

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



quantity of milk, which detracts materially from the richness and smoothness of the ices. Always use the finest flavoured to be obtained, and follow implicitly the following very copious directions, and you will be certain to be rewarded by a fine article, of which you may well be proud:]

*Utensils requisite for making.*—1st. Pewter pots of various sizes, suitable to the quantity of mixture intended to be frozen. Tin or zinc will not answer the purpose, as it congeals the mixture too quickly without allowing it a sufficient time to become properly incorporated, and forms it in lumps like hailstones.

2d. Half pint, pint, pint and a half, and quart moulds, and some in the form of fruits made to open in the centre with a hinge: these also require to be made of the same material.

3d. Ice pails. These should be adapted to the size of the pots, about the same depth, and eight or ten inches more in diameter; if even greater, it is immaterial, the depth being the principal consideration, for the deeper it is the greater caution is required to prevent the salt from entering the mixture; for as the ice dissolves, the pot descends, and the water runs under the cover, which, being salt, spoils the contents; neither have you a sufficient basis whereon the pot rests so as to mix your creams, &c., with the spatula; consequently, half your exertions are lost by its constant sinking when you apply the least effort to scrape it from the sides. There should be a hole near the bottom, with a cork fitted into it, so as to be drawn at pleasure, that the water may be allowed to run off when there is too much.

4th. The spatula. This is an instrument somewhat resembling a gardener's spade; it should be made of stout copper and tinned, the blade being about four inches long by three in width, round at the end, and having a socket to receive a wooden handle; this is for scraping the cream, &c., from the sides of the pot as it freezes, and for mixing it.

5th. Either a large mortar and pestle, or a strong box and mallet for pounding the ice.

6th. A spade wherewith to mix the ice and salt together, fixing your pails, &c.

7th. A tin case or box, with a kind of drawer fitted to it so as to be drawn out at pleasure, and having shelves or divisions; this is for keeping the ices in the form of fruits, after they are finished, until required for the table.

*To freeze Ices.*—This is accomplished through the medium of ice. Of itself it does not contain sufficient frigorific power to congeal a liquid body to the required consistence without an auxiliary; the usual one employed is that of salt. As a general rule, take about two pounds to every six pounds of ice, which I think will be nearly the quantity required. I cannot state precisely, as it is the custom to mix it by guess; but note, the freezing quality depends on the

quantity of salt which is used, consequently, the more there is mixed with the ice the quicker are the creams, &c., frozen.

Pound a sufficient quantity of ice small, and let some salt be well mixed with it; place the pot containing the mixture in a pail, which you fill (the latter) with pounded ice and salt as far as the lid; strew a handful of salt on the top of the ice, let it remain a few minutes until you have similarly disposed of others, as three or four may be done at a time if required, then whirl them round briskly by means of the handles for five minutes, take off the lids one at a time, and with the spatula stir or carry the unfrozen part well round the sides, turning the pot also with the left hand; continue this for two or three minutes, which serves to soften what has already frozen, as well as helps to freeze the remaining portion; then scrape it from the sides, put on the lids, whirl round again briskly, as before directed, repeating the same operations every four or five minutes. As it forms into consistence, do not spare your labour in well working or mixing it together when you scrape it down, so as to make it perfectly smooth and free from lumps, for the smoothness of your ice depends on this operation; continue to freeze until the whole is well set. Ice when well frozen should be about the consistence of butter, tough to the feel, of a good colour, and without any lumps in it. Those which contain too much syrup cannot be frozen to the degree required, and those which have too little freeze hard, and feel short and crisp, like compressed or frozen snow, which arises from having too many watery particles in it, by the excess of either water or milk according to the nature of your ice. In either case it may be ascertained when you commence freezing, by the first coat which is formed round the sides. It should then be altered by either adding more cream or water, with juice, or pulp of fruit, or other flavouring matter in proportion, as the case may be, if too rich, and *vice versâ*, by the addition of more syrup, &c., when poor; but at all times the necessity of altering them should be avoided, as the component parts cannot be so perfectly blended together, without considerable extra labour, as if they were properly mixed at the commencement.

During the time of freezing, or after the creams, &c., are moulded and set up, if there is too much water in the pail, the frigorific power is lessened; a little increases it, as at first it is only a solution of the salt; but as the ice dissolves and mixes with it, it decreases; therefore, when it comes to the top drain it off, and fill up with fresh salt and ice.

