

trough by a pin-board. In this state it is left to *prove*, as the bakers call it, for about four hours. After the proving process is over, the dough is again well kneaded for about half an hour. It is then removed from the inside of the trough to its lid, where it is cut into pieces, and weighed into the quantities suitable for each loaf.

The operation of moulding the dough can be learnt only by practice. It consists in cutting the masses of weighed dough, each into two equal parts. They are then kneaded either round or long, and one placed in a hollow made in the other; and the union is completed by a turn of the knuckles on the centre of the upper piece. The loaves are left in the oven from one hour and a half to two hours. They are then taken out, and, to prevent their splitting, are turned their bottom side upwards. They are afterwards covered up with a blanket to prevent as much as possible evaporation, by which weight is lost, and the bread becomes dry and unpalatable.

Mr. Edlin has made one mistake in the above account; namely, as regards the time when the salt and alum are incorporated with the flour. These ingredients ought never to be put into the sponge. If they were, the salt would retard the fermentation, and this Mr. Accum as a chemist ought to have known, and not, like many others, have copied and adopted Mr. Edlin's error.

With the exception just alluded to, the foregoing mode of making bread was pursued by the bakers some years ago, and is still practised by some of them; but the following is the process now pursued.

Modern Method.—Take a peck of potatoes (about eight pounds) and boil them with their skins on—then mash them in the seasoning tub, add two or three quarts of water, about the same quantity of patent yeast (as directed to be prepared, page 136), and three or four pounds of flour; stir together well, and cover the mixture up close with a sack, and let it stand from six to twelve hours, when it will have become what is called ferment. Then empty a sack of second flour into the trough—some sift it in—and take a little less than one quarter of the sack of flour, and pin or block it up to one end of the trough with the pin-board. Then bring the seasoning tub with the *ferment* in it to the trough, pour in a sufficient quantity of warm water—in summer, cold—stir up the mixture with the hands, and mash any lumps of potatoes (fruit) that may be in—next, strain it through a sieve for the purpose of separating the skins of the potatoes; then pour the mixture liquor into the flour which had been previously pinned or blocked up at one end of the trough, and mix it well into the flour with the hands—sprinkle a little flour over the top, and let it stand five or six hours, during which time the sponge will have risen twice. The first rising is suffered to break and go down. In about an hour or so, according to the heat of the bakehouse, the sponge rises a second time, and just as it is about again to break, or when the air escapes by the bursting of the bubbles, a sufficient quantity of water (about three pailsful) to make up the batch is poured into the sponge from the seasoning tub, the water having dissolved in it pre-

viously about four pounds of salt and eight ounces of what is called stuff—(some use more than a pound or sixteen ounces of stuff). The liquor ought to be well mixed with the sponge; which being done, the pin-board is taken away, and the whole of the flour is well worked up into one mass, which is blocked up by the pin-board to one end, and left about an hour in summer, and two hours in winter, to prove; the vacant part of the trough is then sprinkled with flour to prevent the dough from sticking, the pin-board is knocked out, and the dough is pitched out of the trough on to the lid of the opposite trough, when it is cut into masses and weighed—technically *scaled off*. These masses are then moulded into shape and put aside in a regular manner, to be finally moulded into loaves, taking care to mould those first which were first *scaled off*. Previous to the moulding, the oven must be well *swabbed out*, or cleaned with the swabber or scuttle, and the up-sets chalked to prevent the bread sticking to them. They are then placed at the back and on each side of the oven by means of the peel; the long loaves, or the quartern and half-quartern bricks, are put into the oven, packed together as close as possible—the common round bread is also packed close—but the cottage bread must be placed separately, each loaf by itself, or it will not be crusted all round. After placing the loaves in the oven, or, as the bakers say, *setting the batch*, which requires a good hand to do properly, an up-set is placed in front of it. The potatoes for the next *ferment* are put into a tin or iron kettle, generally round, but sometimes in the form of a fish-kettle, and placed in the oven to boil. When the potatoes are done, and while they are hot, the ferment for the next batch must be mixed. Twenty-four hours elapse from the mixing the ferment to the time when the bread is taken out of the oven.

