

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-

ing the syrup a degree each day until it has attained the large pearl, taking off the scum each time: it must not exceed this, or it will crystallize; put them in dry pans covered with syrup, for use; or, when cold, drain them from the syrup, and put them into small glasses by themselves, or mixed with other fruits preserved in the same manner; fill the vacancies with apple jelly, wet a piece of bladder and tie it over the top.

Green Apricots, pared wet.—Pare off the skin with a small knife, and throw them into cold water as you do them; green, and finish as the former.

Ripe Apricots, wet.—Have the fruit not too ripe, make an incision in the side to take out the stone, or they may be cut in halves, and peeled or preserved with the skin on; have a preserving pan on the fire with water boiling, throw them in, and as they rise to the top take them out and put them into cold water. If they are blanched too much they will break, therefore it is better to have two pans of cold water to throw them in, so as those may be separated which are broken; drain them from the water, and put them in a thin syrup which is boiling on the fire; do not put in too many at a time; put in the hardest first, and give them about a dozen boils; take them out carefully and put them in an earthen pan; give the soft ones only two or three boils; cover them with the syrup and let them remain until the next day; drain the syrup from them, add more sugar to it, and boil and skim it until it has acquired the degree of the large thread; give the apricots two or three boils in it; the soft ones only require to have the syrup poured on them boiling hot; repeat this for four or five successive days, and on the last day boil the syrup to the large pearl. If you find, after they are finished, that the syrup has been boiled too high, mix a little powdered alum with a spoonful of water, and add to it.

Ripe Peaches, whole, wet.—Get the finest peaches, without any green spots on the skin; prick them all over with a large needle to the stone, throw them into cold water, blanch, and finish as ripe apricots.

Ripe Nectarines, wet.—Preserve as peaches.

Figs, wet.—Get the figs nearly ripe, prick them four or five times with the point of a knife, throw them into cold water, put them on the fire and boil until they are tender; finish as ripe apricots.

Greengages, wet.—Let the fruit be not quite ripe but sound, prick them with a fork or needle, and throw them into cold water; scald and green them; when they are of a fine green, increase the heat; take them out with a skimmer when they swim, and throw them into cold water; drain them on sieves; put them in syrup that is boiling; give them two or three boils in it; pour them into an earthen pan; drain the syrup from them the next day, add more sugar and boil to the thread, taking off any scum which may arise; pour the syrup

over them boiling hot; repeat this for five or six days, and finish as for green apricots.

Mogul Plums.—Take the largest Mogul plums, with clear skins, not quite ripe, prick them all over with a fork and throw them into cold spring water; scald them until tender, taking care not to have too many in the pan at a time, nor blanch them too much, as they will soon break in pieces; take them out and throw them into cold water, drain, and put in just sufficient fruit to cover the bottom of the pan; cover with boiling syrup, and let them have a dozen boils in it; finish as ripe apricots.

It would be a needless repetition, to give separate directions for preserving every sort of plum, as the instructions already given will enable any person of ordinary discernment to manage any other sort not mentioned.

Damsons, wet.—Prick the damsons and throw them into boiling syrup, and let them boil in it until the skins burst, skimming it as they boil; do not put in any more than will swim; let them remain until the next day; drain the syrup, and add more sugar to bring it to the proper degree; give them a few boils in it, and repeat the same on the next day; finish as other plums.

Green Gooseberries, wet.—Get some fine large gooseberries, prick them three or four times with a large needle, and throw them into cold water; put them on the fire to blanch; when they rise take them out and throw them into cold water, green them, and preserve as green apricots.

Green Gooseberries in the form of Hops, wet.—Take the finest green gooseberries for this purpose, slit each gooseberry in four or six slits, but so as not to come asunder, and take out the seeds. Take a needle and white thread, make a knot at the end, and pass the needle through the stalk end of the gooseberry that is split; take another and do the same, making the end of one go partly into the other; continue this until you have six or eight on the thread, which will resemble a hop; fasten the end of the thread, and dispose of all of them in the same manner, throwing them into cold water as they are finished; blanch them, and let them lie in the water they were blanched in all night; the next day green them, and finish as for green gooseberries, wet.

