate them with a large grater or rasp, as near the cores as

possible, but do not touch the cores ; boil a gallon of spring water, throw in the quinces, and let them boil softly about a quarter of an hour. Then strain them well into an earthen pan on two pounds of double-refined sugar. Pare two large lemons ; throw in the peel, and squeeze the juice through a sieve.—Stir it about till it is very cool, and then toast a thin bit of bread very brown : rub a little yeast on it, and let the whole stand closely covered twenty-four hours ; then take out the toast and lemon, put the wine into a cask, keep it three months, and then bottle it ; if a twenty-gallon cask, let it stand six months before it is bottled ; and remember, when the quinces are strained, to wring them hard in a coarse cloth.

*To make four Gallons of rich Usquebaugh.*

Take three gallons of rectified spirits, half a gallon of rich sweet English wine, four pounds of fine fresh jar-raisins stoned, six nutmegs, four ounces of cinnamon, two ounces of mace, one ounce of cloves, and a quarter of an ounce of ginger, beaten fine in a mortar ; steep the whole for ten days in half a gallon of the above spirits ; then boil the raisins and half a pound of stick-liquorice, cut short and well bruised, in a gallon of soft water, till it is reduced to half a gallon ; strain it through a fine sieve, and dissolve fourteen pounds of loaf-sugar in half a gallon of boiling soft water ; and, to make it yellow, squeeze some saffron through a fine bag ; but, if intended to be green, pound in a marble mortar as much spinage as will produce a pint of juice ; and let it gently boil over a slow fire for a quarter of an hour, and, when cool, put the whole together ; let the cask, after the bung is in, be well shaken and rolled about ; then give it vent, and in a month it will be fine and fit for use.

*N. B.*—Usquebaugh will be found a fine stomachic cordial.

### *Spruce-Beer.*

Pour eight gallons of cold water, and eight gallons of boiling water, into a barrel; add twelve pounds of molasses, with about half a pound of essence of spruce; and, when a little cooler, half a pint of good ale-yeast; the whole must be well stirred, or rolled in the barrel, and left with the bung out, for two or three days; after which the liquor may be immediately bottled, well corked up, and packed in saw-dust. It will be ripe and fit to drink in a fortnight.

It should be put into stone bottles, with wire over the corks.

### *Treacle-Beer.*

To two quarts of boiling water put one pound of treacle or molasses, and stir them together till they are well mixed; then add six or eight quarts of cold water and a tea-cupful of yeast; put it into a cask, cover it over with a coarse cloth two or three times doubled, and it will be fit to drink in two or three days. If made in large quantities, or intended for keeping, put in a handful of hops and malt to feed on; when done working, stop it up close.

### *Lemonade.*

Rasp two lemons, and squeeze six; put to them half a pint of syrup, and the rest water; sweeten it, strain it through a lawn sieve, and put it into glasses for use.

### *Orangeade.*

Take eight China oranges (rasp the rinds of four of them); squeeze the eight oranges with three lemons, put about half a pint of syrup into it, and the rest water; strain it through a lawn sieve, and it will be fit for use.



*Fresh Currant-Water.*

Take a quart of fresh currants, and squeeze them through a sieve; add two large spoonfuls of powder-sugar and one lemon, the rest water; strain it through a sieve, and it will be fit for use. This may be made with currant-jelly, if fresh currants cannot be procured.

*Fresh Raspberry-Water.*

Take one pint of fresh raspberries, and pass them through a sieve with a wooden spoon; add two large spoonfuls of powder-sugar; squeeze one lemon, and let the rest be water; make it palatable, and put a little cochineal in to colour it; pass it through a sieve, and it will be fit for use. This may be made of raspberry-jam, if fresh raspberries cannot be had.

*Apricot-Water.*

Take two large spoonfuls of apricot-jam, and half a pint of syrup; squeeze in four lemons, put a handful of bitter almonds pounded, and a little powdered sugar, into the jam, so as to make it have the same bitter taste as the kernels of the apricots; let the rest be water, and make it palatable: pass it through a fine lawn sieve, and it will be fit for use.

Strawberries, barberries, or any kind of preserved fruit, may be used in the same way.

*Imperial Water.*

Put four ounces and a half of sugar, and the rind of three lemons, into a large earthen pan; boil one ounce of cream of tartar in three quarts of water, till dissolved; pour it to the lemon-peel, let it stand all night, clear it through a bag, and bottle it.

*Shrub.*

To one quart of Seville orange-juice add one gallon of rum, and two pounds and a half of loaf-sugar beaten fine, then barrel it; pare half a dozen oranges very thin, let the parings lie in a small quantity of the rum all night; the next day strain it into the vessel; this quantity of paring is for ten gallons.

*N. B.*—Shake the vessel twice a day for a fortnight, or the shrub will be spoiled.

*Currant-Shrub.*

To five pints of currant-juice, either red or white, add one pound and a half of loaf-sugar; when dissolved, put to it one gallon of rum or brandy; clear it off through a flannel bag.

*Ratafia.*

Take two quarts of the best brandy, two hundred apricot-stones, a drachm of cinnamon, and a quarter of a pound of white sugar-candy; slice two or three apricots, and break the stones without bruising the kernels; put all the ingredients with the brandy into a large glass bottle, and let it stand five or six weeks in the sun, or any warm place; then pour it into a large bottle, and let it stand five or six months.

*Noyeau.*

To nine quarts of white brandy add a quart of orange-flower water, and six ounces of loaf-sugar, for each quart of brandy; infuse for six weeks any quantity of fresh apricot-kernels that may be judged proper; the sugar must be broken into bits, and slightly dipped into water the moment before it is put into the infusion; the whole is to be filtered through a flannel, and bottled off for use.

*Carraway-Brandy.*

Steep one ounce of carraway-seeds and six ounces of loaf-sugar in a quart of brandy ; let it stand ten days, and then draw it off.

*Raspberry-Brandy.*

Take a pint of water to two quarts of brandy, and put them into a pitcher just large enough to hold them ; add four pints of raspberries and half a pound of loaf-sugar ; let it remain for a week closely covered, and then strain it off.

It may be racked into other bottles a week afterwards, when it will be perfectly fine.

*Black-Cherry Brandy.*

Stone ten pounds of black cherries, and put on them one gallon of the best Coniac brandy ; bruise the stones in a mortar, and put them into the brandy ; cover them up close, and let them stand a month or six weeks ; pour the brandy clear from the sediment, and bottle it. Morello-cherries managed in this manner make a fine rich cordial.

*Lemon-Brandy.*

Put six quarts of water into a gallon of brandy ; take two dozen of lemons, two pounds of the best sugar, and three pints of milk ; pare the lemons very thin, and lay the peel to steep in the brandy one day ; squeeze the lemons upon the sugar, and put the water to it ; then mix all the ingredients together ; boil the milk, and pour it in boiling hot ; let it stand two days, then strain it.

