

Trifle.—Place several alternate layers of Savoy biscuit and bitter almond macarons in a handsome glass bowl, or dish, and saturate them with the best Madeira wine; cover the surface of the top layer with any kind of jelly, jam, or marmalade (red currant jelly is generally preferred); then take the whites of four eggs, half a pound of pulverized loaf sugar, the juice of one sound lemon, a little rose-water, and one pint of cream; whisk all to a froth, and put lightly into the bowl, in the shape of a cone; and ornament according to fancy, with coloured sugars.

Cocconut Cakes.—One pound of blanched sweet almonds, the whites of twelve eggs, three pounds of the best pulverized loaf sugar, three large cocconuts, finely grated.

Pound the almonds in a clean mortar, with the whites of the twelve eggs, until the mixture is perfectly smooth, then add the pulverized sugar and the grated cocconut, and work the whole in the mortar into a tolerably stiff paste; form the cakes about the size of a walnut, and lay out on baking-plates previously well waxed.

Sans Soucies.—One pound of blanched sweet almonds, the whites of three eggs, two pounds of pulverized loaf sugar.

Pound the almonds with the whites of the eggs until reduced to a smooth paste, and then gradually mix in the sugar. Roll a portion of the mass thus formed in powdered sugar, and cut them into pieces about an inch long, and form them into the letter S, and bake on wax plates.

Cocoa Biscuit.—Three-quarters of a pound of blanched sweet almonds, half an ounce of good Caracas cocoa, previously roasted, two eggs, three pounds of pulverized loaf sugar.

Incorporate in a clean mortar the almonds, cocoa, and the eggs, until the mass becomes perfectly smooth, then add the sugar, with a small portion of vanilla, in powder. Form the biscuit with a tin cutter of fancy shape; lay on waxed plates, glaze the surface of the cakes with cold water, and bake in a tolerably quick oven.

Lady Cake.—Two pounds of powdered loaf sugar, half a pound of fresh butter, seven ounces of blanched sweet almonds, and one ounce of blanched bitter almonds.

Beat in a clean mortar the almonds till reduced to a smooth paste, adding occasionally a little rose-water, to prevent them from oiling; add the sugar and butter; then add the whites of thirty fresh eggs, previously whisked to a very strong froth; then mix in, very lightly, two pounds of finely-sifted flour, and bake in tin pans about twelve inches long, eight broad, and two inches deep. This cake requires a quick oven—thirty to thirty-five minutes will be sufficient time. When cool, ice as before directed, and score with a sharp knife.

Lady Fingers.—Put the yolks of four eggs in a small basin with four ounces of pounded sugar, on which you have grated the peel of one good fresh lemon; work this well with a spatula for five minutes;

after which, beat up the whites of the four eggs, and when they are very stiff, pour a fourth part of them on the yolks, which you afterwards mix with the remainder of the whites, with the addition of two ounces of sifted flour, stirring continually, to make the whole very smooth.

Then form your biscuits on half sheets of white paper, folded in such a manner that they are only three inches in length, and no larger than your finger. As soon as one sheet is full, cover your biscuits with fine sugar, and place on a baking-plate, which you put in the oven as soon as the surface of the biscuits become glossy by the melting of the sugar. Bake in a moderate oven, and when they have acquired a fine colour take them out; when sufficiently cool, remove from the paper by moistening the opposite side, or with the blade of a very thin knife. Place them afterwards two and two, with their backs to each other, in order not to injure the glossy sides.

Biscuit à la Cuillère (Spoon Biscuit).—Mix the yolks of three eggs with four ounces of fine sugar and half a clove of vanilla, powdered and passed through a silk sieve; after working these ingredients for five minutes, add a whole egg, then work them again for five minutes; after which add another whole egg, and continue to work them for five minutes longer; then beat up the whites of the first three eggs to a very stiff froth, and mix them, together with two ounces of dried and finely-sifted flour, to the former ingredients: when the batter is quite sleek, lay out on paper, and bake as Lady-fingers.