When the ices are properly frozen, take out the pots, drain off the water, empty the pail, again replace them and fill them with fresh salt and ice, as before; then spread the creams over the sides of the pot, when they are ready for use, if they are intended to be served in a shop or by glassfulls. Should it be required for moulds, line the bottom with a piece of paper, before you put it on; if there is no impression or figure on the top, you may cover that also with paper; in filling them press it well in, so as to fill every part; leave a little pro-



jecting above the surface to form the top, which you put on; pack the moulds in a pail, and fill the vacancies with pounded ice well mixed with plenty of salt, strew a handful also on the top.

Ices should be moulded from half an hour to an hour before they are required to be served.

When you want to turn them out, wash the mould well in cold water that no salt may remain on it; take off the bottom and top, and the ice will come out easily.

For fruit moulds, fill each with either cream or water ice of the same kind as that which you would represent, and for the better resemblance to nature, preserve the stone with the stalk and leaves of each, which put in their proper places, allowing the leaves to project outside; close the mould, wrap it in paper, and place it in ice as others; when you want to turn them out, wash the shape in lukewarm water to take off the paper, and be careful that you do not injure the leaves, as they will often be found frozen to it; dip it again in water, open it and take out the ice, which you colour to nature with camel's-hair pencils and liquid colour (see Colours); the down or bloom is represented by dusting it with dry colour in powder, tied in a small thin muslin bag, or by means of a dry camel's-hair pencil; line the shelves of the case with paper or vine leaves, and put in the fruit as it is finished; let the case be surrounded with pounded ice and salt, as for moulds.

Ices may be divided into three classes, viz: cream, custard, and water. These derive their names from the basis of which they are composed, the flavouring matter mixed with it giving the other definition; thus we say, raspberry cream and raspberry water; but custard ices are not so particularly defined as the others by the basis, and either only receives the name of the flavour given to it, or as that of cream.

*Cream Ices.*—These are composed entirely of pure fresh cream, with the juice or pulp of fruit either fresh or preserved, and syrup or sugar so blended together as the taste of one may not predominate over that of another; but if either is in excess it should be that of the fruit.

*Raspberry of fresh fruit.*—One quart of raspberries, one quart of cream, three-quarters of a pound or a pound of sugar, a few ripe currants and gooseberries, or currants and ripe cherries may be added, instead of all raspberries, which is much approved by some, and the juice of two lemons; \* mash the fruit, and pass it through a sieve to take out the skins and seeds; mix it with the other articles; add a little prepared cochineal to heighten the colour; put it in the pot and freeze.

\* The quantity of fruit required for these ices will depend, in a great measure, on the quality of the fruit and the seasons in which it is produced; a pint and a half will be found sufficient when it is good in fine seasons; the quantity stated in each weight is the greatest required.

*Note.*—All ices made with red fruit require this addition of cochineal.

*Raspberry, from Jam.*—One pound of jam, one quart of cream, about six ounces of sugar or syrup, to palate, and the juice of two lemons. Mix as before.

*Strawberry.*—As raspberry.

*Currant Ice from fresh Fruit.*—One pint and a half of ripe currants, half a pint of raspberries, one quart of cream, the juice of two lemons, and twelve ounces of sugar. Mix as raspberry.

*Currant Ice.—Preserved Fruit.*—The same proportions as raspberry, using either jam or jelly.

*Barberry Ice.*—Use the same proportions as before. For fresh barberries, first soften them by either boiling them in the syrup you intend to use, or put them in a stew-pan, and stir them over the fire until tender; pass them through a sieve, mix, and freeze as raspberry. The barberries, having much acid, do not require any lemon-juice to be mixed with them.

*Apricot.—Fresh Fruit.*—Twenty-four fine ripe apricots, one quart of cream, twelve ounces of sugar, the juice of two lemons, with a few of the kernels blanched; mash the apricots, rub them through a sieve, mix, and freeze.

*Apricot, from Jam.*—Twelve ounces of jam, one quart of cream, the juice of two lemons, eight ounces of sugar, a few kernels or bitter almonds blanched and pounded fine; rub the whole through a sieve, and freeze.

*Peach Ice.*—The same proportions as apricot.

*Pine Apple.—Fresh Fruit.*—One pound of fresh pine apple, half a pint of syrup in which a pine has been preserved, two or three slices of pine apple cut in small dice, and the juice of three lemons; pound or grate the apple, pass it through a sieve, mix, and freeze.