*Orange-Brandy.*

Put the chips of twenty Seville oranges to three quarts of brandy, and let them steep a fortnight in a stone bottle, closely stopped. Boil two quarts of spring-water with



a pound and a half of loaf-sugar very gently for nearly an hour; clarify the water and sugar with the white of an egg; then strain it, and boil it nearly half away; when it is cold, strain the brandy into the syrup.

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## COOKERY FOR THE SICK.

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**THOUGH** many of the preceding articles are proper for the sick, a few more may be acceptable, as much of the comfort, and not unfrequently the recovery, of the sick, depends upon proper treatment in *diet*, as well as *medicine*. It is not to be supposed that the articles given under this head will suit all kinds of complaints or constitutions, or agree with all kinds of medicines; but a judicious housekeeper will know what kind to use upon different occasions, so as to make a sufficient variety.

Broth, barley-water, panada, caudle, gruel, &c., have been given before.

### *Beef Tea.*

Cut a pound of lean beef into pieces, pour a pint of boiling water over it, add a little salt, and put it on the fire to raise the scum. Scum it clean, let it boil ten minutes, strain it off, and let it settle. Pour it clear from the settling, and it will be fit for use. Boil it longer if wanted very strong.

### *Veal Broth.*

Take two pounds of scrag of veal, and put to it two quarts of water, a large piece of upper-crust of bread, one blade of mace, and a little parsley tied with a thread.

Cover it close ; and let it boil two hours very slowly. Scum it occasionally.

### *Chicken Broth.*

Skin a fowl, pick off all the fat, and break the bones to pieces with a rolling-pin. Put it into two quarts of water, with a large crust of bread, and a blade of mace. Let it boil softly till it is good enough, which will probably require five or six hours. Pour it off, then put to it a quart more of boiling water, and cover it close. Let it boil softly till it is good, then strain it off, and season it with a little salt. An old fowl will make good broth.

### *Another.*

When a chicken has been boiled, save the liquor ; and, when the meat is eaten, break the bones, and put them to the liquor in which the chicken was boiled with a blade of mace and a crust of bread. Let it boil till it is good, and then strain it off.

### *Bread Soup.*

Set a quart of water on the fire in a clean sauce-pan, and put some dry crusts of bread into it, cut to pieces ; add a piece of butter as big as a walnut. Let it boil, then beat it with a spoon, and keep it boiling till the bread and water is well mixed. Then season it with a little salt.

### *Buttered Water.*

Beat up the yolk of an egg in a pint of water ; add a piece of butter as big as a small walnut, with two or three bits of sugar, and keep stirring it all the time it is on the fire. When it begins to boil, pour it into a mug, and back again into the sauce-pan ; continue to do so till it is smooth, and has a great froth ; it will then be fit to drink. It is good for a cold, if eggs will agree with the stomach.

*Seed Water.*

Bruise half a spoonful of carraway-seeds, and a spoonful of coriander-seeds. Boil them in a pint of water; then strain them, beat the yolk of an egg, and mix with the water: add a little sweet wine, and sweeten it with lump-sugar.

*Apple Water.*

Pare some tart apples; slice them into a jug, or large tea-pot; put in a small bit of lemon-peel, and pour boiling water over it; let it stand near the fire to keep warm, and it will be fit for use in an hour; use sugar or not, as agreeable.

*Lemon-Water.*

Pare a lemon, cut a few slices, pour some boiling water upon it, and it will soon be fit for use. This is good in a fever, if lemon will agree with the patient.

*Preserved Fruit Water.*

Any kind of preserved fruit may be used in the winter, by putting some into a tea-pot, and pouring boiling water upon it.

*To stew Prunes.*

Put them into a sauce-pan with as much water as will just cover them, and let them stew gently till they are quite soft, and the stones will slip out easily, but they must not be done enough to mash; these are excellent in fevers, or any complaint where fruit is proper, and may be used when more acid fruit would not agree.

*Milk and Water.*

Take a quart of milk and a quart of water, with the top crust of a penny loaf, and a blade of mace. Boil it slowly a quarter of an hour, then pour it off, and drink it warm.



*Spice Tea.*

Put any kind of spice into a tea-pot, pour some boiling water upon it, let it stand near the fire; and in two hours it will be fit for use. Some use only ginger; but, in general, a mixture of cloves, cinnamon, and ginger, are most approved.

*Toast and Water.*

Toast a thin piece of bread very slowly till it is a very dark brown, but be careful not to burn it; then plunge it into a jug of cold water, and cover it over; make it an hour before it is wanted for use.

Some people pour boiling water over the bread, and let it stand to be cold before it is used.

*A soft and pleasant Draught for a Cough.*

Beat a fresh-laid egg, and mix it with a quarter of a pint of new milk warmed, a large spoonful of capillaire, the same of rose-water, and a little nutmeg grated. Do not warm it after the egg is put in. Take it night and morning.

*A refreshing Drink in a Fever.*

Boil three pints of water with an ounce and a half of tamarinds, three ounces of currants, and two ounces of raisins stoned, till one third of it is consumed. Strain it on a bit of lemon-peel; let it stand an hour, then take out the lemon-peel, as it gives a bitter taste if left in longer.

*Barley with Milk.*

Take the barley which has been used to make barley-water, and drain it, then boil some milk and pour upon it; sugar and spice may be added, if approved. Or it may be made into furmenty, if the stomach will bear it.

*Currant Gruel.*

Make some gruel as directed in a former receipt ; have ready some currants, well washed and picked ; strain the gruel, and return it into the sauce-pan with the currants ; let them boil till they are quite plump, and add some nutmeg and sugar. A table-spoonful of currants is generally thought sufficient for a pint of gruel. A little wine may be added, if it is permitted to be used. This gruel is an excellent thing for children, or grown persons of a costive habit.

*Cranberry Gruel.*

Put a tea-cupful of cranberries in a cup of water, and mash them. Boil two quarts of water with one large spoonful of oatmeal, and a bit of lemon-peel ; then add the cranberries, and some sugar, boil it half an hour, and strain it off ; add any kind of wine, or a glass of brandy.

*Rice Caudle.*

Pour some boiling water into a little ground rice, or rice-flour, first mixed with a little cold water, till quite smooth ; when of a proper thickness, and sufficiently boiled, add a bit of lemon-peel and cinnamon, a glass of brandy, and some sugar.

*Another.*

Boil a pint of milk, and mix with it a table-spoonful of rice-flour ; boil it ten minutes, with a bit of cinnamon, and add some sugar. Serve it with dry toast.

*Strengthening Jelly.*

Put two calves' feet into a jar with a quart of water, and the same quantity of milk ; cover it close, and bake it three hours and a half in a slow oven. When cold, take off the fat. Lemon-peel, cinnamon, orange-flower water,

or any thing of the kind, may be added, as well as some sugar.

*Another.*

Boil one ounce of isinglass-shavings, a few Jamaica pepper-corns, and a bit of brown crust of bread, in a quart of water, till reduced to a pint, then strain it, and let it stand to be cold.—A large spoonful of this jelly may be taken in wine and water, milk, tea, soup, or any way that is agreeable.