Cucumbers or Gherkins, wet.—Let them be clear, free from all spots, and of a good green; prick them all over with a fork, throw them into a pan of water mixed with a handful of salt, let them lie in this for a day or two, then take them out, put them into fresh water and blanch them until tender; the next day drain and green them in a weak syrup; increase the degree of the syrup each day, giving them a few boils in it each time; if the cucumbers are large, you can cut them in two and take out the seeds. After the second boiling in the syrup, let them remain in it for two or three days before it is boiled again: finish as green apricots; a few pieces of ginger may be added.

Green Melons.—Proceed as for cucumbers. They may be preserved either whole or in slices. When dried and candied, it imitates green citron.

Ripe Melons, wet.—Cut the melons in slices, and pare off the outside skin; let them lie in salt and water for two or three days, take them out, drain and blanch in fresh water until tender; throw them into cold water; when cold, drain them on sieves; give them a boil in thin syrup the next day, increase the degree of the syrup, and pour it boiling hot over them. A little lemon-juice, vinegar, or a handful of bruised ginger may be added to the syrup, which will much improve the flavour; boil the syrup, increasing it a degree for three or four days, as for other fruits.

Lemons whole, wet.—Choose some fine large lemons with clear skins, carve the rind with a small penknife, into flowers, stars, diamonds, or any design your fancy may suggest, taking care not to cut deeper than the white pith of the peel; throw them into a pan of cold water, put them on the fire and let them boil gently until a strong straw or the head of a pin will penetrate the rind; throw them into cold water; when cold, drain them dry, and put them into a thin syrup when boiling; give them five or six boils in it, and put them in an earthen pan; the next day drain the syrup from them, and add more sugar or syrup to increase it a degree; boil it and when it boils, pour it over the lemons; repeat this for two days; on the third day let the lemons boil in the syrup for four or five minutes; the next day boil the syrup and pour it over them; when you find the syrup has penetrated the lemons, and they look clear, drain the syrup from them, adding more if necessary, so as to have sufficient to keep them well covered; put them in glasses, and pour the syrup over them. When cold, cut a piece of bladder to the size of the glass, wet it, and tie it down.

Oranges whole, wet.—These are preserved the same as lemons.

Whole Orange Peels.—Choose your oranges of a fine clear skin; make a hole at the stalk end, large enough to admit the end of a spoon, with which you take out the pulp; throw them in salt and water, and let them remain for three or four days or a week; drain them from this, and put them into a pan of fresh water, and let them boil until the end of a straw may be pushed through the peel; throw them into cold water; with the end of a spoon clear out any part of the pulp which may have adhered to them; drain off the water; put them in a tub or pan, and pour boiling syrup over them; let them remain in this for three or four days; take them from the syrup and boil it again, adding more as the peels imbibe it, so as to keep them well covered; boil the syrup once every four or five days, and pour it hot over them; do this until it has fully penetrated them.

Orange or Lemon Peels, wet.—Cut the fruit in half; express the juice, and throw the peels into salt and water, as for whole orange peels, preserving them in the same way. If you have any quantity, put them one in the other, and pack them in rows round the bottom

of a large tub or cask; proceed in this manner, putting them in layers until it is half or three parts full; have a hole near the bottom, with a cork fitted into it. When the syrup requires boiling, draw it off at the hole.

Orange or Lemon Chips.—Cut the thickest peels into long thin pieces, turning them off so as to make but one or two chips from a peel, in a similar manner as you would pare off the rind of an apple, only, instead of holding the knife in an oblique direction, so as to take off the surface, it is held more parallel, so as to cut the whole substance of the peel. Let them be as near as possible of the same thickness, or the peel may be sliced across, so as to form rings; preserve them as for whole orange peels. If they are wanted in a hurry, they may be blanched without being put into salt and water. Boil them until they can be crushed between the finger and thumb; drain them from the water, and pour boiling syrup over them as for others.