*Pine Apple.—Preserved Fruit.*—Eight ounces of preserved pine, four slices cut in small dice, one quart of cream, the juice of three lemons, and sufficient syrup from the pine to sweeten it; pound the preserved pine, mix lemons with the cream, &c., and freeze.

*Ginger Ice.*—Six ounces of preserved ginger, one quart of cream, half a pint of the syrup from the ginger, sugar sufficient to sweeten it with, and the juice of two lemons; pound the ginger in a mortar, add the cream, &c., and freeze.

[*Brahma Ice.*—One quart of cream, the whites of ten eggs, one and a half pounds of powdered sugar of the best quality; mix the whole in a tea sauceman; put it on the fire, stirring constantly, until it boils once, then add two wine-glasses of Curaçoa, half a glass of orange-flower water; put it into the pot, and freeze.]

*Orange Ice Cream.*—Six oranges, three lemons, one quart of cream,



and twelve ounces of sugar or of syrup, to palate; rub off the yellow rind of two or three of the oranges on part of the sugar, scrape it off with a knife, squeeze out the juice of the oranges and lemons, and strain it; mix it with the cream and the sugar on which the rind was rubbed, add the other part of the sugar, dissolve and freeze.

*China Orange Ice Cream.*—Eight oranges, two lemons, one quart of cream, twelve ounces of sugar; rub off the rind of four or five of the oranges and one lemon on sugar, squeeze, and strain the juice; add the cream, &c., mix, and freeze.

*Cherry Ice Cream.*—Two pounds of cherries, one quart of cream, and twelve ounces of sugar or syrup; pound the cherries, with the stones, in a mortar, adding a few ripe gooseberries or currants if approved of; pass the pulp through a sieve, add the cream and sugar with the juice of two lemons and a little cochineal, mix, and freeze.

With preserved fruit it is made the same way, adding a little noyau, or a few bitter almonds pounded for the flavour of the kernel.

[*Harlequin Ice.*—This is formed by putting a small quantity of each kind of ice into the same mould, taking care to have as great a variety of colours as possible placed so as to produce a contrast; cover the mould with salt and ice as before directed, and let it remain half an hour, when it will be fit to turn out. When the colours are tastily disposed of, it produces a good effect for the table, but is not much admired on account of the jumble of flavours.]

*Lemon Ice Cream.*—Six large lemons, one quart of cream, and twelve ounces of sugar or half pint of syrup; grate off the peels of three of the lemons into a basin, squeeze the juice to it, let it stand for two or three hours, strain, add the cream and syrup, and freeze or mix as Seville orange ice.

*Mille Fruit Cream Ice.*—Make a lemon cream ice, and flavour it with elder flowers, mix in some preserved dried fruits and peels cut in small pieces. Before it is moulded, sprinkle it with prepared cochineal, and mix it a little, so as it may appear in veins or marbled.

*Custard Ices.*—These are similarly composed to the cream ices, with the addition of six eggs to each quart of cream. All kinds of nuts, liqueurs, essences, infusions, or biscuits, are principally mixed with it.

*Custard for Ices.*—One quart of cream, six eggs, and twelve ounces of powdered loaf sugar; break the eggs into a stew-pan, and whisk them together; add the cream and sugar; when well mixed, place it on the fire, and continue stirring it from the bottom with the whisk, to prevent burning; until it gets thick; take it from the fire, continue to stir it for a few minutes, and pass it through a sieve. If the custard be suffered to boil, it will curdle.

*Plombiere Ice, or Swiss Pudding.*—Take one pint and a half of cream and half a pint of milk, and make them into a custard with seven yolks of eggs; flavour it either with Curaçoa, Maraschino, or

rum; freeze the custard, and add about a quarter of a pound of dried cherries, orange, lemon, and citron peel, and currants; mix these in the iced custard. The Curaçoa, or rum, &c., may be poured over the fruit when you commence freezing, or before, which I consider preferable to flavouring the custard. Prepare the mould, which is round, and something in the shape of a melon, made to open in the centre with a hinge. Strew over the inside with some clean currants, fill the mould, and close it; immerse it in some fresh ice mixed with salt. Before it is required to be turned out, prepare a dish as follows:—

*The Sauce.*—Make a little custard, and flavour it with brandy; dissolve some isinglass in water or milk, and when it is nearly cold add sufficient to the custard to set it; pour it into the dish you intend to serve it on. As soon as it is set, turn out the pudding on it and serve.