SUBSTITUTE FOR WHEAT-FLOUR BREAD.

Under this head we intend to treat of the various substitutes which have been used at different times, and in different countries, for bread made of wheat flour. We allude to bread made of rye, barley, oats, peas, beans, buckwheat, maize, farinaceous roots, and of mixed substances, &c. This subject is not without interest, independent of utility, and a work of this kind would scarcely be complete if it were not introduced. We shall enter upon it with few general remarks.

Bread Corn—properly so called, of which bread is made in this country, and other civilized nations, comprehends the seeds of all *cerealia*, or farinaceous grass-like plants, for they all contain a farinaceous or mealy substance of a like nature; and which substance is chiefly composed of starch. The seeds or grain in common use are, first and principally, *wheat*; second, *rye*; and third, *barley*.

Wheat is the only grain from which really good, porous, or light bread can be made; but rye and barley are occasionally used, as well

as other grain. The bread, however, is of an inferior quality. A sort of bread is also made from *oats, maize, rice, millet, &c.*

Rice is said, and no doubt truly, to nourish more human beings than all the other seeds together used as food; and it is by many considered the most nutritive of all kinds of grain. Accum, in the *Art of making Bread*, says, that "it has been ascertained, that one part of rice contains as much food and useful nourishment as six of wheat;" an assertion by the way which we are much inclined to disbelieve. But be this as it may, there is no doubt that rice makes a very nourishing and healthy food, notwithstanding the prejudices that prevailed against it, on the unfounded allegation that it caused diseases in the eye. Rice is the principal food of most of the eastern nations, a fact which shows that it is not unhealthy. Rice is not, however, often made into bread without the addition of flour, and when it is, it forms a loaf of very inferior quality.

Maize is frequently employed as bread-corn in America, but it will not by itself make good loaf-bread; but unleavened cakes are made of it, very nutritive and palatable.

Oatmeal is seldom used for making loaf-bread, but is extensively used in the north of Great Britain in making unleavened bread, commonly called oat-cakes. It may be observed here, that the objection to biscuits, oat-cakes, maize-cakes, and other unleavened bread, on the ground of their being unhealthy, and of course not nutritive, appears to be without foundation. There can be no doubt, however, that they are inferior as food to good wheaten loaf-bread.

The seeds of leguminous plants, such as pease and beans, are sometimes used as substitutes for bread-corn. They yield a great deal of meal, which is of a sweetish taste, but it forms a coarse bread, and is generally considered neither palatable nor digestible. Dr. Cullen says, that "on certain farms in his country, upon which the leguminous seeds are produced in great abundance, the labouring servants are much fed upon this kind of grain; but if such servants are removed to a farm upon which the *leguminous seeds* are not in such plenty, and they are, therefore, fed with the *cerealia* (wheat, barley, &c.), they soon find a decay of strength; and it is common for servants, in making such removals, to insist on their being provided daily, or weekly, with a certain quantity of the leguminous meal." It does not, however, follow, that pease or bean-flower bread would be found generally so nutritive or digestible as wheat-flour bread. A great deal may be attributed to habit, and the laborious employment of farmers' servants in the open air.

All the vegetable substances from which bread is made, contain more or less of *starch*, or what is otherwise called amylaceous fecula, and this is the most valuable and nutritive part of all such substances, whether they consist of grain, or roots, &c.

We scarcely need observe, that the potatoe, amongst roots, is the most extensively used as a substitute for bread. In many countries,

584. *Baked Vermicelli Pudding*.—Simmer four ounces of vermicelli in a pint of new milk ten minutes; then put into it half a pint of cream, a tea-spoonful of pounded cinnamon, four ounces of butter warm, the same of white sugar, and yolks of four eggs, well beaten. Bake it in a dish without a lining.