*Another.*

Boil a quarter of an ounce of isinglass-shavings in a pint of new milk, till it is reduced to half a pint. A bitter almond, or an apricot-kernel, with some sugar, may be boiled in it for a change.

*Another.*

Pour a pint of Tent wine over two ounces of isinglass ; let it soak all night, then simmer it over the fire in a pipkin, till the isinglass is all dissolved ; grate a whole nutmeg into it, and it will make a strong jelly ; when cold, take a spoonful two or three times a day.

*Gloucester Jelly.*

Take rice, sago, pearl-barley, hartshorn-shavings, and eringo-root, each an ounce ; simmer them with three pints of water till reduced to one, and strain it. When cold it will be a jelly ; it may be dissolved in wine, milk, or broth.

*Arrow-Root Jelly.*

Take half a pint of water, a glass of Sherry, or a spoonful of brandy, some grated nutmeg, and fine sugar ; put it into a sauce-pan, and boil it up at once. Have ready a dessert-spoonful of arrow-root, mixed smooth,



with two spoonfuls of cold water ; put it into the sauce-pan, and boil it three minutes.

In some cases it is better to boil the arrow-root in milk, instead of the wine and water.

### *Tapioca Jelly.*

Take the longest sort, wash it well in cold water, then soak it in fresh water five or six hours ; simmer it in the same water, with a bit of lemon-peel, until it becomes quite clear, then add lemon-juice, wine, and sugar.

### *Calves' Feet Broth.*

Boil two feet in three quarts of water till it is reduced to three pints ; strain and set it by ; when wanted for use take off the fat, put a large tea-cupful of the jelly into a sauce-pan, with half a glass of sweet wine, a little sugar and nutmeg, put it on the fire till it is near boiling ; then take a little of it, and beat by degrees to the yolk of an egg, add a bit of butter the size of a nutmeg, and stir it altogether, but do not let it boil. A bit of lemon-peel may be added, if agreeable.

### *Eggs.*

Beat an egg very fine, add a little sugar and nutmeg ; pour a quarter of a pint of boiling water upon it, and drink it immediately.

Beat an egg, and mix with it a glass of wine, or a table-spoonful of brandy, and a little sugar. This is excellent for those who are going on a journey, or for public speakers, or for the sick, when brandy or wine are proper.

Beat the yolk of an egg, and mix it with a cup of tea, or a little new milk.

### *Coffee-Milk.*

Boil a dessert-spoonful of ground coffee in nearly a pint

of milk for a quarter of an hour, then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it by the fire till it becomes fine; sweeten it with good Lisbon sugar.

### *Artificial Asses' Milk.*

Take two large spoonfuls of hartshorn-shavings, two ounces of pearl-barley, an ounce of eringo-root, the same quantity of China-root, the same of preserved ginger, and eighteen snails bruised with the shells. Boil them in three quarts of water till it comes to three pints. Then boil a pint of new milk, mix it with the rest, and put in two ounces of balsam of Tolu. Take half a pint in the morning, and the same quantity at night.

### *Another.*

Take a quart of milk, and set it in a pan over-night, and the next morning take off all the cream. Then boil it, and set it in the pan again till night. Then boil it, set it in the pan again, and the next morning skim it. Make it blood-warm before you drink it.

### *Baked Milk.*

Take a gallon of milk that has had the cream skimmed off; put it into a large pot or jar; tie white paper over it; set it in the oven after brown bread is taken out; and let it remain all night; the next morning it will be as thick as cream, and fit for use. It is excellent for weak or consumptive people to drink two or three times in a day.

### *Leek Milk.*

Put a gallon of milk over the fire, and add to it a large handful of leeks, washed and cut into small bits; let it boil till it is as thick as cream; then strain it, and drink a large cupful or more twice a day.

*Chocolate.*

Cut a cake of chocolate into very small bits; put a pint of water into the pot, and when it boils put in the chocolate; mill it off the fire until melted; boil it on a gentle fire; pour it into a basin, and it will keep in a cool place eight or ten days. When wanted, put a spoonful or two into milk; boil it with sugar, and mill it well.

*Another.*

Make it as directed in the last receipt. Make some gruel as thick as the chocolate; strain it, and use an equal quantity of gruel and chocolate. This is better for weak stomachs than chocolate alone. The gruel should be made of fine Yorkshire oatmeal, or grits, and well boiled.

*Coffee.*

Pour a pint of boiling water on an ounce of coffee; let it boil five or six minutes, then pour out a cupful and return it again; repeat this several times; put two or three isinglass-chips into it, and pour one large spoonful of boiling water on it; boil it five minutes longer; set the pot by the fire to keep hot for ten minutes, and the coffee will be quite clear. Good cream, made warm, should be served with coffee, and either pounded sugar-candy or fine Lisbon sugar. If not fresh roasted, lay it before the fire till hot and dry; or put the smallest bit of fresh butter into a preserving-pan; when hot, throw in the coffee, and toss it about till it is freshened. Some think a tea-spoonful of ready-made mustard an improvement to coffee; in that case the mustard must be put in when the coffee is boiled, before it is cleared. Coffee with mustard is excellent for rheumatic people.

Whey, buttermilk, and various kinds of herb-tea, are so much in use, and so generally approved for the sick,



that it is unnecessary to give any directions respecting them in this place.

### *Mustard Whey.*

Boil a table-spoonful of white mustard-seed in a pint of milk till reduced to half a pint; add as much wine as will turn it to whey, strain it, and drink it warm at bed-time. It is an excellent drink for rheumatic people, and should be persevered in till the pain is removed.

If the cream is taken from the milk, it will turn to whey without wine, and is better than rich milk, particularly if the patient has any fever.

### *Brandy Caudle.*

Make some gruel in the usual way; strain it, and to eight spoonfuls of gruel put one spoonful of brandy; add some sugar, and any kind of spice. The latter should be boiled in it.

It may be taken to great advantage when the bowels are disordered.

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## FAMILY MEDICINE, &c.

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A FEW receipts may probably be acceptable to those who reside at a distance from medical assistance, or where the complaint is not so serious as to require it.

A well-aired room, frequent change of linen, quietness, and a strict regard to cleanliness, are essential to the recovery of the sick, which, together with the use of a few simple medicines, properly administered, often produce the happiest effects.

*To make Turlington's Balsam.*

Balsam of Peru, one ounce; drop-storax, two ounces, gum-benjamin, three ounces; succotrine aloes, myrrh, male-frankincense, angelica-root, flowers of St. John's wort, of each half an ounce; put the two last into a quart of the best spirits of wine (that extracted from sack is best), stop it close, and set it in a warm place, shaking the bottle often, for three days; then strain the spirits from the roots and flowers, and put in all the other ingredients.

The bottle being well stopped, let it stand constantly near a fire for twelve or fourteen days, shaking it very often, but not too violently; strain it off, and keep it for use.

A stone bottle is the safest to make it in; and if the bottle is put into a pot of water, and hung at the side of a fire, day and night, it is in less danger than if set by the fire in a bottle only.