*Almond or Orgeat Ice Cream.*—One quart of cream, eight ounces of sweet almonds, two ounces of bitter almonds, twelve ounces of sugar, and two ounces of orange-flower water; blanch the almonds, and pound them quite fine in a mortar, using the orange-flower water in pounding, to prevent their oiling; rub them through a sieve, and pound again the remaining portion which has not passed through, until they are fine enough; then mix them with the cream, and make it into a custard with eggs, as the preceding; strain, and when cold, freeze.

*Pistachio Ice Cream.*—One quart of cream, eight ounces of pistachios, and twelve ounces of sugar; blanch and pound the pistachios with a little of the cream; mix and finish as orgeat ice, flavouring it with a little essence of cédrat, or the rind of a fresh citron rubbed on sugar; or the custard may be flavoured by boiling in it a little cinnamon and mace and the rind of a lemon.

*Filbert Ice Cream.*—One quart of cream, one pound of nuts, and twelve ounces of sugar or one pint of syrup; break the nuts, and roast the kernels in the oven; when done, pound them with a little cream, make a custard, and finish as almond ice.

*Chestnut Ice.*—As the preceding, taking off the husks and skin.

*Burnt Filbert Ice Cream.*—Use the same proportions as in filbert ice; put the kernels into the syrup, and boil till it comes to the blow; stir the sugar with a spatula, that it may grain and adhere to the nuts; when cold, pound them with the sugar quite fine; make a custard, and mix them with it, allowing for the sugar that is used for the nuts; mix, and freeze as the others.

*Burnt Almond Ice Cream.*—Make as burnt filbert ice.

*Coffee Ice Cream.*—One quart of cream, five ounces of Mocha coffee, and twelve ounces of sugar; roast the coffee in a coarse iron or other stew-pan, keeping it constantly stirred until it is a good brown colour;



throw it into the custard cream whilst it is quite hot, and cover it closely; let it infuse for an hour or two, then strain and freeze.

The cream may be made with an infusion of coffee, thus: take the quantity of coffee, fresh roasted and ground to a fine powder; put this into a common glass bottle or decanter, and pour on it sufficient cold river water to moisten the powder and make an infusion; stop the bottle close, and let it remain all night; the next day filter the infusion by passing it through some fine lawn or blotting paper placed in a glass funnel; by this process a very strong and superior infusion is obtained, which contains the whole of the aroma of the coffee. Dr. Rattier observes,—"I have tried this process with boiling and with cold water; and I have assured myself, by comparison, that the powder drained by the cold water, and treated then with boiling water, gave nothing but a water slightly tinted with yellow, and devoid of odour and flavour. It is, besides, proper to pass an equal quantity of water to the first, over the grounds, in order that the second water may serve for new powder." Use this for flavouring the custard, and freeze.

*Chocolate Ice.*—One quart of cream, six ounces of chocolate, and ten ounces of sugar; dissolve the chocolate in a little water, or make the sugar into a syrup, and dissolve it by putting it on the side of the stove, or over the fire; add the cream and eggs, and make it into a custard as before; when cold, freeze.

*Tea Ice.*—One quart of cream, two ounces of the best green tea, and twelve ounces of sugar; put the tea into a cup, and pour on it a little cold river water in which has been dissolved a small portion of carbonate of soda, about as much as may be placed on a fourpenny piece; let it remain for an hour or two, then add a little boiling water, sufficient in the whole to make a very strong infusion; or the boiling water may be dispensed with, adding more cold water in proportion, and letting it soak longer, when a superior infusion will be obtained; strain it, and add to the cream and eggs. Finish as the others.

*Vanilla Ice.*—One quart of cream, half an ounce of vanilla, twelve ounces of sugar; cut the vanilla into small pieces, and pound it with the sugar until it is quite fine, add it to the cream and eggs, make it into a custard, strain, and when cold freeze, or it may be flavoured with the essence of vanilla. (See Essences).

*Noyau Cream Ice.*—Make a custard cream, and flavour it with noyau; finish as almond ice.

*Marschino Cream Ice.*—Make as noyau, flavouring it with Marschino de Zara. All liqueur ices are made the same way, using the different liqueurs with which each is named, or they may be made in this way:—Take a quart of cream, put it into the ice-pot with six ounces of sugar, which you place in the ice; work or whisk it well about the sides with a whisk for five minutes; add a glassful of

liqueur, work this well together, then whisk the whites of two eggs to a strong froth, add two ounces of sugar to them, mix this well with the cream, and freeze to the required consistence. This produces a very beautiful, soft, and mellow cream.

