

into small balls about the size of coriander seeds, or peas; dry, and proceed as for Scotch caraways. Colour them yellow when finished.

Clove Comfits.—Flavour sugar gum paste with the oil of cloves, and mould it in the form of cloves. Dry and finish as others.

Any flavour may be given to this sort of comfits, and they are moulded to form the article of which it bears the name, or cut into any device with small cutters. Dried, and finished as other comfits.

To colour Loaf-Sugar Dust.—Pound some sugar, and sift it through a coarse hair sieve; sift this again through a lawn sieve, to take out the finer portions. Put the coarse grains into a preserving pan, and warm them over the stove fire, stirring it continually with the hand; pour in some liquid colour to give the desired tint, and continue to work it about the pan until it is dry.

SECTION X.—FRUIT JELLIES.

THESE are the juices of mucilaginous fruits, rendered clear by filtering them through a flannel bag, and adding an equal weight of sugar; boil to the consistence of a jelly. If the boiling is continued too long they will become ropy, or more like treacle.

Apple Jelly.—Take either russet pippins, or any good baking apples; pare and core them, cut them in slices into a preserving pan containing sufficient water to cover them; then put them on the fire, and boil them until they are reduced to a mash. Put it into a hair sieve, that the water may drain off, which you receive in a basin or pan; then filter it through a flannel bag. To every pint of filtered juice add one pound of loaf sugar, clarify, and boil it to the ball. Mix the juice with it, and boil until it jellies; stir it with a spatula or wooden spoon, from the bottom, to prevent burning. When it is boiled enough, if you try it with your finger and thumb, as directed in sugar-boiling, a string may be drawn similar to the small pearl: it may also be known by its adhering to the spatula or spoon, or a little may be dropped on a cold plate; if it soon sets, it is done. Take off the scum which rises on the top. This is in general used for pouring over preserved wet fruits. This jelly may be coloured red with prepared cochineal.

Quince Jelly.—This is made as apple jelly. The seed of the quince is very mucilaginous. An ounce of bruised seed will make three pints of water as thick as the white of an egg.

Red Currant Jelly.—Take three quarts of fine ripe red currants, and four of white; put them into a jar, tie paper over the top, and put them into a cool oven for three or four hours, or else into a pan of boiling water; when they are done, pour them into a jelly bag; what runs out at first put back again; do this until it runs fine and clear. To each pint of filtered juice add one pound of loaf sugar clarified and boiled to the ball: mix the filtered juice with it, and

reduce it to a jelly, stirring it well from the bottom with a spatula. What scum forms on the top take off with a skimmer, put it into pots or glasses, and when cold cut some pieces of paper to the size of the tops, steep it in brandy, and put over it; then wet some pieces of bladder, put it over the top of the pot or glass, and tie it down.

White and Black Currant Jelly.—These are made in the same way, using part red currants with the black ones.

Violet-coloured Currant Jelly.—This is made as red currant jelly, mixing two pounds of black currants with ten of red.

Cherry Jelly.—Pick off the stalks and take out the stones of some fine ripe Morello cherries, and to every four pounds of cherries add one pound of red currants; proceed as for currant jelly.

Barberry Jelly.—Take some very ripe barberries, pick them from their stalks, and weigh them. To every pound of fruit take three-quarters of a pound of loaf sugar, add sufficient water to make it into a syrup, put in the barberries, and boil them until the syrup comes to the pearl, taking off any scum which may rise. Then throw them into a fine hair or lawn sieve, and press the berries with a spoon to extract as much juice as possible from them. Receive the syrup and juice in a pan, put it again on the fire, and finish as apple jelly.

Any of these jellies may be made without fire on the same principle as clear cakes. Get the fruit ripe and fresh gathered, obtain the juice by expression, and filter it through a flannel bag; add an equal weight of sugar to that of filtered juice, stir it well together until the sugar is dissolved, and place it in a warm place or the sun for a few days, when it will be a fine jelly. Those made in this manner retain the natural flavour of the fruit.

Raspberry Jelly.—Take one and a half gallons of ripe raspberries and a half gallon of ripe currants, press out the juice and filter it; to a pint of juice add one pound of loaf sugar, and finish as other jellies.

Gooseberry Jelly.—Make as currant jelly; or it may be made of green gooseberries, as apple jelly.