It is excellent for coughs, colds, and rheumatic complaints; as well as for green wounds and bruises.

*Ointment for Burns and Scalds.*

Take eight ounces of hogs' lard (without salt), one ounce of bees' wax, and one ounce of honey; put these together in a kettle over the fire, and keep stirring till they are all melted. Put it into the pot it is to be kept in, and add a large table-spoonful of rose-water; keep stirring it till it is cold.

It is excellent for burns, scalds, chilblains, and dressing blisters. Burns and scalds, if very bad, should first have a poultice of scraped or grated potatoes applied to them, for several hours, and then a plaster of the ointment, which must be changed morning and evening. For blis-

ters, a plaster of this should be spread, rather longer than the blister, and put on over the blister-plaster, when the blister has been on twenty-four hours, or sooner if it is uneasy; by this means the blister-plaster will slip off, when it has done drawing, without any pain or trouble. For chilblains it has never been known to fail of a cure, if the feet have been kept clean, dry, and warm.

### *Another Receipt for Burns and Scalds.*

Take a bit of rag, two or three times doubled, and wet it thoroughly with laudanum, and apply it immediately to the wound.

If neither of the above remedies are at hand, a bit of rag spread thick with honey will be of great service, applied immediately to the wound.

### *Locatelli's Balsam.*

Take of olive-oil one pint; Strasburgh turpentine and yellow wax, of each half a pound; and red saunders, six drachms. Melt the wax with some of the oil over a gentle fire; then add the remaining part of the oil and the turpentine; afterwards mix in the saunders, previously reduced to a powder, and keep stirring them together till the balsam is cold.

This balsam is recommended for internal bruises, and in some complaints of the breast, hoarseness, &c. Outwardly it is used for healing and cleansing wounds and ulcers. The dose, when taken internally, is from two scruples to two drachms.

### *Anodyne Balsam.*

Take of white Spanish soap one ounce; opium, unprepared, two drachms; rectified spirits of wine, nine ounces. Digest them together in a gentle heat for three days; then



strain off the liquor, and add to it three drachms of camphire.

It is of service in violent strains and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected ; or a linen rag moistened with it may be applied to the part, and renewed every third or fourth hour till the pain abates.

### *Yellow Basilicon.*

Take of yellow wax, white rosin, and frankincense, each a quarter of a pound ; melt them together over a gentle fire ; then add one pound of hogs' lard ; and strain the ointment while warm.

This ointment is used for cleansing and healing wounds and ulcers.

### *Turner's Cerate.*

Take of olive-oil a pint and a half ; white wax, and calamine-stone powdered fine, of each half a pound. Let the calamine be rubbed smooth with some of the oil, and afterwards added to the rest of the oil and wax, previously melted together ; stir them continually till quite cold.

This is an excellent healing ointment.

### *Emollient Ointment.*

Take of palm-oil two pounds ; olive-oil, a pint and a half ; yellow wax, half a pound ; and Venice turpentine, a quarter of a pound. Melt the wax in the oil over a gentle fire ; then mix in the turpentine, and strain the ointment.

This may be used for anointing inflamed parts, &c.

### *Eye-Ointment.*

Take of hogs' lard four ounces ; white wax, two

drachms ; tutty, prepared, one ounce ; melt the wax with the lard over a gentle fire, and then sprinkle in the tutty, continually stirring them till the ointment is cold.

This ointment will be more efficacious, and of a better consistence, if two or three drachms of camphire are rubbed up with a little oil, and immediately mixed with it.

### *Spermaceti Ointment.*

Take a quarter of a pint of the best salad oil, a quarter of a pound of white wax, and half an ounce of spermaceti ; melt these ingredients over a gentle fire, and keep them continually stirring until the ointment is quite cold.

### *Ointment of Marshmallows.*

Take half a pound of marshmallow-roots ; linseed and fenugreek-seeds, of each three ounces ; bruise them, and boil them gently half an hour in a quart of water ; then add two quarts of sweet oil ; boil them together till the water is quite wasted ; then strain off the oil, and add to it a pound of bees' wax, half a pound of yellow rosin, and two ounces of common turpentine ; melt them together over a slow fire, and keep continually stirring till the ointment is quite cold.

### *Issue-Ointment.*

Mix half an ounce of Spanish flies, finely powdered, in six ounces of yellow-basilicon ointment.

This ointment is chiefly intended for dressing blisters, in order to keep them open.

### *A most excellent Receipt for sore Nipples.*

Take of common diachylon four ounces ; olive-oil, two ounces by measure ; vinegar, one ounce by measure : boil them together over a gentle fire ; keep them continually

stirring till they are reduced to the consistence of an ointment. The above will not hurt the child.

*For the white Thrush in Children.*

Sage-tea, two ounces; honey of roses, one ounce, borax, two scruples; and tincture of myrrh, two drachms.

*Ointment of Lead.*

Take of olive-oil half a pint; white wax two ounces; sugar of lead, three drachms. Let the sugar of lead (reduced into a fine powder) be rubbed up with some part of the oil, and afterwards added to the other ingredients, previously melted together; stir them continually till quite cold.

This cooling and gently astringent ointment may be used in all cases where the intention is to dry and skin over the wound, as in scalds, &c.

*Ointment of Sulphur.*

Take of hogs' lard four ounces; flour of sulphur, an ounce and a half; crude sal-ammoniac, two drachms; and essence of lemon, ten or twelve drops. Make them into an ointment.

This ointment, rubbed upon the parts affected, will generally cure the itch. It is both the safest and best application for that purpose, and, when made in this way, has no disagreeable smell.

*Common Plaster.*

Take of common olive-oil six pints; and of litharge, reduced to fine powder, two pounds and a half. Boil the litharge and oil together over a gentle fire, continually stirring them, and keeping always about a gallon of water in the vessel: after they have boiled about three hours, a



little of the plaster may be taken out and put into cold water, to try if it is of a proper consistence; when that is the case, the whole may be suffered to cool, and the water pressed out of it with the hands.

This plaster is generally applied in slight wounds and excoriations of the skin. It keeps the part soft and warm, and defends it from the air, which is all that is necessary in such cases. It serves as a basis for other plasters.

### *Adhesive Plaster.*

Take of common plaster half a pound; and of Burgundy pitch a quarter of a pound. Melt them together.

This plaster is principally used for keeping on other dressings.

### *Anodyne Plaster.*

Melt an ounce of adhesive plaster, and, when it is cooling, mix with it a drachm of powdered opium, and the same quantity of camphire, previously rubbed up with a little oil.

This plaster generally gives ease in acute pains, especially of the nervous kind.

### *Blistering-Plaster.*

Take of Venice turpentine six ounces; yellow wax, two ounces; Spanish flies, in fine powder, three ounces; and powdered mustard, one ounce. Melt the wax, and, while it is warm, add the turpentine to it, taking care not to evaporate it by too much heat. After the turpentine and wax are sufficiently incorporated, sprinkle in the powders, continually stirring the mass till it is cold.

