



BIBLIOTECA

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J. T. Stereotyper.

J. & W. Kite, Printers.

BIBLIOTECA PUBLICA DEL ESTADO DE NUEVO LEON

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1844

PREFACE TO THE AMERICAN EDITION.

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Almost every foreigner who visits this country remarks with astonishment the almost universal neglect of that art upon which, more than any thing else, depends the health and comfort of a people; and by many scientific men have most of the prevalent diseases of this country, especially the dyspepsia, been ascribed to the hurried, crude and unwholesome manner in which our food is prepared; of latter years, more attention has been paid to cooking; but the handmaiden of that parent art, confectionary, is still neglected and unknown, yet it is of little less importance than the graver branch referred to. Confectionary is the poetry of epicurism; it throws over the heavy enjoyments of the table the relief of a milder indulgence, and dispenses the delights of a lighter and more harmless gratification of the appetite. The dessert, properly prepared, contributes equally to health and comfort; but "got up" as confectionary too often is, it is not only distasteful to a correct palate, but is deleterious and often actually poisonous.

In introducing to the American public the modes by which the table of hospitality may be enriched and

(3)



adorned, we have consulted every authority, French or English, within our reach; but the basis of our little work is to be found in Read's Confectioner, a late London publication.

Having for many years been connected with the oldest, most extensive and successful confectionary establishment in the country, we have been enabled to make from our own experience many important modifications and to introduce many additional receipts, particularly in relation to the various articles of luxury which the bounty of our soil and climate render almost exclusively American.

The volume has thus been increased in size, and we trust improved in value.

Trusting that our efforts to advance the popular knowledge of the art which has for many years engaged our attention, may meet with approbation, we present the result of our labours to a candid and indulgent public.

Chestnut Street,

Philadelphia,

Dec. 1843.



PREFACE

TO THE ENGLISH EDITION.

Much as there has been written in Cookery Books on the art of Confectionary, there are few, very few works on the subject now extant which are practically written, and these are difficult to be obtained, even at high prices; and, having been published some years since, they do not contain any of the modern improvements, or articles which have been introduced within these few years. The object of the present Treatise is to supply this deficiency, and to convey instruction in as plain and concise a manner as possible to the inexperienced, or young apprentices, that they may be enabled to learn their business more efficiently than many masters can or will instruct them in it.

The style and character of the present work will be found quite different from anything which has preceded it. In the part relating to Sugar-boiling I have endeavoured to show the causes of the effects which take place at the different stages, with the uses to which each of the processes is applied. The deficiency on Hard Confectionary which occurs in all other works will be found amply supplied in this. In the proportions for medicated lozenges I have preferred those which are ordered by the different Colleges of Surgeons in their pharmacopœias to those used by the trade, as being more likely to contain the true quantities of the different drugs which should compose them. It is from this source that they were originally derived, as at one time they formed no inconsiderable part of pharmacy; but they are now only made by confectioners.

The Section on Ices I have endeavoured to render as plain and intelligible as possible, and although I have given general as well as definite rules for the mixture of each sort, yet the last cannot at all times be implicitly followed, but must be modified or altered with respect to the flavouring matter so as to suit the taste of the employer or the parties for whom they are intended; this should always be most scrupulously attended to, if it is wished to give satisfaction, as no fixed rules can be given which will admit of their being made to please all persons.

The business of confectionary is divided into several branches, some of them being quite distinct and separate from each other. The branch known as Hard Confectionary is literally the whole of the business, according to the strict meaning of the word, which is derived from the French words *confitures*—*confits*, things crusted