Angelica, wet.—Cut some stalks of fine tender angelica into pieces about six inches long, or any other suitable length. Put them into a pan of water on the fire until they are soft, then put them into cold water; draw off the skin and strings with a knife, and put them into cold water again; next boil them until they look whitish; let them cool; drain them from the water, and put them in an earthen pan; pour boiling syrup over them until they float. The next day drain it off, without disturbing the angelica; boil with more sugar, if required, taking off any scum which may rise; pour it over the stalks whilst it is hot; repeat this for seven or eight days, boiling the syrup the last time to the large pearl.

Eringo Root.—Choose your roots without knots; wash them clean, and boil in water until they are tender; peel off the outside skin, slit them, take out the pith, and throw them into cold water; drain, put them into a thin syrup, and give them a few boils; afterwards finish as angelica.

Pine Apple whole, wet.—Take off the top and stem of the pine; prick the apple with a pointed knife in six or eight places, or more, to the centre; put the pine in a pan with plenty of water, and boil it until tender; take it out and throw it into cold water; when cold, drain it quite dry, and pour over it, boiling hot, some syrup at the small thread. In two days pour off the syrup and boil it to a degree higher, adding more sugar if necessary; repeat this every third day, until the pine is sufficiently impregnated with the sugar; the last time the sugar must be at the large pearl. The top of the pine is greened and preserved as other green fruits, putting it in its proper place when finished. Carefully skim the sugar each time, that the pine may be quite clear.

Pine Apple Chips or Slices.—Take off the top and stalk, and pare the outside of the pine; cut it into slices half an inch thick; strew over the bottom of a pan with powdered sugar; cover it with slices

of pine-apple, then a layer of sugar, and again of pine, and so alternately until the whole is disposed of, covering the top with a layer of sugar; place it in a warm place or stove for three or four days; then boil it with the juice of two or three lemons for ten minutes or a quarter of an hour, taking off any scum which rises. If the syrup is too thick, add a little water; continue this boiling for three or four days, when it will be fit for use.

Cherries, wet or dry.—Take the best Kentish or May Duke cherries; cut a quill as if you were going to make a pen, only, instead of its being sharp, it must be round at the end; hold the cherry in your left hand, and with the other push the quill into it by the side of the stalk, as far as the top of the stone; then take hold of the stalk, and with the aid of the quill pull the stone out with the stalk, without breaking the fruit in pieces, which would be the case otherwise. Put sufficient clarified sugar into a preserving pan for the cherries to swim; boil it to the blow, and throw in the prepared fruit; let them boil in it for five or ten minutes, keeping them under the syrup by pushing them down with a flat piece of wood having a handle at the back. The next day drain off the syrup; reduce it by boiling; put in the cherries and boil them again for five minutes; repeat this for four days, giving the cherries a few boils in the syrup each day. If they are required dry, drain the syrup from them, spread them on sieves, and dry in the stove at a good heat, turning them every day. Put only sufficient on the sieves so as just to cover the bottom. Keep them in boxes prepared, or in glasses.

Whole Cherries.—Shorten the stalks of some fine cherries; put them into an earthen pan, with a layer of powdered sugar and a layer of cherries, covering the top with sugar; let them stand for two or three days; put them on the fire in a preserving pan, and let them boil in the syrup for three or four minutes; repeat this for four days. Keep them in syrup, or dry, when they are wanted, as the preceding; they may also be tied together to form bunches, and preserved in the same manner.

Grapes in Bunches.—Get some bunches of fine grapes, before they are perfectly ripe; take out the stones with a large pin or needle; put them in a preserving pan, with plenty of water and a little salt; let them simmer on the fire about a quarter of an hour; cover the pan, and let them stand in this water until the next day; pour this off, and add fresh; in a few hours drain them dry, and put them into a thin syrup, which must be boiling on the fire; give them a few boils in it, or the grapes may be put into the syrup when cold, and heat it gradually until it boils; put them in an earthen pan; the next day drain off the syrup, reduce it to the small pearl, adding more sugar if necessary, and skimming it; pour it boiling over the grapes; repeat this four or five times, finishing with syrup at the large pearl, and keep them well covered in it.