Small Biscuits with Almonds.—Prepare three yolks as usual; work them ten minutes with four ounces of sugar and an ounce of pounded bitter almonds; add a whole egg, and work together full five minutes longer; then beat up the whites very stiff, and mix them with the yolks, together with one ounce and a half of wheat flour dried in the oven and passed through a fine sieve: work this batter till it is quite sleek, and then pour it in small copper moulds formed like small melons, carefully buttered and covered twice with sugar. Mask the biscuit with fine sugar, and bake in a moderate oven.

Biscuits with Cream.—After mixing the yolks of three eggs with four ounces of fine sugar, (on which half the peel of a small lemon has been grated), work the mixture for ten minutes; then beat up the three whites as usual; mix them gradually with the yolks, together with one ounce and a half of dried sifted flour, and four spoonsful of whipped cream, well drained: the whole being lightly mixed together and very sleek, put it in moulds or cases, covering the tops of the biscuits with fine sugar; when the sugar is melted, put the biscuits in a gentle oven, and let them bake twenty or twenty-five minutes. When taken out of the oven, be careful to put them on their sides to prevent their sinking.

Biscuits glazed with Chocolate.—Prepare the same ingredients as the last, but flavour them with half a clove of vanilla pounded and passed through a silk sieve; then put them in a case ten inches in

length by seven in width, which you put in a gentle oven. In forty or fifty minutes after, see if your biscuit feels tolerably firm; if it does, take it out of the oven, and as soon as it is quite cold, turn the case and take out the biscuit, which you cut into small squares, lozenges, &c.: then mix the white of an egg with an ounce of finely-powdered white sugar and three ounces of chocolate, which, after being grated, you have dissolved for a few minutes in the mouth of the oven: work the whole with a silver spoon for five minutes, adding a little white of egg to make it rather thick and glossy, and then cover the top of the biscuit thickly with it, smoothing it with a spatula; after which put the biscuit for five or six minutes in the oven, and then let cool.

Biscuits glazed with Orange.—Rub the peel of a fine orange on a piece of sugar, then scrape off all the coloured parts, and, after bruising them with a rolling-pin, mix them with three ounces of fine sugar and the white of an egg; beat the whole for five or six minutes, then glaze the biscuit (prepared like the last, except you omit the vanilla) with it. Flavour the biscuit with either the half of an orange peel, lemon or citron, or with coffee. If you wish to glaze them *à la rose*, colour the glazing with vegetable red, and add one drop of essence of roses to it.]

FANCY BREAD, GINGER-BREAD, BUNS, ROLLS, MUFFINS,
CRUMPETS, &c.

Almond Bread.—Having bleached and dried eight ounces of sweet, and once ounce of bitter almonds, bruise them in a mortar; add one egg, and with the pestle rub it all very fine. If you find it getting oily before it becomes fine, increase the quantity of egg. When fine, grate into it the rind of one lemon; and add one pound two ounces of sifted loaf sugar. Mix with yolks of eggs, until it becomes a soft batter; now add to the rest two ounces of flour, and mix all well together; then pour your batter into square flat buttered tins, with the sides and ends turned up about two inches high; bake in a warm oven, and when cold, ice it over with the icing (see article to ice, bride, and other cakes, p. 104), and sprinkle some nonpariel sugar-plums on the top. You may cut it in any shape or form, and mix it with your rout cakes.

Colchester.—Prepare your dough as for Bath cakes; cut it with a Colchester cutter to about the thickness of a penny-piece, wash it with milk, bake it quick, wash it with egg and milk, while hot; when baked and cold, cut them apart.

Diet.—Put three-quarters of a pound of loaf sugar into a saucepan, with a quarter of a pint of water; put it over a steady fire and stir it till it is dissolved; beat six eggs with a whisk in a pan; when the sugar boils, pour it gently on the eggs, keeping it well beat till cold; then stir into it three-quarters of a pound of fine sifted flour; have

your frames papered, fill them three parts full with the batter, sift sugar over them, and bake them in a steady oven.

French Rolls.—Set a sponge with a quart of warm water, and half or three-quarters of a pint of good yeast; let your sponge rise and drop, then melt one ounce of butter in a pint of warm milk, and one ounce of salt, to wet up with; it will take about seven pounds of flour altogether; let it lie about half an hour, then put them on warm tins; prove them well, and bake them in a quick oven.