585. *Marrow Pudding*.—Four ounces of marrow, four of biscuits, or French biscuits, three of jar raisins, stoned, candied orange peel, sugar and nutmeg to the taste. Place these articles in layers in a dish surrounded by paste; then beat up four eggs, leave out the whites of two, in half a pint of cream, or good milk, and pour it over the other ingredients. It will take an hour and a half to bake.

586. *The Conservative Pudding*.—Take four sponge biscuits, a quarter of a pound of ratafia and macaroon cakes, mixed, the yolks of eight eggs, a glass of brandy, half a pint of cream, well beaten together, the cakes being soaked in the brandy and cream. Butter a quart mould, place dried cherries or stoned raisins in a pattern over it, pour in the mixture, and place the mould in a stew-pan, surrounded by water, and let it simmer an hour and a half over charcoal.

587. *Economical Pudding*.—In families where there are loose pieces of bread, they can be made into a pudding instead of throwing them on one side. Boil as much milk as the size of your dish will require, put in a bit of lemon peel, and two or three of young laurel leaves; cut up the bread crust too in thin slices. When the milk boils, take out the flavourings, put in the bread, cover it up, and set it by the fire to swell; then beat it up fine, and stir to it two or three eggs well beaten, with a little moist sugar and ground allspice, a bit of butter or suet, chopped fine, or a bit of good beef dripping. A few currants or not; currants are apt to turn the milk wheyey. Three-quarters of an hour will bake it. It is a very wholesome pudding for children.

588. *A delicate Bread Pudding*.—Take fine bread, grated fine, and rich new milk. When the milk boils, put in the bread crumbs; for every table-spoonful of bread, allow one egg, well beaten; sweeten it with loaf-sugar to your taste, and grate in a little nutmeg. Put it into a buttered basin, and boil it from twenty minutes to fifty, according to the size of the pudding. If baked, rather less time will do it. It only requires to be a light brown.

589. *Barley Pudding*.—Take a quarter of a pound of Scotch or pearl barley. Wash, and simmer it in a small quantity of water; pour off the water, and add milk and flavourings as for rice puddings. Beat up with sugar and nutmeg, and mix to the milk and barley in the same way. It may be more or less rich of eggs; and with or without the addition of butter, cream, or marrow. Put it into a buttered deep dish, leaving room for six or eight ounces of currants, and an ounce of candied peel, cut up fine, with a few apples cut in small pieces. An hour will bake it.

590. *Hard Dumplings*.—Mix flour and water, with a bit of salt, to the consistency of dough. Make it into dumplings, and boil them half an hour. Serve them with butter and salt. Skimmer cakes are made

in the same way, and flatted to the thickness of half an inch, and boiled on the skimmer, which should be previously buttered; when done, it will slip off the skimmer. They are eaten with sugar and butter.

591. *Newmarket Pudding*.—A pint of new milk, half a lemon rind, a little cinnamon, and a bay leaf; simmer a few minutes, sweeten with loaf-sugar, and strain by degrees to five well-beaten eggs (leaving out two whites; pour this over thin slices of bread and butter strewed with currants. Bake half an hour.

592. *A light Pudding*.—Take a pint of new milk, eight eggs, and half a pint of cream, to two spoonfuls of flour. Beat the yolks and whites of the eggs separately; beat up the batter without the whites, but, just before putting it in the pot, or oven, stir in the whites, with one ounce of fine loaf-sugar, a little powdered cinnamon, or nutmeg, and half a glass of brandy or ratafia. Butter the basin or mould which it will exactly fill. Put it into the water fast boiling, and keep it shaking about several minutes, lest the eggs should settle on one side. Half an hour will boil it. When turned out, grate over the top fine sugar and nutmeg, with melted butter, or wine sauce, round it; or stick bits of raspberry jam, or red currant jelly, at top. If baked, it will not require more than twenty minutes. A rich puff paste, put round the edge of any baked pudding, greatly improves the appearance.