*Water Ices.*—These are the pulp or juice of fruits mixed with syrup, lemon juice, and a little water, so as to bring them to a good flavour and consistence when frozen.

*Currant Water Ice.*—Two pounds of ripe currants, eight ounces of raspberries and ripe cherries, one pint of syrup, and one pint of water.

Pick and mash the fruit, and strain it through a sieve, add the syrup and water, put it in the ice-pot and freeze.

*Cherry Water Ice.*—Cherries two pounds, either Kentish or May Duke, ripe gooseberries four ounces, one pint of syrup, half a pint of water, and the juice of two lemons; pound the cherries with the stones in a mortar, pass the juice of the fruit through a sieve, mix the syrup and water with it, and freeze; if it should not freeze sufficiently, add a little more water.

*Gooseberry Water Ice.*—Ripe gooseberries two pounds, the red hairy sort is the best, one pound of cherries, one pint of syrup, one pint of water, and the juice of two lemons; mash the fruit and pass it through a sieve, mix it with the syrup and water, and freeze.

*Raspberry Water Ice.*—One quart of ripe raspberries, four ounces of ripe cherries and currants, half a pint of syrup, half a pint of water, and the juice of two lemons. Mash the fruit and pass the juice through a sieve, mix the syrup water and lemon with it, and freeze.

*Raspberry Water Ice.*—Two pottles of the best scarlet pines, one pint of syrup, half a pint of water, and the juice of two lemons.

Mix as currant. All red fruits require the addition of a little prepared cochineal to heighten the colour.

*Apricot Water Ice.*—Eighteen or twenty fine ripe apricots, according to their size, half a pint of syrup, half a pint of water, the juice of two lemons.

Mash the apricots and pass them through a sieve, mix the pulp with the syrup water and lemon-juice, break the stones, blanch the kernels, and pound them fine with a little water, pass them through a sieve, add it to the mixture, and freeze.

*Peach Water Ice.*—One pound of the pulp of ripe peaches, half a pint of syrup, half a pint of water, the juice of two lemons. Mix as apricot. If the fruit is not ripe enough to pulp, open them and take out the stones, put them in a stew-pan with the syrup and water, boil until tender, and pass them through a sieve; mix in the pounded kernels; when cold, freeze.

*Damson Ice.*—One quart of damsons, one pint of syrup, half a pint of water. Mix as peach ice. Magnum-bonums, Orleans, green-gages, or any other plum may be done in the same way.



*Pine-apple Water Ice.*—Half a pint of pine syrup, one pint of water, the juice of two lemons, and three or four slices of preserved pine cut into small dice; mix and freeze.

*Fresh Pine-apple Water Ice.*—One pound of pine-apple, one pint of syrup, half a pint of water, and the juice of two lemons. Cut the pine in pieces, and put it into a stew-pan with the syrup and water, and boil until tender; pass it through a sieve, add the lemon-juice, with two or three slices of the pine cut in small dice, mix and freeze when cold. The pine may be pounded instead of being boiled, and mixed with the syrup, &c.

The whole of these ices may be made with preserved fruit instead of fresh.

One pound of jam or jelly, one pint of water, the juice of two lemons, and syrup sufficient to make it palatable.

*Apple-Water Ice.*—Pare and core some fine apples, cut them in pieces into a preserving pan with sufficient water for them to float, boil until they are reduced to a marmalade, then strain: to a pint of apple-water add half a pint of syrup, the juice of a lemon, and a little water; when cold, freeze.

*Pear-Water Ice.*—Prepare as apple ice.

*Orange-Water Ice.*—One pint of China orange-juice, one pint of syrup, half a pint of water, the juice of four large lemons.

Rub off the yellow rind of six oranges and two lemons on sugar, scrape it off and mix with the strained juice, syrup and water.

*Lemon-Water Ice.*—Half a pint of lemon-juice, half a pint of water, one pint of syrup, the peels of six lemons rubbed off on sugar, or the yellow rind may be pared or grated off, and the juice squeezed to it in a basin; let it remain for an hour or two, then strain, mix, and freeze; whip up the whites of three eggs to a strong froth, with a little sugar, as for meringues; when the ice is beginning to set, work this well in it, which will make it eat beautifully soft and delicious; freeze to the required consistence; if the ice is to be served in glasses, the meringue may be added after it has been frozen. Orange-water ice may be done the same.