Currants in Bunches, wet.—Take the finest currants you can get,

either red or white; stone them with a pin or the nib of a pen, taking care not to cut them more than is necessary; tie six or eight bunches together with a piece of thread, or they may be tied to a small piece of stick. Take as much clarified sugar as will allow the currants to float; or put one pound of sugar to each pound of currants; clarify and boil it to the blow; put in your fruit, and let them have five or six boils; take the scum off with paper; repeat the boiling next day when they are finished. If you boil them again, the syrup will become a jelly, when you can put them in glasses.

Barberries in Bunches, wet.—Proceed as for currants.

Raspberries, whole, wet.—Take the finest and driest raspberries you can get, but not over-ripe. Take the same quantity of sugar in weight as you have of raspberries; clarify and boil it to the blow; put in the fruit, and give them a dozen boils, taking off the scum with paper; drain off the syrup, and put them into pots that are very dry; cover them with apple jelly, or make a jelly with the syrup the raspberries were boiled in, with the addition of a little currant or cherry juice when cold. Tie them over with brandy papers and bladder.

Pears, whole, wet.—Take some fine large pears, either eating or baking, but those for eating must not be too ripe; they are fit for this purpose when the pips are black. Throw them into a pan of water, with two ounces of alum; put them on the fire, and scald them until tender; take them out, and throw them into cold water; pare off the rind very thin and even; prick them several times with a fork or pin to the core, and scald them again until they are quite soft, or until the head of a pin or straw will pass through them; a little lemon juice may be added to the water in the second boiling, or with the syrup; when they are finished blanching, throw them into cold water; when cold drain them from this, and put them into a thin syrup at the small thread; give them two or three boils in this; skim, and put them in an earthen pan; the next day drain off the syrup, and add more sugar, and reduce it another degree; boil your pears in it, as before, and repeat the process for four days, finishing with the syrup at the large pearl. Keep them in covered pans for use.

Pears, Red, wet.—Take some good baking or other pears; pare and cut them in half, and take out the cores with a little scoop for the purpose; if they are first blanched a little, they can be pared easier and better. Boil them in water, with sugar sufficient to make it only just sweet, a little lemon juice, and a few allspice or cloves. Put a piece of pewter, or a pewter spoon, in the bottom of the pan, and boil them until they are quite tender and of a fine red; or prepared cochineal may be added instead, using sufficient to give the desired tint; take out the fruit, and add enough sugar to the water they were boiled in to make a syrup; boil to the large thread; put in the pears, and give them two or three boils in it; skim, and put them in an earthen pan; boil the syrup twice more, and pour it on them, raising it to the degree of the large pearl. Keep them in dry pans for use.

Quinces, Red or White, wet.—Preserve as pears.

For these preserves it is a good plan to have flat pieces of wood, like covers, to put on the fruit, so as to keep it under the syrup.

Ginger, wet.—This article is mostly imported from India and China, in jars or pots. Divide the largest races or roots from the smaller ones; take largest for preserving, as the smaller ones will serve for planting; clean and cut the roots into neat pieces, and throw them into cold water as you do them. Boil them three times in fresh water, throwing them into cold each time, or soak them in water for four or five days; drain, and boil in fresh water till tender; take them out, and throw them into cold water, in which has been mixed a little lemon juice or vinegar; peel them, and throw them into the water again as they are done, to keep them white; let the roots remain in this a few hours, then drain them dry on sieves; put them in an earthen pan; pour over them, when cold, a thin syrup, at the small thread; let them be well covered with the syrup; in two or three days drain off the syrup; add more sugar, and boil to the large thread; when cold pour it over the ginger. After three or four days boil the sugar a degree higher, and pour it in hot; continue this until your roots look clear and are fully impregnated with sugar; finish with the syrup at the large pearl.

Candied Fruit.—Any fruit or peel which has been first preserved in syrup may be candied.

Take the fruit out of the syrup and let it drain on sieves; then dip the sieve with the fruit into lukewarm water, to wash off the syrup from the surface; take it out, let it drain, and dry it in the stove. Boil some fresh syrup to the blow; put in the fruit and give it a boil in it. The fruit when it is put in will reduce the sugar, it must therefore be boiled to the same degree again. With a spoon or spatula rub the sugar against the side of the pan, to grain it; when it begins to whiten put the fruit in the white part separately: with two forks take it out and lay it on sieves or wire frames, for the sugar to drain from it.