593. *A Yorkshire Pudding*.—Beat up four eggs, and mix with them, by degrees, four spoonfuls of flour; beat it to a smooth paste, and add a pint of new milk and a pinch of salt. Put it into a shallow square tin, under roast meat. It should not be put down until the meat is warmed through, and begins to drip; or till the fire is become clear and fierce, so that the batter shall soon boil. The tin should be very hot when the pudding is put in, to keep the floury part from settling.

594. *A nice Suet Pudding*.—Take two or three eggs, well beaten, with half a pound of suet, chopped fine, a pound of flour, a pinch of salt, and some grated ginger and nutmeg. Beat these up very smooth with cold water to rather a thick batter. A few currants may be added. Two hours will boil it. White wine sauce.

595. *Mother Eve's Pudding*.—Take equal weights of suet, plums, currants, sugar, apples chopped up, bread crumbs, and flour, with an egg to an ounce of the ingredient, candied peel, spice, and salt. Boil six hours.

596. *Newcastle Pudding*.—Butter half a melon mould, or quart basin, and stick all round with dried cherries, or fine raisins, fill up with bread and butter—and steam it half an hour.

597. *Hasty Pudding*.—Boil a quart of new milk, cinnamon or bay leaves. While boiling, shake in from a flour dredger two table-spoonfuls of flour, and stir it until it thickens. Then pour it into a deep dish, stir in an ounce of butter, the same of moist sugar, and grate nutmeg over the top.

598. *Arrow-root Pudding*.—Arrow-root pudding is made in the

same way as hasty pudding, with the exception of shaking the arrow-root in, which should be stirred into a little cold milk, and then stirred into the boiling milk.

599. *A Friar's Omelet*.—Boil a dozen apples, as for sauce; stir in a quarter of a pound of butter, and the same of white sugar; when cold, add four eggs, well beaten; put it into a baking dish thickly strewed over with crumbs of bread, so as to stick to the bottom and sides; then put in the apple-mixture; strew crumbs of bread over the top; when baked, turn it out, and grate loaf-sugar over it.

600. *A Swiss Pudding*.—Put layers of crumbs of bread and sliced apples, with sugar between, until the dish be as full as it will hold; let the crumbs be the uppermost layer; then pour milk over it, and bake.

601. *Oxford Puddings*.—Take a quarter of a pound of grated biscuit, the same quantity of currants, the same of suet, finely chopped, a spoonful of sugar, and a little nutmeg; mix them well together. Take the yolks of three eggs, and make up the puddings into balls. Fry them a light colour in fresh butter, and serve with white wine sauce.

602. *Muffin or Cabinet Pudding*.—Cut three or four muffins in two, pour over them boiling milk sufficient to cover them, cover them up until they are tender. Make a rich custard with eight eggs (only four whites,) a pint of cream, a quarter of a pound of loaf-sugar, an ounce of almonds, blanched and cut, lemon peel and nutmeg grated, and a glass of ratafia or brandy. Butter a tin mould for boiling—for baking, a dish. Put a layer of dried cherries, greengages, apricots, or French plums; cover with custard, add more fruit, then custard, until the mould or dish is quite full. Boil an hour and a half, and serve with wine sauce. It should not float in the water, but stand in a stew-pan, and only water enough to reach half way up the mould. If for baking, it will not take so long. Lay a puff paste round the edges of the dish.

Stale muffins are very good boiled in milk and eaten with wine sauce.

603. *French and Italian Puddings*.—These puddings are composed of sliced French rolls, eggs, and cream. Five or six eggs to a pint of cream, and as much roll as will thicken it; sweeten it with loaf-sugar; a pound of suet, chopped fine, may be added or omitted. Line the dish with puff paste; lay at the bottom six or eight apples, cut up, a pound of raisins stoned, a few dates sliced, or a few French plums, some candied orange peel, sugar, and spice. Pour the pudding over this, grate nutmeg at top, and bake of a fine pale brown.