*Maraschino-Water Ice.*—Make a lemon ice as the above, using less water, and making up the deficiency with Maraschino; but be careful the taste of the lemon does not prevail too much; add more water and syrup to correct it if it does. Noyau and all other liqueur ices are made the same way, using that to flavour the lemon ice which it bears the name of. Champagne and wine ices the same.

*Punch-Water Ice.*—Make either a good lemon ice, or use some orange-juice with the lemons, in the proportion of one orange to two lemons; either rub off the yellow rind of the lemons on sugar, or pare it very thin, and soak it in the spirit for a few hours; when the ice is beginning to set, work in the whites of three eggs to each quart, beaten to a strong froth, and mixed with sugar as for meringue, or

add the whites without whisking them; when it is nearly frozen, take out the pot from the ice, and mix well with it a glass each of rum and brandy, or sufficient to make it a good flavour; some like the taste of the rum to predominate, but in this case of course you will be guided by the wish of your employer. In general the prevailing flavour distinguishes it by name, as rum-punch or brandy-punch ice; after the spirit is well mixed, replace the pot and finish freezing. If champagne, arrack, or tea is added, it is then termed champagne-punch ice, arrack-punch ice, &c.

*Punch à la Romaine—Roman Punch Ice.*—Make a quart of lemon ice, and flavour it with a glass or two of each, of rum, brandy, champagne, and Maraschino; when it is frozen, to each quart take the whites of five eggs and whip them to a very strong froth; boil half a pound of sugar to the ball, and rub it with a spoon or spatula against the sides to grain it; when it turns white, mix it quickly with the whites of eggs, stir it lightly together, and add it to the ice; when cold, mix it well together, and serve it in glasses; less sugar must be used in the ice, so as to allow for that which is used in making the meringue.

*Mille Fruit Water Ice.*—Make a good lemon ice, with a pint of syrup, half a pint of water, and as much strained lemon-juice as will give it the desired flavour, with some elder flowers infused in syrup; when the ice is frozen, mix it in some preserved green fruits and peels cut in small dice; if any large fruits are used, such as apricots, peaches, pine-apples, &c., they must be also cut in dice like the peels; sprinkle it with prepared cochineal, and mix it a little so as it may appear in veins.

## SECTION XIX.—JELLIES.

*[Calves' Feet Jellies.]*—Boil down one set of calves' feet in four quarts of water till it is reduced to one half, then strain through a sieve, in order to remove the bones; when settled and cold take off the grease on the surface, then boil, with the following additions:—twelve eggs, three pints of good Madeira wine, and two pounds of loaf sugar, the juice of four lemons; stir the mixture well with a whisk or spatula, and filter through a fine flannel bag. Jellies of Champagne and other wines are made in the same manner.

*Coffee Jelly* is made the same as preceding, using, instead of Madeira wine, a decoction of coffee, prepared as follows:—infuse half a pound of roasted Mocha coffee, pulverised or ground, in one quart of water, strain off the decoction, and add to it a little brandy.

*Tea Jelly—Green or Black.*—Treat in the same way, using an infusion of half an ounce of tea to one quart of water.



## FRUIT JELLIES.

*Strawberry Jelly.*—One pound of picked strawberries, press them lightly, and put them in four ounces of clear syrup; cover the infusion, and let them stand all night; strain through a bag on the following morning; in the mean time clarify half a pound of sugar; when nearly clarified add to it a few drops of prepared cochineal, to give it a fine red colour; after which, strain it through a sieve, and add to it an ounce of clarified isinglass, the juice of two sound lemons, and afterwards the fruit; stir the jelly gently, and put it in a mould placed in ice.

N. B.—To clarify isinglass, take one ounce of the best Russia, cut it in small pieces, wash it several times in clear warm water, put it on the fire in a small pan with one pint of soft water, let it boil sufficiently, taking care to skim it well; when it is reduced to one-half, strain through a napkin into a clean vessel. The sugar and isinglass should be only lukewarm when you mix them. These remarks apply to all jellies of this kind.

*Pine Apple Jelly.*—Take a fine ripe pine apple, cut it small, and strain the juice through a hair sieve, then throw it into the boiling syrup, let it boil up, and when nearly cold strain it through a silk sieve, add a little caramel to give the jelly a fine yellow tinge; then the juice of two fine lemons, and an ounce of clarified isinglass. Proceed as before.