Though this plaster is made in a variety of ways, it is seldom made of a proper consistence. When compounded with oils and other greasy substances, its effects are blunted,

and it is apt to run; while pitch and rosin render it too hard, and very inconvenient.

When the blistering-plaster is not at hand, mix with any soft ointment a sufficient quantity of powdered flies, or form them into a plaster with flour and vinegar.

### *Wax-Plaster.*

Take of yellow wax one pound; white rosin, half a pound; and mutton-suet, three quarters of a pound. Melt them together. This is generally used instead of the melilot-plaster.

It is a proper application after blisters, and in other cases where a gentle digestive is necessary.

### *Liniment for the Piles.*

Take of emollient ointment two ounces; and of liquid laudanum, half an ounce. Mix these ingredients with the yolk of an egg, and work them well together.

### *Volatile Liniment.*

Take of Florence oil an ounce; and spirit of hartshorn, half an ounce. Shake them together.

This liniment, made with equal parts of the spirit and oil, will be more efficacious where the patient's skin is able to bear it.

A piece of flannel moistened with this liniment, and applied to the throat, to be renewed every four or five hours, is recommended by Sir John Pringle and Doctor Buchan, as one of the most efficacious remedies for a quinsy; it seldom fails, after bleeding, either to lessen or carry off the complaint.

### *Camphorated Oil.*

Rub an ounce of camphire with two ounces of Flo-

rence oil in a mortar, till the camphire is entirely dissolved.

This antispasmodic liniment may be used in obstinate rheumatisms, and in some other cases accompanied with extreme pain and tension of the parts.

### *Sinapisms.*

Sinapisms are employed to recall the blood and spirits to a weak part, as in the palsy. They are also of service in deep-seated pains, as the sciatica, &c. When the gout seizes the head or the stomach, they are applied to the feet, to bring the disorder to those parts. They are likewise applied to the soles of the feet in a low state of fevers. They should not be suffered to lie on till they have raised blisters, but till the parts become red, and will continue so when pressed with the finger.

The sinapism is only a poultice made with vinegar instead of milk, and rendered warm and stimulating by the addition of mustard, horse-radish, or garlic.

The common sinapism is made by taking crumbs of bread and mustard-seed in powder, of each equal quantities, and as much strong vinegar as may be judged sufficient, and mixing them so as to make a poultice.

When sinapisms of a more stimulating nature are wanted, a little bruised garlic may be added to the above.

### *Common Poultice.*

Put some crumbs of white bread into boiling water till it is of a proper thickness for a poultice; let it boil, and add to it a bit of hog's lard or a little sweet oil.

Some prefer milk for poultices, but water answers the purpose better, as it continues moist much longer.



*A Poultice to ripen Tumours.*

Take two ounces of white lily-roots, half a pound of figs, and two ounces of bean-flour or meal; boil these in water till it comes to the consistence of a poultice; spread it thick on a cloth, apply it warm, and change it as often as it grows dry.

*Common Clyster*

Is made of gruel strained, and a table-spoonful each of salt, brown sugar, and salad oil. One pint is a sufficient quantity for a grown person, and less in proportion for a child.

*Eye-Water.*

Take sugar of lead and crude sal-almoniac, of each four grains. Dissolve them in eight ounces of water.

Forty or fifty drops of laudanum may be occasionally added to it.

One tea-spoonful of brandy, in a cup of water, makes very good eye-water; the eyes should be bathed night and morning.

*Anodyne Fomentation.*

Take of white poppy-heads two ounces; elder flowers, half an ounce; and water, three pints. Boil it till one pint is evaporated, and strain off the liquor.

If elder-flowers are not at hand, poppy-heads alone, boiled in water, will make an excellent fomentation to relieve acute pain, such as the tooth-ach, pain in the face, &c.

*Common Fomentation.*

Take tops of wormwood and camomile-flowers, dried or green, of each two ounces; and two quarts of water. After a slight boiling, pour off the liquor; put it on the fire again to keep hot, and take two pieces of flannel; dip

one in, and apply it to the part as hot as the patient can bear it; when it grows cool, dip the other piece of flannel in, and apply it as the first, and continue changing them as often as they get cool; keep one piece always ready hot, in the fomentation; take great care not to let the air get to the part affected when the flannel is changed.

*Fumigation, or Vapour, for a sore Throat.*

Take a pint of vinegar and an ounce of myrrh; boil them together for half an hour, and then pour the liquid into a basin. Place over the basin the large part of a funnel that fits it; and the small end being taken into the mouth of the patient, the fume will be inhaled, and pass to the throat. It must be used as hot as it can be borne, and should be renewed every quarter of an hour till a cure is effected. This will be found of great service, if resolutely persisted in, either for an inflammatory or putrid sore throat, or a quinsy. This vapour is also an excellent remedy for a recent affection of the chest from cold. But in pleurisies accompanied with great pain and fever it should not be depended upon to the exclusion of other active means.

*Common Gargles.*

Take of rose-water six ounces; syrup of clove and July flowers, half an ounce; and of dilute sulphuric acid, a sufficient quantity to give it an agreeable sharpness.—Mix them.

Figs boiled in milk and water, with a little sal-ammoniac added, make a pretty gargle for a sore throat.

Sage-tea, with honey and vinegar, will make a very excellent gargle.

*Tooth-Powder.*

Beat fine and sift two ounces of charcoal ; mix with it one ounce of powder of bark ; clean the teeth with it every morning. It is an excellent tooth-powder. It both cleans and preserves the teeth from decay.

*Electuary for the Piles.*

Take one ounce of sulphur, half an ounce of cream of tartar, and a sufficient quantity of treacle to form an electuary. A tea-spoonful of this may be taken three or four times a day.

*Electuary for the Palsy.*

Take of flour of mustard, and conserve of red-roses, of each an ounce ; and of syrup of ginger, sufficient to make an electuary.

A tea-spoonful of this may be taken three or four times a day ; but diseases of this kind require able professional advice.

*Composing Pills.*

Take of purified opium ten grains ; and Castile soap, half a drachm. Beat them together, and form the whole into twenty pills.

When a quieting-draught will not sit upon the stomach, one, two, or three of these pills may be taken, as occasion requires.

*Opening Pills.*

Take of succotrine aloes and Castile soap, each two drachms ; of simple syrup, a sufficient quantity to make them into pills.

Four or five of these pills will generally prove a sufficient purge.

For keeping the body gently open, one may be taken night and morning.



They will be found to answer all the purposes of Dr. Anderson's pills, the principal ingredient of which is aloes.

When aloes will not agree, the following pills may be used :—

Take extract of jalap and vitriolated tartar, of each two drachms, and as much syrup of ginger as will make them of a proper consistence for pills.

These pills may be taken in the same quantity as above.

### *Pills for the Jaundice.*

Take of Castile soap, succotrine aloes, and rhubarb, of each one drachm. Make them into pills, with a sufficient quantity of syrup.