604. *A Cheese Pudding*.—Half a pound of cheese grated, butter two ounces, four eggs, a little cayenne and nutmeg. Butter a dish, and bake twenty minutes.

605. *A very rich Pudding of prime ripe Fruit*.—This is made sometimes by pressing the fruit through a sieve, if apricots, greengages or peaches; sweet juicy apples, or rich mellow pears, may be grated; or the fruit may be scalded a few minutes in white wine;

then the skins and stones removed, and beaten in a mortar. *W*hen cold mix with rich custard, cream, eggs, and bread crumbs, or Naples biscuit, with loaf-sugar to taste; the kernels blanched, and a glass of brandy or Madeira wine. Then bake in a dish edged with puff paste, and call it according to the fruit employed—apricot pudding, peach pudding, and so forth. If the cook is ordered to make such a pudding, it is fit she should know how to do it; but it is a great pity to spoil good things by such incongruous mixtures; the batter alone would make a much better pudding; and the fruit and wine might be saved for dessert. For these rich delicate puddings, the tinctures are preferable to the spice in substance.

606. *Chesnut Pudding*.—Roast chesnuts, or boil them a quarter of an hour; blanch, peel, and grate, or pound in a mortar, with a little white wine. To a dozen chesnuts, add six eggs, well beaten, a pint and a half of cream, and a quarter of a pound of butter; mix it well together; sweeten to taste; add a little salt and nutmeg; simmer over the fire till it thickens, stirring it well. Then bake it in a dish, edged and lined with puff paste.

607. *Rusk Pudding* is exactly the same thing as bread and butter pudding, except that the butter is spread on rusks instead of bread. The richness may be varied at pleasure. Let it steep two hours or more before putting in the oven.

608. *Portugal Pudding*.—Rub up four table-spoonfuls of ground rice, or semolina, with three ounces of butter, and stir in it a pint of cream; stir it till it boils and is quite thick. Then stir in two whole eggs, and the yolks of three more, well beaten, with a quarter of a pound of loaf-sugar, a little salt and nutmeg. Butter a dish, and bake it an hour. When it is done, have ready another dish of the same size, or a very little deeper; on the bottom of this spread a layer of raspberry jam, then the pudding, and then a layer of apricot jam. This pudding is very delicate without the mixture of fruit, with wine or lemon sauce instead.

609. *Tansy Pudding*.—Make a rich batter with Naples-biscuits, eggs, cream, and a little sugar; chop up a very few tansy leaves, and a few of spinach; enough to give the whole a green colour. Set it in a double saucepan, over boiling water, till it becomes quite thick; then pour it into a buttered basin or mould; tie it up securely; and let it boil three-quarters of an hour. Let it stand a few minutes after taken up; then turn out, and serve with wine sauce.

610. *To make Curd for Cheesecakes, and other purposes*.—Milk is turned to curds and whey by means of rennet, which is the stomach of a calf, taken out as soon as it is killed, well cleansed from its contents, then scoured inside and out with salt, and when thoroughly salted stretched on a stick to dry. A bit of this is to be soaked in boiling water for several hours, and the liquor put in milk warm from the cow, or made that warmth. Use alone can prescribe the exact quantity. Never use more than enough to turn it, as it hardens the curd. The gizzard skin of fowls and turkeys may be prepared in

the same way, and answer the same purpose; or the curd for cheesecakes may be bought of the regular dairy people.