*Jelly of Apricots.*—Take the stones out of one dozen and a half of fine ripe apricots and boil them in the syrup, which, in this case, should be as light coloured as possible; when boiled sufficiently to extract the flavour, strain through a napkin, add the necessary quantity of isinglass, and finish as usual.

*Orange Jelly.*—Squeeze the juice out of twelve Havanna oranges and one lemon, strain through a fine linen cloth, then mix with the syrup boiled to the ball; add the clarified isinglass, filter through a fine flannel bag, and finish as before.

The foregoing will suffice for all fruit jellies.

## BLANC MANGE.

Take four ounces of sweet almonds blanched, half an ounce of bitter almonds, pound them in a clean mortar, moisten them gradually with orange-flower water, mix this with one quart of fresh cream and one ounce of clarified isinglass, put into a saucepan, constantly stirring till it boils, then pass through a fine sieve, and form into a mould, and put on ice.

*Blanc Mange* may be flavoured with vanilla, Mocha coffee, marischino, pistachios, and strawberries; in which case the bitter almonds should be left out.]

## SECTION XX.—ON ESSENCES.

THE essences or essential oils sold for general use are or ought to be obtained by distillation; but for many purposes they may be obtained equally as good, and, in some cases, superior, without. As these are often adulterated with olive or nut oils, or with spirits of wine, the fixed oils may be detected by pouring some of the suspected essence on a piece of clean writing paper, and holding it before the fire; the quantity of fixed oil it contains will remain, leaving a greasy mark, whereas the pure essential oil will evaporate without leaving any appearance; if spirits of wine be added, pour a little water or oil of turpentine into the adulterated sample, and it will turn milky, as the two will not unite without producing this effect. It is often sophisticated with the oil of turpentine, which is the lightest of all essential oils; in this case, rub a drop over the hand and hold it by the fire, when it may be recognized by the smell, or if burnt it will give out a dense black smoke.

Rectified spirits of wine dissolve the volatile oil and resin of vegetables (their taste and smell most frequently reside in these), whilst water acts on the saline and mucilaginous parts. Proof spirit, which is a mixture of both these, extracts all their virtues, and through this we are enabled to obtain the essence or tincture of any vegetable, of superior quality to that generally sold, and at considerably less expense. The essential oil of lemons or oranges is obtained by rubbing off the yellow rind on the rough surface of a piece of loaf sugar, which is much superior for flavour to that produced by any other means. Scrape off the sugar after it has imbibed the oil, and dry it in a gentle heat, put it into small glazed pots, and tie them over with bladder; it will keep any length of time unimpaired. The same observation holds good as regards all fruit whose flavour or essential oil resides in its peel.

*Essence of Lemon.*—Eight ounces of lemon peel, ten ounces of rectified spirits of wine. Pare or grate off the yellow rind of the lemon very thin and weigh it, put it into a bottle and pour the spirit on it, stop it close, and let it steep for fourteen days, when it is fit for use. Proof gin or white rum will serve equally well, but not such as is generally sold at the gin-shops; this is excellent for ices, creams, lemonade, &c. In many establishments, where quantities of peel are thrown away, the cost of this would be comparatively trifling, compared with the price of the inferior oil generally sold.

*Essence of Orange.*—Make as lemon, using only four ounces of the yellow rind.

*Essence of Bergamot.*—From the peel of the bergamot lemon.

*Essence de Cédral.*—From the yellow part of the fresh citron peel; it may also be obtained by pressing the yellow part of the peel between two glass plates, and by the distillation of the flowers of the citron-tree.



*Allspice, Cloves, Cinnamon, or Nutmegs, &c.*—Two ounces of spice, one pint of proof spirit. Bruise the spice, put it into a bottle, stop it close, let it remain fourteen days, and filter for use.

The oil from nutmegs is often extracted from them by decoction, before they are brought to the market, and their orifices closed again with powdered sassafras; this may be ascertained by the lightness of the nut; if it is punctured with a pin, the oil will be pressed from it when good. These oils may be obtained by expression or distillation; they hold resin in solution, and consequently sink in water. The essences usually sold are made by adding half an ounce of the pure oil to one pint of spirits of wine.

*Essence of Ginger.*—The best Jamaica or China ginger two ounces, proof spirit one pint. Powder the ginger, mix it with the spirit, stop close, and let it steep for twelve or fourteen days.