Short Bread.—Rub one pound of butter into three pounds of flour; make a hole and put in one pound of powdered sugar; then wet up with a quarter of a pint of honey water, a quarter of a pint of milk, and two eggs; break them in round pieces about as big as a walnut; roll them round or oval, to the size of a tea-saucer; pinch round the edge; place them at the distance of one inch from each other on clean tins, not buttered; cut half a pound of candied orange or lemon peel into pieces, and lay them on the top of your cakes; bake them in a good steady oven.

Queen's Ginger-Bread.—Take two pounds of honey, one pound and three-quarters of the best moist sugar, three pounds of flour, half a pound of sweet almonds blanched and cut thin, half a pound of candied orange; peel the rinds of two lemons, grated, and an ounce of powdered cinnamon, half an ounce of nutmeg, cloves, mace, and cardimoms, mixed and powdered, and a wine-glassful of water; put your honey and water into a pan over the fire, and make it quite hot; mix the other ingredients into the flour, and pour in your honey, sugar, and water, and mix all well together; let it stand till next day: make it into cakes and bake it; rub a little clarified sugar until it will blow in bubbles through a skimmer, and with a paste-brush rub over your ginger-bread when baked.

Spice Ginger-Bread.—Take three pounds of flour, one pound of moist sugar, four ounces of candied lemon or orange peel, cut small, one ounce of powdered ginger, two ounces of powdered allspice, half an ounce of powdered cinnamon, a handful of caraway seeds, and three pounds of treacle; rub the butter with your hand into the flour; then add the other ingredients, and mix it in the dough with the treacle; make it into cakes or nuts, and bake them in a warm oven.

Thick Ginger-Bread.—Prepare seven pounds of treacle, rub three-quarters of a pound of butter into twelve pounds of flour; mix three ounces of caraway, two ounces of ground coriander seeds, and two ounces of ground allspice, with your flour and treacle; mould it well together, make it into cakes, point them, butter the sides, and place them close together on buttered tins; put up-sets round them, wash with milk, and bake in a steady heat; when they are done, wash with egg and milk.

Sweetmeat Nuts.—Prepare seven pounds of treacle; mix four ounces of ground ginger, six ounces of ground allspice, eight ounces of can-

died lemon and orange, cut small, with nine pounds of flour; wet it up with your treacle, then beat into your dough four pounds of butter, and five pounds of good moist sugar; lay them off on buttered tins, about the size of walnuts, flat them down, wash them with water, and bake them in a slow oven.

Spice Nuts.—Prepare seven pounds of treacle; rub half a pound of butter into nine pounds of flour; mix four ounces of ground allspice, four ounces of ground ginger, two ounces each of caraway and coriander seeds powdered with your butter, flour, and treacle; roll half a pound of moist sugar, and strew it over the top, so that you take a little in every piece you cut from it; roll them out in long rolls about the size of your finger; cut them in pieces the size of a nutmeg; place them on buttered tins, but not to touch; wash with water or small beer, and bake in a good steady oven.

Muffins.—Muffins are baked on a hot iron plate, and not in an oven. To a quarter of a peck of flour add three-quarters of a pint of yeast, four ounces of salt, and as much water (or milk) slightly warmed, as is sufficient to form a dough of rather a soft consistency. Small portions of the dough are then put into holes, previously made in a layer of flour about two inches thick, placed on a board, and the whole is covered up in a blanket, and suffered to stand near a fire, to cause the dough to rise; when this is effected, they will each exhibit a semi-globular shape; they are then placed on a heated iron plate, and baked; when the bottoms of the muffins begin to acquire a brownish colour, they are turned, and baked on the opposite side.

[*Wheat Muffins.*—Melt a small piece of butter into a quart of milk, and set it aside until cold—beat four eggs very light, and make a batter by adding alternately and very gradually a little milk and a little flour, until the batter is of the proper consistence, which is quite thin—then add a large spoonful of yeast, if you do not use the powders as directed in the note on page 123. Bake them in muffin-rings on a griddle, and butter them before serving,—they must be torn asunder to butter, as cutting them open renders them heavy.