611. *Cheesecakes*.—The basis of cheesecakes is professedly the curd of milk as turned for cheese; but many are made entirely without it. The following recipe is much approved: Take the curd of eight quarts of new milk; rub the curd in a coarse cloth till quite free from whey; then work into it three-quarters of a pound of butter, three biscuits, and an equal quantity of bread crumbs, a little salt, and such spices as you choose, finely powdered. Beat ten eggs (half the whites) with three-quarters of a pound of fine loaf-sugar, a wine-glass full of brandy or ratafia, and a pint of rich cream. Having well mixed all these ingredients, rub them with the hand through a coarse hair sieve; then add a pound of currants, rubbed in a coarse cloth, and picked, and an ounce of candied citron, cut as small as possible. Line tin patty-pans with rich puff paste, put in the mixture, and either entirely cover with paste, or put on only bars or leaves. They will take about twenty minutes to bake in rather a quick oven. By substituting half a pound of sweet almonds for currants, and half an ounce of bitter, blanched, and beaten to a paste, almond cheesecakes may be made; or lemon orange cheesecakes, by substituting for the currants two or three candied lemons or oranges, pounded in a mortar.

612. *Potatoe Cheesecakes*.—Take half a pound of mashed potatoe, rubbed through a colander, or a quarter of a pound of mucilage, or potatoe starch; mix with a quarter of a pound of butter, a tea-cup full of cream, a quarter of a pound of loaf-sugar, and two eggs, finely beaten, a quarter of a pound of candied peel, either chopped fine or beaten in a mortar, and a little nutmeg or cinnamon; well mix these ingredients. Put in patty-pans, or saucers, lined with paste. Do not more than half fill, as the substance will swell. Sift over fine sugar, and bake in a quick oven a quarter of an hour. Four or six ounces of currants may be substituted for part or all of the candied peel, or the grated rind and juice of a lemon or Seville orange may be added; also a little brandy or ratafia: but do not make the mixture too moist.

613. *A plain Cheesecake*.—Turn three quarts of milk to curds; break it, and drain the whey; when dry, break it in a pan, with two ounces of butter, till perfectly smooth; put to it a pint and a half of thin cream, or good milk, and add sugar, cinnamon, nutmeg, and three ounces of currants.

614. *Bread Cheesecakes*.—Pour a pint of boiling cream on a penny loaf; let it stand two hours; mix half a pound of butter, warm, with eight eggs, and a grated nutmeg; beat the whole in a mortar; then add half a pound of currants rubbed and picked, two ounces of sugar, a spoonful of wine, and the same of brandy.

615. *Common Pancakes*.—Make a light batter of eggs, flour, and milk; fry in a small pan, in hot dripping or lard; a little salt, nutmeg, and ginger, may be added. Sugar and lemon should be served to eat with them.—Or, when eggs are scarce, make the batter with

small beer, ginger, and so forth; or water, with flour, and a very little milk, will serve, but not nearly so well as eggs and all milk.

616. *Pancakes of Rice*.—Boil half a pound of rice to a jelly, in a small quantity of water; when cold, mix it with a pint of cream, eight eggs, a bit of salt and nutmeg; stir in eight ounces of butter, just warmed, and add as much flour as will make the batter thick enough. Fry in as little lard or dripping as possible.

617. *Cream Pancakes*.—Mix the yolks of two eggs, well beaten, with a pint of cream, two ounces of sifted sugar, a little nutmeg, cinnamon, and mace. Rub the pan with a bit of butter, and fry the pancakes thin.

618. *Fritters*.—Make them of any of the batters directed for pancakes, by dropping a small quantity into the pan; or make the plainer sort, and put pared apples, sliced and cored, into the batter, and fry some of it in each slice. Currants, or sliced lemon as thin as paper, make an agreeable change. Fritters for company should be served on a folded napkin in the dish. Any sort of sweetmeat, or ripe fruit, may be made into fritters.

619. *Oyster Fritters*.—Make a batter of flour, milk, and eggs; season a very little with nutmeg. Beard the oysters, and put as many as you think proper in each fritter.