[*Blackberry Jelly.*—Make as currant jelly—using half a gallon of raspberries to one gallon of black currants; finish as usual.]

SECTION XI.—MARMALADES OR JAMS.

MARMALADE is generally a term applied to a preserve made either of oranges, lemons, apples, pears, quinces, or plums; but I know no difference between marmalades and jams, as they are each of them the pulp of fruits reduced to a consistence, with sugar, by being boiled. If it contains too much sugar it will crystallize, or what is termed candy. The top and sides of the vessel which contains it will be covered with a thin coating of sugar; and if there is not enough in it, or it is not sufficiently boiled, it will soon ferment. Keep them in a cool dry place.

Apple Marmalade.—Pare and core some good apples; cut them in pieces into a preserving pan, with sufficient water to cover them; put them on the fire, and boil until they are reduced to a mash, then pass the whole through a colander; to each pound of pulp add twelve ounces of sugar; put it on the fire, and boil it until it will jelly; try it as directed for apple jelly; put it into pots when cold, and cover the top with paper dipped in brandy, or pour over it melted mutton suet, and tie it over with paper or bladder.

Quince Marmalade.—Make as apple, colouring it with prepared cochineal, if required red; let the fruit be quite ripe.

Green Apricot Marmalade or Jam.—Prepare the fruit by blanching and greening (as for green apricots, wet). When they are green, pulp them by rubbing them through a coarse hair sieve or colander; for each pound of pulp clarify and boil to the blow one pound of loaf sugar; mix it with the pulp and boil it until it will jelly; take off any scum which may arise with a skimmer. This jam is of an excellent green colour, and is very useful for ornamenting and piping almond bread, &c.

Cherry Marmalade or Jam.—Take out the stones and stalks from some fine cherries and pulp them through a cane sieve; to every three pounds of pulp add half a pint of currant juice, and three-quarters of a pound of sugar to each pound of fruit; mix together and boil until it will jelly. Put it into pots or glasses.

Currants, raspberries, plums, and gooseberries are all made in the same manner. Pulp the fruit through a cane sieve, the meshes of which are not large enough to admit a currant to pass through whole. To each pound of pulp add one pound of loaf sugar, broken small, and boil to the consistence of a jelly.

Orange Marmalade.—Take the same weight of sugar as of oranges; cut the oranges in half, squeeze out the juice, and strain it; boil the peel in water until they are quite tender, and a strong straw may be passed through them; then drain them from the water, scoop out the pulp, leaving the rind rather thin; cut it into thin fillets; boil the juice of the oranges with the sugar, and skim it when it is nearly done; add the peels, and finish as others. Part of the peels may be pounded and mixed with the marmalade, instead of the whole being cut in fillets; but then it is not so clear, and is a practice which is now almost abandoned, except by a few private persons. Lemon marmalade is made in the same way.

[*Grape Marmalade.*—Put green grapes into a preserving pan, with sufficient water to cover them. Put them on the fire and boil until reduced to a mash; put the pulp through a sieve the meshes of which are not sufficiently large to admit the seed to pass through; to each pound of pulp add two pounds of the best loaf sugar and boil to the consistence of a jelly.]

SECTION XII.—OF FRUIT AND OTHER PASTES.

Fruit Pastes and Cakes.—These are the pulp of fruits, reduced by heat to a kind of marmalade, with the addition of from half a pound to a pound, and in some cases, double the weight of sugar to each pound of pulp, which is evaporated to the required consistence. They can be formed into rings, knots, &c., and either crystallized or candied.

Apple or Pippin Paste.—Take any quantity of good dressing apples, pare, core and put them into a preserving pan with a little water, or just sufficient to cover them. Boil until they are reduced to a marmalade, stirring them to prevent burning. To every pound of reduced pulp add half or three-quarters of a pound of loaf sugar, clarified and boiled to the blow; pass the pulp through a hair sieve before you mix the sugar with it; put it on the fire and let it boil for three or four minutes, keeping it constantly stirred from the bottom, when it will be sufficiently evaporated. If it be required coloured, add liquid colour sufficient to give the desired tint when you mix the sugar. Spread the paste on small tin or pewter sheets (these should be about a foot wide, by a foot and a-half long, and perfectly level) with a thin knife, about the eighth of an inch in thickness; put them in the stove for a day; take them out, and cut the paste into long narrow strips, about a quarter of an inch in width; if the paste is dry enough, the strips can be easily pulled off; form them into rings or knots, or cut into diamonds to form leaves, or any other device your fancy may suggest. Put them in boxes with a sheet of paper between each layer. This paste is occasionally flavoured with lemon, and is principally used for ornamenting the tops of twelfth cakes.