This is the same as is sold for "Oxley's concentrated essence of Jamaica ginger,"—a mere solution of ginger in rectified spirit—*Paris's Pharmacologia.*

*Essence of Peppermint.*—"A spirituous solution of the essential oil, coloured green by spinach leaves." *Ibid.* This essential oil is obtained by distillation. Four pounds of dried leaves yield one ounce.

*Essence of Vanilla.*—Vanilla two ounces, water ten ounces, rectified spirit three-quarters of an ounce. Cut the vanilla in small pieces, and pound it fine in a marble mortar, with loaf sugar (about a pound), adding the white of an egg and the spirit. Put it into a glazed pot, tie a piece of writing paper over it, and make a hole in it with a pin; stand the pot in warm water, keeping it at that heat for twenty-four hours, then strain for use.

One drachm of this is equal to an ounce of vanilla, and is excellent for flavouring ices, creams, liqueurs, &c.

*Essence of Bitter Almonds.*—This is obtained by distilling the cake or residue of the almonds after the oil has been expressed from them. It is a deadly poison, containing prussic acid, like all other nuts or leaves, which possess the bitter principle. Flies drop dead when passing over the still when it is in operation. The essence usually sold is one ounce of oil to seven ounces of rectified spirit.

#### SECTION XXI.—MERINGUES AND ICING.

*Dry Meringues in the form of Eggs.*—Ten whites of eggs, twelve ounces of sugar.

Obtain the newest laid eggs, and separate the white from the yolk very carefully; put the whites into a pan, which must be quite free from grease; whisk them to a very strong froth so as it will support an egg, or even a greater weight; have the sugar pounded and sifted through a lawn sieve, and mix it as lightly as possible; spread some pieces of board about an inch thick, then with a table or dessert spoon

drop them on the paper about two inches asunder, dust them with fine powdered loaf sugar, blow off all that does not adhere, and put them into a cool oven to bake until they are a nice light brown; if the oven should be too warm, when the surface gets dry or hardened cover them with paper; as soon as they are done take them off with a knife, press the inside or soft part down with the top or the back of a spoon, place them on sieves, and put them into the stove to dry; when they are required to be served fill them with any kind of preserved fruit or cream, if it is rather acid the better, and put two together.

The quality of the meringues will depend on the eggs being well whipped to a very strong froth, and also on the quantity of sugar, for if there is not enough they will eat tough.

[*Kisses.*—Twelve ounces of sugar powdered very fine and passed through a silk sieve, the whites of six eggs beaten to a strong froth; mix and lay out on paper, as for dry meringues: when baked, place two together. The size should be about that of a pigeon's egg.]

*Italian Meringues.*—One pound of sugar, the whites of six eggs. Clarify the sugar and boil it to the blow; in the mean time whip up the whites as for the last, take the sugar from the fire and rub it a little against the sides of the pan to grain it; as soon as it begins to turn white, mix in the whipped eggs, stirring the sugar well from the bottom and sides of the pan with the whisk or spatula; lay them off, and bake as dry meringues; these may be coloured by adding the liquid colour to the syrup so as to give the desired tint; and either of them may be flavoured by rubbing off the peel of oranges, lemons, or cédrats on sugar, and scraping it off as it imbibes the oil; or it may be flavoured with vanilla, by cutting it in small pieces and pounding it with some sugar, or with any liqueur by adding a spoonful or two when you mix the eggs or sugar. They may also be varied in form, and baked on tin or iron plates instead of wood, that the bottoms may be quite firm. The tops may be covered with almonds or pistachios, blanched and cut small or in fillets, or with currants, or coloured sugars; the whole depending on the taste and ingenuity of the artist.

*Mushrooms.*—To make these, take either of the pastes for meringues or light icing, as for cakes; put some into a bag in the shape of a cone, with a tin pipe at the end, the same as used for Savoy biscuits; lay them off in drops the size you wish them to be, on iron plates rubbed quite clean and dry, bake them as you would meringues, make also a smaller drop to form the stalk; when they are baked, take them off the tin and scoop out a little with your finger from the bottom near the edge, to form the hollow rough surface underneath; then dry them in the stove; scrape some chocolate and dissolve it in a little warm water, and rub a little over the rough part underneath; then place the stalk in the centre, fixing it with a little icing, and let the flat part which was on the tin be placed outermost to represent where it was cut.