620. *Potatoe Fritters*.—Boil two large potatoes, scrape them fine, beat four yolks and three whites of eggs, and add to the above one large spoonful of cream, another of sweet wine, a squeeze of lemon, and a little nutmeg. Beat this batter well half an hour. It will be extremely light. Put a good quantity of fine lard into a stew-pan, and drop a spoonful at a time of the batter into it. Fry them; and serve as a sauce, a glass of white wine, the juice of a lemon, one dessert-spoonful of peach-leaf or almond water, and some white sugar, warmed together; not to be served in the dish.

BAKING.

621. *Bread*.—Put a quarter of flour into a large basin, or small pan, with two tea-spoonfuls of salt; make a hole in the middle, then put in a basin four table-spoonfuls of good yeast, stir in a pint of milk lukewarm; put it in the hole of the flour, stir just to make it of a thin batter, and then strew a little flour over the top; then set it on one side of the fire, cover it over with a cloth, let it stand till the next morning; add half a pint more of warm milk, and make it into dough, knead it for ten minutes, then set it in a warm place by the fire for one hour and a half, then knead it again, and it is ready for either loaves or bricks.

622. *Sally Lunn Tea Cake*.—Take a quarter of a pint of thick small-beer yeast, and one pint of warm milk, and put into a pan with flour sufficient to make it of a thick batter; let it stand by the fire till it has risen as high as it will, about two hours. Two ounces of lump sugar, dissolved in a pint of new milk, a quarter of a pound of butter rubbed in the flour very fine; then make your dough; let it

stand half an hour, then make your cakes and put them on tins; when they have stood to rise, put them in a quick oven. When eggs are plentiful you may put four eggs instead of milk—they will make it much lighter.

French rolls are made much in the same way; instead of using all milk put half water, and use only butter and a little salt.

623. *A Plum Cake*.—A quarter of dough, half a pound of moist sugar, half a pound of butter, a tea-cup full of cream and two eggs, a pound of currants (add raisins if you please) a tea-spoonful of allspice, two ounces of candied orange peel cut small, and an ounce of caraway seeds. Roll the dough out several times, and spread over the several ingredients; flour the pan well, and set it on one side the fire to rise; bake an hour and a half. A richer cake may be made by adding more sweetmeats, butter, eggs, and almonds, and so forth. The dough made as bread; when risen, melt the butter in warm milk and put to it with the other ingredients, and put to rise.

624. *A plain Pound Cake*.—One pound each of butter, loaf-sugar, and flour, and nine eggs; work the butter to a cream, pound the sugar, and add then the eggs; beat all together twenty minutes, then lightly add the flour; mix, put in a tin or hoop lined with buttered paper. Bake an hour in a moderate oven.*

AMERICAN MODE OF COOKING INDIAN CORN, PUMPKINS, &c.

Maize or Indian corn has never been extensively used in Great Britain, and the editor has every reason to believe that this has arisen from the almost total ignorance of the English people as to the mode of preparing it for human food. It is, perhaps, the most productive crop that can be grown, and its nutritious qualities, when properly prepared, are equal to its productiveness. We are satisfied that it may be grown in that country, or, at any rate, in the south and eastern parts of it, with great advantage; indeed, the experiment has been tried, and with decided success. The late Mr. Cobbett grew an average crop of the dwarf kind on Barn Elms farm, Surrey, for three or four years, as the editor can testify from his own personal inspection, and he himself has succeeded in rearing the large sort to perfection, the cobs or ears, when quite ripe, averaging eight or nine inches; this, however, was effected upon a small scale, and in a garden.

625. *Indian Cake, or Bannock*.—This, as prepared in our own country, is cheap and very nice food. Take one quart of Indian meal, dressed or sifted, two table-spoonfuls of treacle or molasses, two tea-spoonfuls of salt, a bit of "shortening" (butter or lard) half as big as a hen's egg, stirred together; make it pretty moist with scalding water, put it into a well-greased pan, smooth over the surface with a

* Full directions for these and all other similar preparations are given in "The Baker," by the same Editor.

spoon, and bake it brown on both sides before a quick fire. A little stewed pumpkin, scalded with the meal, improves the cake. Bannock split and dipped in butter, makes very nice toast.