Apple Cheese.—Pare, quarter, and core your apples as for paste; put them into a jar, and cover the top with the parings; tie paper over the top, and bake them in a moderate oven until they are quite done; take off the parings, and pass the apples through a hair-sieve into a preserving pan. To each pound of pulp add half a pound of loaf sugar clarified and boiled to the blow; place it over a slow fire, stirring it constantly from the bottom until reduced to a stiff paste, which will not stick to the hand; put it into small moulds, hoops, or glasses. Dry in a moderately warm stove for a few days; take them out of the moulds, turn them, and place them again in the stove to finish drying. Keep in boxes as paste-knots, or cover the glasses with brandy papers.

Apricot Paste.—Take ripe apricots, put them in a preserving pan with as much water as will cover them; let them simmer on the fire for two or three minutes, or scald until they are tender; drain the water from them, and pass the pulp through a hair sieve; to each pound of pulp take three-quarters of a pound of sugar, which you clarify and boil to the blow; put the apricots on the fire, and let

them simmer, stirring them constantly until reduced to a thick marmalade; then add the sugar; mix it well with the paste, and let it boil a minute or two longer; take it from the fire, and put into moulds, pots, or crimped paper cases; or it may be spread on small plates, as for apple paste, and formed into rings or knots. Place in the stove until dry. If put in paper cases, the paper must be wetted to get out the paste. Take it out of the moulds, turn it, and put it again into the stove to finish drying.

Green Apricot Paste.—Take apricots before they are ripe, scald as the last, and green them. (See Greening Fruit.) Pass the pulp through a sieve, and reduce it; to each pound of reduced pulp add one pound of loaf sugar clarified and boiled to the blow. Finish as ripe apricot paste.

Currant Paste.—Put any quantity of ripe currants, either red or white, or a part of each mixed, into a hair sieve, press out their juice into a preserving pan; put it on the fire, and keep it constantly stirred until evaporated to a thick consistence. To each pound of reduced pulp add three-quarters of a pound or a pound of loaf sugar clarified and boiled to the blow. Let it boil a minute or two, and finish as others.

Black Currant Paste is made the same as the last. These currants, not being so juicy as the others, may be put into a jar, tied over, and baked in a moderate oven, or put into a kettle of boiling water for a few hours, to extract the juice from them.

Raspberry Paste.—As currant paste.

Cherry Paste.—Take ripe cherries, deprive them of their stalks and stones, put them in a preserving pan, and boil them a little; then pass them through a hair sieve, reduce the pulp, and weigh it. To each pound add a pound of loaf sugar; add it to the paste, and finish as apricot.

Peach Paste.—Choose some very fine and ripe peaches, take off the skin, and cut them in small pieces into a preserving pan; put them on the fire, and reduce to a thick consistence, stirring it continually. For each pound of reduced pulp take half or three-quarters of a pound of sugar; clarify and boil it to the blow; add it to the pulp; put it again on the fire, and let it boil a few minutes. Finish as other pastes.

Plum Paste.—Plums of any kind are preserved in the same manner, whether green-gages, magnum-bonums, Orleans, damsons, &c. Take out their stones, and boil the fruit in a little water, as for apricot paste; pass them through a sieve, and for each pound of reduced pulp take a pound of sugar; clarify and boil it to the blow; mix it with the paste, and evaporate to the required consistence.

Damson Cheese.—Pick the stalks from the damsons, put them in a jar, tie it over, and bake in a cool oven; when done, pass them through a sieve into a preserving pan; put it on the fire to reduce.

For each pound of pulp take half a pound of sugar, boiled to the blow; mix with the paste, and finish as for apple cheese. This, as well as all the pastes, may be evaporated to the required consistence by means of a water bath, which is done by placing the pan in which it is contained in another with water, which is kept boiling; this prevents the possibility of its being burnt, but it occupies more time. The kernels of the fruit may be blanched and added to it just before it is taken from the fire. Put it into moulds or hoops; dry them in the stove, first on one side and then on the other. All plums are done in the same manner.