Dried Fruit.—Any of those fruits which are preserved with syrup may be dried: they are also better when fresh dried. Warm the fruit in the syrup; take it out and drain; spread it on sieves or wires; put them in the stove to dry, turning them frequently until perfectly dried. When the fruit is drained from the syrup, it may be dusted with loaf-sugar when you put it in the stove, and for two or three times when you turn it. Too much heat will blacken the fruit, therefore let the heat of the stove be about 100° or 110° of Fahrenheit's thermometer.

SECTION XIV.—COMPOTES.

THESE are prepared in the same way as wet fruits, and served in compotiers, which are deep glass dishes belonging to the dessert service.

In summer, ripe fruits are simply blanched and boiled up in a thin syrup, a little lemon-juice is added, and served; these are only for present use. In winter, take those fruits which are preserved in syrup, drain, dip them in luke-warm water, and serve in a thin syrup, with the juice of a lemon.

Green Apricot Compote.—Prepare your fruit as for green apricots, wet; throw them into syrup that is boiling; take them off the fire, and let them remain for four or five hours; drain off the syrup, and boil to the thread; pour it over the fruit; when cold, serve.

Ripe Apricot Compote.—Cut the apricots in half, and peel them; blanch them in water that is just sweetened; drain them from this; add sugar to the water, and boil to the thread; pour it over the apricots; let them remain in it for two or three hours; then drain and boil the syrup again to the large thread; pour it over the apricots; add the juice of a lemon, with some of the kernels blanched; when cold, serve.

Peaches, nectarines, and green-gages are done as these.

Compote of Apples, with Jelly.—Pare some fine pippins very neatly; core them with an apple corer; put them into syrup, and boil gently; put only just sufficient syrup to cover them, that it may be reduced to a jelly; if it has not body enough, cut a few in pieces and put with it; when the apples look clear and are tender, take them out; add to the apples, while boiling, the juice and yellow rind of a lemon, with a few cloves. Strain the syrup, and reduce it to a jelly; pour part into the compotier, and when cold dress the apples tastefully on it. The hole where the core was taken out may be filled with any sort of marmalade or jelly. Cut the remaining part of the jelly in pieces or croutons, and place round or over them; ornament them with red currant or other jelly, in any way that your fancy may dictate.

Apple Compote.—Take some fine apples; peel and cut them in halves, quarters, or thick slices, and take out the cores; blanch them in a very thin syrup until tender; take them out, and add more sugar to that which they were boiled in, with the yellow peel and juice of a lemon and a few cloves; reduce it to the small pearl; put in the apples, and give them a few boils in it; let them remain until cold; take off the scum, if any; strain the syrup, and serve.

Pears and quinces are done as these, or coloured as for pears wet, which see.

Grape Compote.—Pick and stone some fine ripe grapes; put them in boiling syrup at the large pearl; give them three or four boils in it; let them cool, take off the scum, and serve.

Currant Compote.—Take the largest currants you can get, either red or white; pick out the seeds, and throw them into boiling syrup at the large pearl; give them two or three boils, and let them stand in the syrup; take off the scum, and serve when cold.

Raspberry Compote.—Choose some very fine and dry raspberries; boil some syrup to the blow, take it from the fire, and throw in the raspberries; let them stand for four or five hours; stir them gently; put them on the fire, and let the syrup just boil; take off the scum, and when cold serve.

Strawberry Compote.—Take off the stalks, and throw them into syrup at the small thread; when it is near boiling, take them off, let them cool, and serve; or they may be prepared by putting them in the compotier, and covering them with white currant jelly warmed.

Macedoine of Fruits.—Put some of all sorts of fruits, prepared compotes, together, and serve in the same glass, with syrup and a little lemon-juice.

Cherry Compote.—Cut off the stalks of some fine cherries about half way; wash them in cold water, and let them drain quite dry; boil some syrup to the large pearl; throw in the cherries, and let them boil quickly for five or six boils; take them off, and let them remain until cold; take off the scum, if any, and dress them in the compotier, with their stalks upwards; pour in the syrup, and serve, adding the juice of lemon.