These pills are chiefly intended for the jaundice ; which, with the assistance of proper diet, they will sometimes cure. Five or six of them may be taken twice a day, more or less, as is necessary, to keep the body open. It will be proper, however, during their use, to interpose now and then a vomit of ipecacuanha, or tartar-emetic.

Sixteen grains of ipecacuanha are generally sufficient for a grown person, though some require twenty.

As jaundice will generally depend upon causes which the simplicity of this formula may not be able to reach, it will be proper in such cases to consult a physician.

### *Carminative Powder.*

Take of coriander-seeds half an ounce ; ginger, one drachm ; nutmeg, half a drachm ; and fine sugar, a drachm and a half. Reduce them into powder for twelve doses.

This powder is used for expelling flatulencies arising from indigestion. It may likewise be given in small

quantities to children in their food, when troubled with gripes.

### *Steel-Powder.*

Take of steel-filings, or prepared steel, one ounce; and mix it with honey or treacle; take it every night at bedtime. This is sufficient for twelve nights.

### *Worm-Powder.*

Take of tin, reduced into a fine powder, an ounce; and of Ethiop's mineral, two drachms. Mix them well together, and divide the whole into six doses.

One of these powders may be taken in a little syrup, honey, or treacle, twice a day. After they have all been used, it will be proper to give a purge of rhubarb.

### *Aromatic Tincture.*

Infuse two ounces of Jamaica pepper in two pints of brandy without heat, for a few days; then strain off the tincture.

This simple tincture will sufficiently answer all the intentions of the more costly preparations of this kind. It is rather too hot to be taken by itself; but is very proper for mixing with such medicines as might otherwise prove too cold for the stomach.

### *Compound Tincture of Bark.*

Take of Peruvian bark two ounces; Seville orange-peel and cinnamon, of each half an ounce. Let the bark be powdered, and the other ingredients bruised; then infuse the whole in a pint and a half of brandy, for five or six days, in a close vessel; afterwards strain off the tincture.

This tincture is not only beneficial in intermitting fevers, but also in a weak and exhausted state of the system without fever, and towards the decline of fevers without much active inflammation.

The dose is from one drachm to three or four, every fifth or ninth hour. It may be given in any suitable liquor, and occasionally sharpened with a few drops of the spirits of vitriol.

### *Tincture of Opium, or liquid Laudanum.*

Take of crude opium two ounces; spirituous aromatic water and Mountain wine, of each ten ounces. Slice the opium, and dissolve it in the wine, with a gentle heat, frequently stirring it; afterwards add the spirit, and strain off the tincture.

As twenty-five drops of this tincture contain about a grain of opium, the common dose may be from twenty to thirty drops.

### *Tincture of Rhubarb.*

Take of rhubarb two ounces and a half; lesser cardamom-seeds, half an ounce; and brandy, two pints. Digest for a week, and strain the tincture.

If an ounce of gentian-root and a drachm of Virginian snake-root are added to the above ingredients, it will make the bitter tincture of rhubarb.

In weakness of the stomach, indigestion, colic, and such kind of complaints, they are frequently of great service. The dose is from half a spoonful to three or four spoonfuls, or more, according to the circumstances of the patient, and the purpose it is intended to answer.

### *Spirit of Mindererus, or compound Liquor of Ammonia.*

Take any quantity of volatile sal-ammoniac. Pour on it, gradually, distilled vinegar, till the effervescence ceases.

This medicine is useful in promoting a discharge both



by the skin and urinary passage. It is also a good external application in strains and bruises.

When intended to produce perspiration, half an ounce of it in a cup of warm gruel may be given to the patient in bed every hour till it has the desired effect.

### *Lime-Water.*

Pour two gallons of water gradually upon a pound of fresh-burnt quick-lime; and when the ebullition ceases, stir them well together; then let it stand, that the lime may settle; afterwards filter the liquor through paper, and keep it in vessels closely stopped.

The lime-water from calcined oyster-shells is prepared in the same manner.

Lime-water is principally used for the gravel, in which case from a pint to two or more of it may be drunk daily. Externally it is used for removing the itch, and other diseases of the skin.

### *Tar-Water.*

Pour a gallon of water on two pounds of Norway tar, and stir it with a stick till thoroughly mixed; after they have stood to settle for two days, pour off the water for use.

### *Remedy for the Hooping-Cough.*

Take two ounces each of conserve of roses, raisins of the sun stoned, and brown sugar-candy; add two penny-worth of spirits of sulphur; beat them up into a conserve, and take a tea-spoonful night and morning.—This formula is an elegant demulcent, and may be had recourse to with advantage after the inflammatory symptoms have been removed by more active means.—It is an useful domestic conserve for slight coughs.

*To prevent Infection from putrid Fevers, &c.*

Make a brick quite hot, lay it in an earthen dish or pan, and pour vinegar upon it.

This will not only prevent those attending the sick from taking the disorder, but very much refresh the patient. Vinegar that has been used for pickles is the best. The utility of this process very much depends upon the coolness and ventilation which it promotes.—Cleanliness and ventilation are, in fact, the most powerful preventives of infection.

*To quench Thirst, where Drink is improper.*

Pour vinegar into the palms of the hands, snuff it up the nostrils, and wash the mouth with the same.

*Cure for the Ague.*

Take thirty grains of snake-root, forty of wormwood, half an ounce of the best powder of jesuit's bark, and half a pint of red port wine. Put the whole into a bottle, and shake it well together. It should be taken in four equal quantities, the first thing in the morning, and the last thing at night, when the fit is quite over.—The quantity should be made into eight parts for a child; and the bottle should always be well shaken before the medicine is used.

This medicine should be continued some time after the ague and fever have left, to prevent a return of the complaint.

*Decoction of the Beards of Leeks, for the Stone and Gravel.*

Cut off a large handful of the beards or roots of leeks, and put them into a pipkin with two quarts of water; cover them close up, and simmer them till the liquor is reduced to a quart. Then pour it off, and drink it every



morning, noon, and evening, about the third part of a pint each time.

### *Marmalade for a Cough.*

Stone six ounces of the best Malaga raisins, and beat them to a fine paste, with the same quantity of sugar-candy; add one ounce of conserve of roses, an ounce of oil of almonds, and twenty-five drops of dilute sulphuric acid. Mix the whole well together, and take about the quantity of a nutmeg four or five times a day.

A smaller quantity is sufficient for children,

### *Cure for the Hiccough.*

One drop of essential oil of cinnamon on a small lump of sugar, which must be kept in the mouth till dissolved, and then gently swallowed.

### *Another.*

A tea-spoonful of vinegar will generally give immediate relief in the most obstinate hiccough.

### *Paste for chapped Hands.*

Take a quarter of a pound of hogs' lard, without salt; wash it first in common water, and then in rose-water; mix it with the yolks of two new-laid eggs, and a large spoonful of honey. Add as much fine oatmeal, or almond-paste, as will make it into a paste. This paste should be used constantly in cold weather, by those whose hands are affected by frost.

### *Cold Cream.*

Melt half a pound of hogs' lard in a basin over steam; take it off the fire, and add three quarters of a pint of rose-water, and half a gill of oil of almonds. Stir up the whole with great care, till of a proper consistency.