Quince Paste.—Proceed as for apple paste.

Orange Paste.—Squeeze the juice from Seville or sweet oranges, and boil the peels in three or four waters to take off part of their bitterness. In the first put a little salt. When they are quite tender remove the white pith or pulp, and pound them quite fine in a mortar, with part of the juice, using sufficient to make them into a paste; then pass it and the remaining portion of the juice through a sieve into a preserving pan; put it on the fire, and reduce to a marmalade; weigh it, and for each pound take three-quarters of a pound of loaf sugar; clarify and boil to the blow; mix it with the paste, evaporate over a gentle fire to a good consistence, and finish as apple. The rinds of the oranges may be pared off before they are squeezed, which, if boiled in one water, will be sufficient, as the pith of the peel is extremely bitter and indigestible, and the flavour or essential oil is contained only in the yellow porous part.

Lemon Paste.—Make as orange paste, using part of the juice and double the weight of sugar; or it may be made by using only the pounded peel with the same weight of sugar.

Raspberry Cakes.—Take ripe raspberries, press the juice from half of them, and put the pulp back with the others; reduce them on the fire. To each pound of pulp add two pounds of loaf sugar in powder; put it again on the fire, stirring it constantly until it is evaporated to a very thick paste. Have a tin ring, with a handle by the side, about the size of an old penny piece, and twice the thickness; wet the ring, and place it on your small pewter or tin plates, fill it with the paste, smoothing over the top with a knife; then remove the ring, and the cake will remain. Lay them off in rows, and make three or four marks on the top with the handle of a table spoon; put them in the stove to dry, turn them with a thin knife, and put them again in the stove to dry perfectly. Place them in boxes, with paper between each layer.

The residue from the making of raspberry vinegar may be employed for this purpose, or they may be made by adding a pound of fine powdered sugar to a pound of jam. Any of the fruit pastes may be formed into cakes like these, or into drops, by forcing them out on paper with a small pipe and bladder attached to it.

Clear Cakes, or Jelly Cakes.—Take the filtered juice of fruits, as

for jelly (see Jellies); to each pint of juice add one pound of loaf sugar, dissolve it in the juice thoroughly, place it on the fire and heat it, but it must not boil; put it into small pots, moulds, or glasses, so as to form cakes about half an inch thick; place them on the stove, which must not be too hot, or they will melt instead of forming a jelly; about seventy-five or eighty degrees Fahrenheit is quite hot enough. When a crust has formed on the top, take out the cakes by carefully turning the knife round the sides of the pot, place them on small plates of tin or pewter, and dry on the other side. When dry they can be cut into diamonds, squares, or any shape you please. These are certainly some of the most delicate and beautiful of this class which were ever invented, fit even to gratify the palate of the most fastidious. The fruit from which they are made should be gathered as fresh as it possibly can, except apples, as the mucilage is injured by keeping, and if the fruit has fermented it is entirely destroyed.

Pastes formed with Gum—Pâte de Guimauve—Marsh-Mallow Paste.—Gum Arabic three pounds, roots of fresh marsh-mallows eight ounces, one dozen of rennet apples, loaf sugar three pounds. Peel, core, and cut the apples in pieces. Cleanse the roots, and slice them lengthways in an oblique direction; add this to seven pints of water; soft or river water is the best when filtered; put it on the fire and boil for a quarter of an hour, or until reduced to six pints; pound and sift the gum through a hair sieve; strain the decoction into a pan with the gum; put it on a moderate fire, or into a bain-marie, stirring it until the gum is perfectly dissolved; then strain it through a coarse towel or tamis cloth, the ends being twisted by two persons; add it to the sugar, which has been previously clarified and boiled to the feather; dry it well over the fire, keeping it constantly stirred from the bottom. When it has acquired a thick consistence, take the whites of eighteen eggs, and whip them to a strong froth; add them to the paste, and dry until it does not stick to the hand when it is applied to it; add a little essence of neroli, or a large glassful of double orange-flower water, and evaporate again to the same consistence. Pour it on a marble slab well dusted with starch-powder, flatten it with the hand; the next day cut it into strips, powder each strip, and put them in boxes. Powder the bottom that they may not stick.