Damsons, mulberries, Orlean plums, and barberries are done the same way, taking out the stones of the plums and barberries; the cherries may be also stoned.

SECTION XV.—BRANDY FRUITS.

ALL fruits may be preserved with brandy; but only the best sort of plums, such as apricots, magnum-bonums, peaches, green-gages, mirabelles, &c., with cherries and pears, are those usually done.

The fruit should be gathered before it is perfectly ripe, when it is prepared by blanching, &c., precisely the same as if it were intended for wet fruits; those preserved in this manner are often taken from their syrup and put in brandy; when the fruits are blanched put them for a day or two in a thin syrup, then take them out and arrange them in glasses; cover them with white brandy, into which you have mixed five ounces of powdered white sugar candy, and tie them over with bladder. Cherries are an exception to this rule. Take some fine Morello cherries, and cut off half the stalk; put them into brandy, and stop them close for a month; drain off the brandy, and to each quart add eight ounces of powdered loaf sugar or white sugar candy; dissolve and pour it over the cherries. Keep them well covered with spirit.

SECTION XVI.—ON BOTTLED FRUITS, OR FRUITS PRESERVED WITHOUT SUGAR.

CHOOSE wide-mouthed bottles, which are made for this purpose; let them be clean and perfectly dry; gather the fruit during dry weather, and fill the bottles if possible on the same day; shake the fruit well down by knocking the bottom edge of the bottle on the table; prepare some corks or bungs (which are made for fruit bottles by being cut the contrary way of the grain); pour boiling water over them, which will deprive them of any smell or dirt; repeat this a second time, if necessary, letting them remain in the water each time until it is cold; cork the bottles well, and tie them over with wire or string. M. Appert recommends that they should be luted with a mixture made of fresh slaked lime and soft cheese; this is to be spread on rags and tied over the mouth of the bottle; they are then placed in a boiler and cold water as far as their mouths; a cover is put on with a piece of linen round it to prevent evaporation, the water is then heated to boiling, and is kept at this point until it is considered that the fruit is boiled in their own water or juice; the fire is then withdrawn, and they are suffered to remain in the water for an hour, when it may be drawn off. The method which I in general pursue is to raise the water to the boiling point, and keep it at this heat for about an hour, according to the nature of the fruit; they are then suffered to remain in the water until it is cold. I find this way generally successful. When they are taken out, cover the mouth of the bottle with melted rosin or bottle wax.

This method is much superior to that of preparing them with water, which renders the fruit flat, dead, and insipid, the whole of the flavour of the fruit being imparted to the water, except when bottled very green, when it does not lose it so much.

A method I have tried with pretty good success, is to obtain the fruit before it is ripe, bottle it, and fill the bottles with cold spring water, in which are dissolved some oxymuriate of potass, cork them close, and cover the mouths with rosin. Plums done in this way had the natural bloom on them. I found these were better than those done in a similar manner by heat. A few bottles of them fermented. After the fermentation was over I corked them close, and in six months I opened some, when they had a smell like wine, and were not so flat as those which were well preserved by heat, and filled with water; these certainly look well to the eye, but they are only fit to be used for large pies, when the water should be made into a syrup with sugar, and put in with it.

The first method, which is the same as Appert's, or nearly so, is decidedly the best; it retains the natural flavour, and may be used for any purpose it is required, it being as good as fresh fruit.

The pulp or juice of fruits may also be preserved in the same way; if the fruit is not ripe enough to pulp, put it into a jar, and stop it close, place it in a kettle of cold water, heat it until it boils, and let it continue at this point for ten minutes or a quarter of an hour; take it out and pass the pulp through a hair-sieve; bottle, and finish as before.

This method of M. Appert's is not altogether original, but was anticipated by the experiments of Mr. Boyle. A system somewhat on the same principle has been practised by many in the trade for years, which is this. The fruit is bottled and carefully corked, the bottles are then placed on the top of the oven, where they are suffered to remain for twenty-four or forty-eight hours, according to the temperature, which is generally from 120° to 140° Fahrenheit's thermometer. At one place I ascertained the heat during the process, and it averaged 130°. Another system practised is that of heating the bottles in a cool oven.