*Milk of Roses.*

Take one ounce of Jordan almonds, one quarter of an ounce of almond soap, three quarters of a pint of rose-water, one pint and a half of spirits of wine, and one drachm of essential oil of lavender. Blanch and beat the almonds with some of the rose-water, bruise the soap, and mix the whole together.

*A Poultice of Carrots.*

Wash and grate some carrots; mix it with a sufficient quantity of water to make a poultice. This is an excellent thing to ease pain arising from a sore, and not only cleanses it, but takes off the offensive smell which generally attends such complaints. It should be changed twice in the day.

It gives very great relief in cancers.

*To make Lip-Salve.*

Put into a gallipot or small jar, two ounces of white wax, half an ounce of spermaceti, and a quarter of a pint of oil of sweet almonds; tie it down close, and put it into a small sauce-pan, with as much water in it as will come nearly to the top of the gallipot, but not high enough to boil over it; let it boil till the wax is all melted; then put in one pennyworth of alkanet-root, tied up in a bit of rag; tie it down, and put it again into the sauce-pan, and let it boil till it is of a proper colour; it is best to take a little out first to cool, as it looks much paler when cold. When it is as deep a red as it is intended to be, take out the alkanet-root, and put in about two pennyworth of essence of lemon, and a few drops of bergamot; pour some into small boxes for present use, and the remainder into a gallipot; tie it down with some bladder or leather, to keep it close from the air, and it will keep for twelve months.

*Bran-Tea for a Cough.*

Get one quart of bran, a quarter of a pound of small figs, and one ounce of stick-liquorice. Cut the figs into small pieces, bruise the liquorice with a hammer, and pull it into pieces like threads; put it with the figs and bran into a pipkin; add two quarts of water, and boil it slowly till reduced to one quart; strain it through a sieve, and take a cupful now and then, warmed, and sweetened with honey.

*For Rheumatism.*

Take a pint of the spirits of turpentine, and add half an ounce of camphire; let it stand till the camphire is dissolved; then rub it on the part affected. Flannel should be applied after the part is well fomented with the turpentine. Repeat the application morning and evening.

*Barr's Gout Cordial, recommended by  
Dr. Underwood.*

Take four pounds of raisins of the sun, sliced and stoned, two ounces of senna, one ounce of fennel-seed, one ounce of coriander-seed, half an ounce of cochineal, half an ounce of saffron, half an ounce of stick-liquorice, and half a pound of the best rhubarb; infuse them all in two gallons of French brandy, in a bottle or jar, for ten days; stir it occasionally, then strain it off and bottle it. If five quarts of brandy are added to the ingredients after the first liquor is strained off, and it is suffered to remain for a month or five weeks, it will then be nearly as good as the first liquor. This last infusion may be mixed with the liquor first strained off, and bottled for use; the longer it is kept the better. The dose is a small wine-glass full, to be taken when the gout is in the head or stomach. If the pain is not removed in a reasonable time,



Take two large spoonfuls more. This cordial is best adapted to cases of gout in old and exhausted subjects.

The exhibition of it to persons of full habit, and in whom the inflammatory symptoms run high, might be attended with some risk.

### *Barr's Daffy's Elixir.*

Take four ounces of senna-leaves, cleared of the stalks, two ounces of guaiacum-shavings, two ounces of dried elecampane-root, two ounces of anise-seeds, two ounces of carraway-seeds, two ounces of coriander-seeds, two ounces of liquorice-root, eight ounces of raisins, and three quarts of brandy; steep them together cold for four days; stir them frequently, then strain off the tincture, and bottle it.

Two ounces of jalap in gross powder may be added, to make it more purgative. A dose is about half a good-sized wine-glass.

### *Barr's Pomade Divine.*

At the full of the moon, take a pound and a half of ox-marrow; pick it carefully; put it into a pan, and let it soak nine days in water; the water must be changed every night and morning; then put it to drain, and afterwards soak it in rose-water four or five days; then put it into a pewter-pot, closely stopped; add one ounce of storax, one ounce of Florence iris, one ounce of Italian cypress-root, one ounce of gum-benjamin, one ounce of mace, half an ounce of cloves, and half an ounce of nutmegs; the whole must be well pounded in a mortar.

Put all the ingredients into a pot, and the marrow over them; then make a coarse paste of flour and water, and put it round the lid of the pot: tie a cloth round, that no air can penetrate; place the pot in a kettle of



water, and boil the pomatum for three hours; add hot water as it wastes; then take the pomatum out of the pot, and wring it in a new linen cloth; then put it into small gallipots, and tie bladder and paper over the top.

It is used for lip-salve, sore nipples, chapped hands, &c.

### *Dr. Warren's Medicine for the Gout.*

Take six drachms of opium, half an ounce of soap of Tartar, half an ounce of Castile soap, one drachm of nutmeg grated, three drachms of camphire, two scruples of saffron, and nine ounces of sweet spirit of sal-ammoniac; put them all into a Florence wine-flask, in a sand heat, for ten days, shaking it occasionally till the last day or two; then pour it off clear, and keep it stopp'd up close for use. The dose is thirty or forty drops in a glass of strong peppermint or plague-water.

It should be given an hour and a half after eating. It may be taken two or three times in the day or night, if required.

### *For Soreness and Stiffness of Limbs, arising from Cold, wet Clothes, &c.*

Fill a warming-pan with hot coals, throw about two ounces of very coarse brown sugar into the pan, and warm the bed just before you go into it. A still better remedy is a warm bath just before going to bed.

### *For the Sore Throat.*

Take a handful of salt, put it into an earthen pan, and make it hot, then put it into a flannel bag, and apply it long to the throat as hot as it can be borne. It should be worn all night.

### *Another*

Wear a flannel bag round the throat all night.

*Gargle for a sore Throat.*

Boil a little green sage in water, strain it, and mix it in vinegar and honey; then gargle the throat two or three times a day. One spoonful of port wine may be added, if agreeable.

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## MISCELLANEOUS RECEIPTS.

*The Extract of Zinc, that cleans Plate, and restores plated Goods to their first Lustre, let them be ever so much tarnished.*

TAKE one ounce of zinc, (or good pewter); melt it in an iron ladle; then add one ounce of quicksilver; stir them together on the fire with a knife or spatula, till a brown scum appears; then pour it on paper; rub it with a knife or spatula till cold, and when it becomes dust, add one ounce of rose-pink, and one pound of crabs' claws, or Spanish whiting; mix them well together; rub it on the silver or plated goods with spirits of wine, and polish with a piece of soft leather.

Goldsmiths' dust is an excellent thing for all silver, gold, and plated goods: it may be procured at the goldsmiths' or silversmiths', at one shilling the box, which will last for several years. Rub the powder on with a piece of soft leather, and they will always look as good as new. The plate should previously be washed with soap and water.



*The oxygenated acid Gas, that extracts all  
Stains.*

Take half a pint of water; dissolve in it half an ounce of salt of sorrel; add two ounces of spirits of wine, and shake them well together. Rub the liquid on stains with a sponge; wash the part afterwards with water, and the stain will disappear.