Rice Muffins.—Rice muffins are made in the same manner exactly as rice cakes, except that the batter of the former is thinner—that is, to a quart of milk and three eggs, you put less rice and less flour.

Rice Cakes.—Boil half a pint of rice until quite soft, setting it aside until perfectly cool; beat three eggs very light and put them with a pint of wheat flour to the rice, making it into a batter with a quart of milk; beat it well, and set it to rise with a spoonful of yeast, or use the yeast powders as directed above. Bake on a griddle, and butter them before sending them to table.

Buckwheat Cakes.—To a quart of buckwheat meal put a little Indian meal (say a table-spoonful) and a little salt; make them into a batter with cold water, taking care to beat it *very* well, as the excellence of buckwheat cakes depends very much on their being well beaten;

then put in a large spoonful of good yeast,* and set to rise; when sufficiently risen, bake them a clear brown on a griddle. They are usually buttered before being sent to table.

Flannel Cakes.—Melt a table-spoonful of butter in a quart of milk, and after stirring it well, set it away to cool; then heat four eggs very light, and stir them into the milk in turn with half a pound of sifted flour; put in a spoonful of yeast, and set it aside. These are baked on a griddle like buckwheat cakes, and are always buttered before being sent to table.

Indian Slappers.—To a pint of Indian meal, add a handful of wheat flour and a little salt; beat three eggs very light and stir them, in turn with the meal, into a quart of milk. These cakes require no yeast, and should be baked as soon as mixed. They are baked on a griddle, and buttered before serving.

Johnny-Cake.—To a quart of sifted Indian meal (for this cake coarse meal should always be used) add a pint of warm water, and a tea-spoonful of salt; mix the meal gradually into the water, and when mixed beat it very hard, until quite light, then spread it out smoothly and evenly upon a board. Let this board be then placed before the fire, having something to support it behind; when done, cut it in squares, and send it to table, without butter.

Corn-Meal Bread.—To a pint of sifted corn-meal (not too fine) add a small piece of butter and two eggs, well beaten; make it into a batter with new milk, and put in a spoonful of yeast. It will require an hour to rise. This bread is best baked, in small tin pans.]

Crumpets.—Crumpets are made of batter composed of flour, water (or milk), and a small quantity of yeast. To one pound of the best wheaten flour you may add three table-spoonfuls of yeast. A portion of the liquid paste, not too thin (after being suffered to rise), is poured on the heated iron plate, and baked, like pancakes in a pan.

Rusks.—Rub six ounces of butter into four pounds of flour; set a sponge with a pint and a-half of warm milk, and a half pint of yeast; when the sponge rises, add four ounces of good moist sugar, mix it up together, let it prove a little, then roll it out about the size of a rolling-pin; flat it down with your hand, and place the cakes at a

* Many persons now make use of the yeast powders, and give them a decided preference. They certainly possess the advantage of requiring less time, and thereby enabling you to make muffins, buckwheat cakes, &c.—which, set with yeast, require some hours in the preparation—at a quarter of an hour's notice. The ingredients are the super-carbonate of soda and tartaric acid, to be used in the following manner:—A spoonful of soda, and a spoon *two-thirds* full of tartaric acid, are to be dissolved *separately* in a little water. The soda is to be put into the batter when it is partly beaten, taking care that it is *perfectly* dissolved; and the acid is to be added when the cook is *ready* to begin baking, as they must not be allowed to stand after the effervescence takes place.



distance from each other, so as not to touch; prove them well, and bake them in a moderately heated oven; when cold, cut them in slices; place them to touch on the tins, and brown them off in a brisk oven.

Sweet Rusks.—Cut a diet bread cake into thin long slices; lay them on iron plates and brown them quickly, in a very hot oven; turn them when of a light-brown colour; and when of a similar colour on the other side, they are done.

Tops and Bottoms.—Prepare your mixture as for rusks, make it into small balls about the size of a large walnut, place them on your tins in straight rows just to touch; prove them well; bake them in a moderate heat: when cold, draw a sharp knife between every row; to cut your balls out square, turn them on their side, and cut them through the middle one at a time: place them on the tin as close as you can, with the cut part upwards; put them in a brisk oven; watch them till they are nicely browned over; then they are done.