The principle endeavoured to be accomplished is to destroy the small portion of oxygen contained in the bottle after being corked, by converting it into carbonic acid gas; but some other unknown agent must be produced, as this may be done without heat, which the fermentation of the fruit would cause by itself; for, according to the experiments of Hildebrand, had the oxygen of the atmosphere remained unaltered, it would have caused putrefaction; for he found that oxygen mixed with a small quantity of azote, promoted putrefaction more than pure oxygen. He found that hydrogen gas was the greatest preservative, nitrous next, and after this carbonic. These experiments were tried on meat, but they may be equally applicable in respect to fruit, when the auxiliary produced by heat is not definitely known.

Fruit should always be bottled and boiled on the same day it is gathered; for the longer the fruit lies together the more it sweats; fermentation commences, which is accelerated in the bottles by heat, and there is great danger of their bursting.

All decayed or bruised fruit should be carefully excluded, and that should be preferred which is not quite ripe.

When finished, the bottle should be kept in a cool dry place.

SECTION XVII.—OF COOLING DRINKS FOR BALLS AND ROUTS.

THESE may be made either with fresh fruit, jam, or syrups. The last merely requires the addition of water and lemon-juice to make them palatable.

Gooseberry, Currant, Raspberry, and Strawberry Waters.—Mash either of these fruits when ripe, and press out the juice through a hair-sieve, add a little water to it, and give it a boil; then filter it through a flannel bag, some syrup, a little lemon-juice and water, to make it palatable, but rich, although not too sweet, which is often the fault with these and compotes; ice them the same as wine, and serve.

Cherry Water.—Pound the cherries with the stones to obtain the flavour of the kernel, and make as above.

Apricot and Peach Water as cherry water: or, if made from jam, add a few bitter almonds pounded quite fine, using a little water and lemon-juice to pound them with; add them to the jam with water and lemon-juice to palate; strain it through a lawn sieve, ice, and serve.

Orgeat Water.—Blanch half a pound of sweet almonds and one ounce of bitter; pound them very fine in a mortar, using water to prevent their oiling; use one quart of water and a glass of orange-flower water, and make as directed for orgeat syrup; add sugar to palate, strain it through a lawn sieve, ice, and serve.

Lemonade.—Rub off the yellow rinds of six lemons on sugar; squeeze out their juice, and add to it a pint and a half of water, and half a pint of syrup, the white of an egg, with the sugar which has imbibed the oil from the rind; mix them well together; if not to your palate, alter it; strain through a flannel bag, ice, and serve.

Orangeade is made as lemonade, using China oranges instead of the lemons.

SECTION XVIII.—ICES.

[THERE is no article of the dessert kind that deserves a more elevated position than well-made ices, as well for their intrinsic merit as for the agreeable *gout* which they impart to a well-got-up entertainment.

Philadelphia has for a long time enjoyed a pre-eminent reputation in the manufacture of these delicious compounds; the rage however for *cheap* articles, without a due regard to their merits, has made sad inroads into the business; and, in order to accommodate this spirit of retrenchment, ignorant pretenders have consented to the base practice of making inferior articles, which they palm off on the unwary under the specious guise of economy. With these persons it is a custom to use three-fourths milk and only one-fourth of the legitimate article, cream, and, in order to procure a sufficient body, to intermix boiled flour, arrowroot, or potatoe flour; also to flavour with tartaric acid instead of fresh lemons, tonquin bean instead of vanilla, and inferior fruits when the best only should be used.

We mention these facts in order to caution young beginners against any such fatal mistakes. The best ingredients should *always* be used. Obtain your cream invariably fresh from a dairyman who is tenacious of his reputation, and who is known to produce a pure rich article; *it cannot be too good*, and if not used immediately should be kept in ice until wanted. Good cream cannot be had (even where large quantities are used) for a less price than twenty cents per quart. Use cream entirely, and on no account mingle the slightest