*A Powder that whitens the Teeth and sweetens  
the Breath, if troubled with hollow Teeth,  
or Holes in the Gums.*

Take some roche-alum, and burn it on a clean iron plate; then add the same weight of crabs' claws pounded very fine; use a bit of sponge dipped in spring-water, and thus apply the powder to the teeth and gums. Rinse the mouth with spring-water.

*A Liquid that polishes Mahogany to a high  
Pitch of Perfection.*

Take two ounces of bees-wax and half an ounce of alkanet root; melt them together in an earthen pipkin or pot; when melted, take it off the fire, and add two ounces of spirits of wine, and half a pint of linseed-oil. Rub it on with a woollen-cloth, and polish with a clean woollen cloth.

*Permanent Ink, that no Art can extract.*

Take a bit of lunar caustic; put it into the end of a quill, cut it to a point, and damp the things which are to be written on. Keep the caustic in a bottle.

*Another Marking Ink for Linen.*

Three ounces of the powder of burnt horse-beans tied in a piece of cloth, and boiled half an hour in a pint



of the juice of sloes. Mark the linen with a pen, and when washed, it will be a fine purple colour, and perfectly durable.

*A Liquid that prevents polished Steel from Rust.*

Take an ounce of oil of almonds; add to it half an ounce of camphire; put the bottle near the fire to dissolve the camphire, and then rub it on steel or iron with a bit of clean linen rag.

*To make Shoes Water-proof.*

Warm the soles of the shoes or boots, and rub them well with tar. Put the shoes at a moderate distance from the fire till the tar has soaked into them. Add a few iron filings to the tar, if you wish them to be particularly hard and impenetrable.

The smell of the tar will go off by wearing the shoes one day. It may perhaps be necessary to renew the application twice during the winter.

*To take out Stains of Fruit, Wine, &c. from Linen.*

Lay the place that is stained over a large wash-hand basin; pour boiling water out of a tea-kettle upon it till it disappears. This should be done as soon as possible after it is stained.

*Another.*

Put the stained part into cold milk, that has had the cream taken off; let it remain one night; then wash it with soap and warm water. This must be done before the linen has been wetted with water.

*Another.*

Soak the stained part in a p... for twelve

hours, and the stain will disappear; then wash it in soap and water.

### *Another.*

Put a tea-spoonful of oil of vitriol into a tea-cupful of cold water; wash the stained part with the liquid, then put the part immediately into plain water, and let it continue ten minutes; afterwards put it in the open air to dry.

Ink-marks may be taken out of linen, &c., by washing them immediately with soap and water: put the stained part into boiling water, and let the water boil till the stain disappears.

### *Chinese Method of mending China.*

Boil a piece of clear flint-glass in river water five or six minutes, beat it to a fine powder, and grind it well with the white of an egg, on a stone proper for the purpose. This will be sufficient to join china without setting.

### *To make Hats and Shoes Water-proof.*

Mix together in a gallon a quarter of a pound of oil-lay, three ounces of bees-lard, three ounces of common turpentine, one ounce of Shells, and one ounce of beer-wax. Make the hats or shoes perfectly dry and warm, rub in this mixture as hot as possible, and repeat this operation every day, for at least four days successively. The articles thus impregnated will be found perfectly water-proof.

### *Tooth Powder.*

Take one ounce of hole-amoniac, one ounce of bark, and one drachm of cream of tartar, and mix them well together.



*Fumigating Pastiles.*

Take eight ounces of charcoal, one ounce of gum storax, one ounce of gum mastic, one ounce of gum benzoin, and half an ounce of myrrh. The whole to be mixed in boiled starch, and made up in the form of small sugar-loaves.

*An easy Method of ascertaining the relative and real Strength of Foreign Wines, or the Quantity of Spirit they contain.*

Take any quantity of wine, and drop it into a solution of acetate of lead (sugar of lead) till no further precipitate ensues. The precipitate thus produced consists of the extractive and colouring matter of the wine, combined with the substance added to effect its separation. Then filter the fluid, and add to it as much dry salt of tartar or pearl-ash, as it will dissolve. The filtered fluid consists of the alcohol or spirit, which was contained in the wine, and also the water which it contained; now by adding salt of tartar or pearl-ash to this compound, the water combines with the pearl-ash, and the spirit is set at liberty, and floats at the top of the fluid. If this experiment be made in a glass tube graduated into one hundred parts, the quantity of spirit may be read off by mere inspection. A French chemist has lately recommended the substitution of very finely powdered litharge for the acetate or sugar of lead.

From an extensive series of experiments made on this subject, the following facts have been ascertained:—

100 Parts of Wine afforded,	Parts of Alcohol
Port wine afforded upon an average . . . . .	21.30
Do. . . . . highest . . . . .	32.40
Do. . . . . lowest . . . . .	10.95



Sherry, six samples upon an average	19.65
Do, . . . . . highest	21.25
Do, . . . . . lowest	18.00
Madira, four samples upon an average, highest	19.65
Do, . . . . . lowest	16.75
Claret, average of eight samples	12.25
Falson, average of four samples	12.00
Burgundy, four samples, highest	9.00
Do, . . . . . lowest	7.00
Port, four samples	56.75
Vin de France, four samples	6.00
Cape Madeira, two samples	15.00

There is no doubt, very properly, ascribed to the accounts of the statement, by a reference to the co-operative intoxicating effects of wine, when compared with the same quantity of alcohol or brandy. But let it be remembered, in time the alcohol exists in a state of chemical combination with other substances, which necessarily diminishes its action on the animal system.

### *Test to distinguish Iron from Steel.*

When a drop of dilute nitric acid, or aqua-forte is put upon steel, and allowed to remain upon it for a few minutes, and then washed off with water, it will leave a black spot, whereas the spot formed by nitric acid upon iron is green.

The colour of the black spot is owing to the carbon in the steel, which is converted into charcoal by the acid, and in that state is distinguishable by the eye; whereas upon iron, which is nearly free from carbon, this effect cannot take place.

### *Removing Grease from Paper.*

After the grease has been removed, the paper stained by it may be

oil, or any fat body whatever, take out as much as possible with means of blotting paper:—then dip a small brush in the essential oil of well-rectified spirit of turpentine, heated almost to ebullition, (for, when cold, it acts only very weakly,) and draw it gently over both sides of the paper, which must be kept carefully warm. This operation must be repeated as many times as the quantity of the fat body imbibed by the paper may render necessary. When the greasy substance is entirely removed, recourse may be had to the following method to restore the paper to its former whiteness, which is not completely restored by the first process. Dip another brush in highly-rectified spirit of wine, and draw it in like manner over the place which was stained, and particularly round the edges, to remove the border, that would still present a stain. By employing these means with proper caution, the spot will totally disappear, the paper will resume its original whiteness, and, if the process has been employed on a part written on with common ink, or printed with printer's ink, it will experience no alteration.

THE END