OF PASTES IN GENERAL—PRELIMINARY REMARKS.

[The first grand object for our consideration is the proper method of *making paste*; for upon our skill in that important branch of the pastry-cook's art, will the success of our future operations mainly depend. Whenever the paste happens to be ill made, its bad effects will invariably appear in the baking; and if even by chance the colour should turn out tolerably well, it will be still highly unsatisfactory to competent judges; in short, paste thus made will always be heavy, have an unpleasant flavour, and, above all, be very indigestible; and, indeed, it is owing to the general ignorance that prevails respecting its proper amalgamation, that good pastry is so rarely made; and that the number of good family pastry-cooks is so small.

It is much more easy to *bake* pastry than to make it. The oven requires care, constant attention, and practice, it is true; but the art of making pastry is quite another thing—an art that admits of no mediocrity—a good memory, taste practice, and dexterity, being absolutely necessary in that branch of the business; for it is really from the manner of mixing the various ingredients of which it is composed that it acquires its good or bad quality.

An indispensable requisite is cleanliness in those who have to prepare elegant viands, and the most scrupulous attention must be paid to delicate management and order. In a pastry-cook these requisitions are absolutely indispensable.

TO MAKE PUFF PASTE.

I shall now endeavour to give directions for the composition of this delicate and elegant kind of paste.

Ingredients.—Twelve ounces of fine-sifted flour, twelve ounces of butter, two drachms of fine salt, and the yolks of two eggs.

Manner of Working.—Having placed the twelve ounces of flour on the board, make a small hole in the middle; in which, put the two drachms of salt, the yolks of two eggs, and nearly a glass of water; and with the ends of the fingers of your right-hand gradually mix in the surrounding flour, adding a little water where necessary, till the paste is of a proper consistence, rather firm than otherwise; then prove it by leaning your hand on the board, and working it for some minutes, when the paste will become soft to the touch, and glossy in appearance.

It is of importance to observe, that this paste should be neither too stiff nor too soft, but of a proper medium; yet it will be better when it is a little too soft than when too stiff.

The same process must be attended to in summer as in winter; though many persons pretend that this kind of paste should be made stiffer in summer than in winter, on account of the difference in the two seasons. As far as regards the hardness of the butter, this mode of reasoning has certainly some truth in it; for, inasmuch as the winter is favourable to the work, so does the heat of summer render our operations troublesome and difficult, and prevent them sometimes from having the desired effect, particularly in the making of puff paste.

The reason why summer paste should not be made softer than that made in winter, is this:—if, when the paste is soft, it be buttered, and afterwards placed on ice, as is practised in summer, the butter, which is a greasy substance, will become quickly congealed by the coldness of the ice; while the paste, which is only a moist body, will scarcely be affected by it; and, consequently, the butter being frozen, and the paste soft, it will follow that, in working it, the butter not being held by the paste sufficiently firm to unite with it, will break into small pieces; and after having received the two first turns, will appear in small lumps, like large peas. On rolling it again, and placing on the ice, the cold acts with greater force on the small particles of butter, which quickly become like so many icicles, and the paste, in consequence, will be completely spoiled; for, in baking, these particles of butter melt, and, separating themselves from the paste, render it incapable of uniting with them.

When the paste has been made as above, take three-quarters of a pound of butter, in pieces, which for twenty minutes has been in a pail of spring water, thoroughly imbued with a few pounds of pounded ice previously well washed; then squeeze and work well in a napkin in order to separate the water from it, and at the same time to render it soft, and above all, of an equal consistence; then as quickly as possible roll the paste on a marble slab, into a square, and placing the butter in the middle, cover with an equal thickness of paste, by raising the paste over it. After rolling it out two or three feet in length,

fold it into three parts by doubling one part over the other; after which roll it out again, and fold it once more into three equal parts—now roll it to a greater length, envelope it with a clean linen cloth which has been dusted with some sifted flour—lay this on some finely pounded ice, taking care to have several folds of cloth between the paste and the ice, to prevent the moisture striking through—place on the top of the paste a dish containing some pounded ice—this serves to keep the surface of the paste cool, and also to prevent it becoming soft by the action of the air. After three or four minutes, remove the dish, and turn the paste upside down, instantly covering it as before. This operation should be performed three times in the same manner, and with the same precautions.