Pâte de Gomme Arabique—Arabic Paste.—Very white gum Arabic two pounds, sugar two pounds, orange-flower water four ounces, the whites of twelve eggs. Pound and sift the gum, add it to the water, dissolve and evaporate it over a slow fire, or in the bain-marie, stirring it constantly until it is reduced to the consistence of honey with the sugar in syrup. Whip the whites to a strong snow; add it to the paste with the orange-flower water, gradually; stir and finish as marsh-mallow paste, for which this is mostly substituted, and much used for coughs. It should be very white, light, and spongy.

Pâte des Dattes—Date Paste.—Dates one pound, gum Senegal three pounds, loaf sugar in syrup two pounds and a half, orange-flower water four ounces. Make as marsh-mallow paste, using rather more water to dissolve the gum.

Pâte des Jujubes—Jujube Paste.—Jujubes four ounces, currants washed and picked four ounces, raisins stoned one pound, sugar two pounds, very white gum Arabic two pounds and a half. Open the jujubes, and boil them with the currants and raisins in two quarts of water until reduced to three pints, strain the decoction through a tamis cloth, twisted by two persons; add the sugar in syrup with the gum, which has been previously pounded and dissolved in a sufficient quantity of water; evaporate it by a moderate heat, as *pâte de guimauve*; pour it into tin moulds slightly oiled, having edges about a quarter of an inch deep; dry in the stove, take it out of the tins, and cut it with a pair of scissors into small diamonds.

Pâte de Gomme Senegal—Senegal Paste.—Gum Senegal two pounds, sugar one pound. Dissolve the gum in orange-flower water and common water; or dissolve it in common water, and flavour with essence of neroli; add the sugar, when clarified and boiled to the blow; evaporate, and finish as *pâte de jujube*. This is usually sold for jujube paste, or else picked gum Arabic made into a paste as Senegal, and coloured with prepared cochineal or saffron.

Pâte de blanche Réglisse—White Licorice Paste.—This is made the same as marsh-mallow paste, using licorice-root instead of mallow. It may be made without the eggs, and finished as jujubes.

Pâte de Réglisse noir—Black Licorice Paste.—The best refined licorice one pound, gum Arabic four pounds, loaf sugar two pounds, Florence orris-root one ounce. Dissolve the gum and licorice in seven pints of water, keeping it stirred over a slow fire; add the sugar in syrup with the orris-root, evaporate to a paste, and finish as jujubes.

Gomme des Jujubes—Jujube Gum.—Jujubes one pound, very white and picked gum Arabic two pounds, powdered sugar two ounces. Pound the jujubes in a marble mortar with five pints of water, put the whole into a pan and boil until reduced to three; strain the decoction through a cloth, beat up the white of an egg with a glass of water, and mix part of it with the decoction as it boils; throw in a little at a time of the remaining part, to check the ebullition. When it is all used, take off the scum, put it again on the fire to evaporate the water, adding at the same time the gum and sugar, powdered and passed through a horse-hair sieve. Stir it with the spatula until dissolved. When it is of the consistence of honey, place it in the bain-marie, and neither stir nor touch it, that it may be clear. When it has acquired body enough, so as not to stick to the back of the hand when applied to it, pour it into moulds previously oiled with good olive oil, as for jujubes; place in the stove to finish drying; when dry take it out, and cut in small pieces.

Pâte de jujube and white liquorice may be done in the same manner, using only half the quantity of sugar.

Gomme des Dattes.—One pound of dates, two pounds of very white picked gum Arabic, sugar two ounces. Make as jujubes.

Gum of Violets.—Violet flowers one pound, picked gum two pounds, sugar four ounces in syrup. Pour three pints of water at the boiling point on the flowers in an earthen jar; stop it perfectly close, and keep it in a warm place for ten or twelve hours; strain the infusion by expression into a flat pan or dish, place it on an inclination, and let it rest for an hour that the fœces may subside; pour off the clear gently from the bottom or settling, and add to it six grains of tursole bruised, and six grains of carmine, as this clear infusion is not sufficiently coloured to give it the beautiful tint of the violet. Mix in the powdered gum and sugar, stir it over a moderate fire until dissolved, pass it through a sieve, and finish in the bain-marie as jujubes.

Any of these gums, when dry, may be crystallized.

Almond Paste — Orgeat Paste.—One pound of sweet almonds, a quarter of a pound of bitter almonds, two pounds of sugar. Blanch the almonds, and throw them into clean cold water as they are done, to preserve their whiteness; let them soak for a day, then dry them in a cloth, and pound them quite fine in a mortar, sprinkling them with orange-flower water or lemon juice to prevent their oiling; then with a spatula rub them through a fine wire sieve; what will not pass through, pound again until they are quite fine; clarify the sugar and boil it to the ball; mix the almonds with it, and stir it well over the fire with the spatula until it comes together; then take it from the fire, and put it into an earthen pan to cool; when cold, pound it again, make it into sticks or tablets, dusting the board or stone with powdered sugar; or put into pots, and tie bladder over it, to be used as wanted.

SECTION XIII.—FRUITS PRESERVED WITH SUGAR.

WET FRUITS.—Most of the fruits are first prepared by being blanched, that is, boiled in water; they are then drained and put into boiling syrup, where they remain for a day. The syrup being now weakened with the juice of the fruit, it is poured off, more sugar is added, and it is reduced again to syrup by boiling, and poured hot over the fruit: this is continued until it is fully saturated with sugar, which may be known by the syrup being no longer weakened with the juice of the fruit. Keep them in a dry but not warm place, as too much heat will cause them to ferment, more especially if they are not fully incorporated with sugar; nor in a damp place, or they will become mouldy.

All green fruits require to be greened, so as to bring them to their original colour, for in blanching they assume a yellowish cast: this is probably occasioned by a portion of the alkali being extracted in the

boiling. The green colour of fruits and leaves depends upon an excess of alkali; and in proportion as acid or alkali prevails in them, so are they coloured from red to violet, blue, and green; therefore if alkali is added to the water, the colour is retained. This is exemplified in the everyday domestic duties of the cook, who uses soda, potash, or muriate of soda (common salt), in boiling her greens or cabbages. I have here stated the principle on which their colour depends, to show that there is no necessity for green fruits being kept for some time in brass or copper pans, whereby they take up a portion of verdigris, which often proves injurious.

Prick your fruit several times with a fork or large needle, to allow the sugar to penetrate the more freely. As you do them, throw them into a pan of cold water, which prevents their turning black at the places where they are pricked; add a little soda or potash, and set the pan by the side of the stove to heat gradually, but not to boil, or at the most only to simmer; when the fruit swims, take it out with a skimmer and put it into cold water; if they are not green enough, drain them and put them again into the water they were first boiled in, or else into a weak syrup; place them by the side of the stove to heat gradually as before, stirring them occasionally. They may be covered with vine leaves, or a handful of spinach; if salt is used in greening them, they will require to be soaked for a few hours in clean cold water, to again extract that portion which they have absorbed, or it will spoil their flavour. It is best to blanch fruits which are very juicy in hard or pump water, or with the addition of a little alum to river water.

Green Apricots, wet.—Get the apricots before the stone is formed in them, when they can be pierced through with a pin or needle; put them into a bag with plenty of salt, and shake them about in it to take off the down and silkiness of the skin; take them out and put them in cold water. Or this may be done by making a strong ley with wood ashes; strain it through a cloth; let it be quite clear; make it boiling hot and throw in your apricots; let them remain about a minute, take them out, and put them into cold water; then take off the fur when they are cool by either rubbing them with your hands in the water, or drain, and rub them in a towel or coarse cloth. Put them into another pan of cold water, and place them over a slow fire to heat gradually and scald. When they are quite soft and can be crushed between the finger and thumb, take them out and throw them into cold water; drain them quite dry in sieves; make a thin syrup, that is, at the small thread; boil it in a flat preserving pan, put in the apricots, give them a few boils, and take off any scum that rises; have sufficient syrup in the pan that the fruit may float; pour them with the syrup into an earthen pan, and keep them covered until the next day; then drain off the syrup, add more syrup or sugar to it, and boil to the large thread; put in the fruit, and let the syrup boil over them four or five times: repeat these operations for five days, increas-