Lastly, roll it out two or three times according to what you intend to make of it, and use it as expeditiously as possible, lest the heat of the season should render it too soft to handle, or prevent its having the desired effect in baking.

Thus, in less than half an hour, it is possible to make very fine puff paste, having previously everything ready—the ice pounded, the butter frozen, and the oven quite hot, otherwise it cannot be done. This is important, as it is sometimes an hour before the oven can be made hot; and therefore the paste should not be begun to be made till the oven is half heated. The following is another method.]

Puff Paste.—Take one pound of flour, and one pound of good firm butter; cut your butter into slices; roll it in thin sheets on some of your flour; wet up the rest with about a quarter of a pint of water; see that it is about as stiff as your batter; roll it to a thin sheet; cover it with your sheets of butter; double it in a three double; do the same five times; then double it up; lay it in the cold to use when you want it, keeping the air from it: you ought to make it before the sun rises, unless you have a cold place to make it in. The following is another method:—Take one pound of flour, and eight ounces of butter; rub the butter into the flour with your hand, and make it into a paste with water, to the consistence of very thick batter; roll out your paste thin; break eight ounces more butter into pieces of the size of a shilling, and put them in all parts of your paste; fold it up; and after standing a short time, roll it out again; when it has been rolled out three times, it is fit for use.

Short Paste.—Rub one pound of butter into one pound and a quarter of flour; wet it up stiff with cold water; work it smooth, and it is fit for use.

Tart Paste.—Eight ounces of butter rubbed into a pound of flour with your hand, and made into a stiff paste with water, is an excellent paste for tarts.

Apricot Tart.—Lay your puff paste in patties; put your jam in the middle, and bake them in a brisk oven; or you may bake your puff paste first with a bit of bread in the middle; then take out the bread—fill the hole with jam; it will look very handsome.

Covered Tart.—Take your short paste; cut it into pieces to the size of your patties; roll them out thin; lay in the bottoms; put your fruit as high as you can; put a pinch of sugar on the top; close your tart; sprinkle water over it; put a pinch of powdered loaf sugar on the top; and bake them in a good steady heat.

Raspberry Tart.—Take your short paste; cut it into pieces of nearly the size of your patties; about the thickness of a penny-piece; then with your thumb drive it thin in the middle; leave it thick at the edge; cut it round close to the patty, and notch it with the back of your knife; thin your raspberry-jam with a little water, and fill the tart three parts full; bake them in a brisk oven. Or you may make them with puff paste, in the same manner as apricot tarts, if you choose.

Mince Pies.—Stew three pounds of lean beef till it is tender; chop it fine with one pound and a half of beef suet, one dozen of apples, and one pound of stoned raisins; mix all together, with three pounds of currants, washed and picked clean, half a pound of citron, half an ounce, together, of cloves, cinnamon, and mace, pounded fine, a little allspice, a pint of brandy, and three half pints of cider, and one pound and a half of good moist sugar; squeeze it close down in a glazed pan, and it will be fit for use; then roll your puff paste in sheets, about the thickness of a penny-piece; cut out the tops to the size of your pies; put your cuttings for bottoms; fill them to your fancy; cover and close them; and bake them in a steady oven.

Raised Pie.—Take seven pounds of flour; then take one pound of mutton suet, clarified down; put it into a saucepan with one pint and a half of water, and set it over the fire till it boils; make a hole in the middle of your flour, and pour in your liquor boiling hot; then mix in your flour with a spoon till you can bear to put your hand in; mix it till it becomes a nice smooth piece of dough; cover it over with a cloth; and raise your pies with as much of it as will make the size you want; when filled and nicely closed, wash with egg, and lay on your ornament. Your oven must be brisk, if for small pies; but if for large ones, a more steady heat will be best.