626. *Green Indian Corn.*—This is a most delicious vegetable. When used as a vegetable the *cobs*, or ears, are plucked about the time that the corn has arrived at a milky state, or just before it assumes a solid substance. A part of the leaves or filaments by which the cob, or ear, is surrounded, is taken away, and the cobs boiled from twenty to forty minutes, "according to its age." When it is done, it is served with cold or melted butter, and eaten (after being stripped of its remaining leaves) by taking the two ends of the cob in the hands, and biting off the corn. The editor can bear testimony to its delicious quality from having grown it in his own garden and partaken of it.

627. *Indian Corn, or Maize Pudding, baked.*—Scald a quart of milk (skimmed milk will do,) and stir in seven table-spoonfuls of sifted Indian meal, a tea-spoonful of salt, a tea-cup full of molasses or treacle, or coarse moist sugar, and a table-spoonful of powdered ginger or sifted cinnamon; bake three or four hours. If whey is wanted, pour in a little cold milk after it is all mixed.

628. *Boiled Maize Pudding.*—Stir Indian meal and warm milk together "pretty stiff;" a little salt and two or three "great spoonfuls" of molasses added; also a spoonful of ginger, or any other spice that may be preferred. Boil it in a tight-covered pan, or in a very thick cloth; if the water gets in, it will ruin it. Leave plenty of room, for Indian meal swells very much. The milk with which it is mixed should be merely warmed; if it be scalding hot, the pudding will break to pieces. Some chop suet very fine, and warm in the milk; others warm thin slices of apple to be stirred into the pudding. Water will answer instead of milk.

629. *Pumpkin and Squash Pie.*—The usual way of dressing pumpkins in England in a pie is to cut them into slices, mixed with apples, and bake them with a top crust like ordinary pies. A quite different process is pursued in America, and the editor can testify to the immense superiority of the Yankee method. In England, the pumpkin is grown for show rather than for use; nevertheless, when properly dressed, it is a very delicious vegetable, and a universal favourite with our New England neighbours.

The following is the American method of making a pumpkin pie: Take out the seeds, and pare the pumpkin or squash; but in taking out the seeds do not scrape the inside of the pumpkin; the part nearest the seed is the sweetest; then stew the pumpkin, and strain it through a sieve or colander. To a quart of milk for a family pie, three eggs are sufficient. Stir in the stewed pumpkin with your milk and beaten-up eggs till it is as thick as you can stir round rapidly and easily. If the pie is wanted richer make it thinner, and add another egg or two; but even one egg to a quart of milk makes "very decent pies." Sweeten with molasses or sugar; add two tea-spoonfuls of salt, two table-spoonfuls of sifted cinnamon, and one of powdered

ginger; but allspice may be used, or any other spice that may be preferred. The peel of a lemon grated in gives it a pleasant flavour. The more eggs, says our American authority, the better the pie. Some put one egg to a gill of milk. Bake about an hour in deep plates, or shallow dishes, without an upper crust, in a warm oven.

There is another method of making this pie, which, we know from experience, produces an excellent dish: Take out the seeds, and grate the pumpkin till you come to the outside skin. Sweeten the pulp; add a little ground allspice, lemon peel, and lemon juice; in short, flavour it to your taste. Bake without an upper crust.

630. *Carrot Pies.*—These pies are made like pumpkin pies. The carrots should be boiled very tender, skinned, and sifted.

631. *American Custard Puddings,* sufficiently good for common use, may be made by taking five eggs beaten up and mixed with a quart of milk, sweetened with sugar and spiced with cinnamon, allspice, or nutmeg. It is well to boil your milk first, and let it get cold before using it. "Boiling milk enriches it so much, that boiled skim milk is about as good as new." (We doubt this assertion; at any rate, it can only be improved by the evaporation of the water.) Bake fifteen or twenty minutes.

632. *American Plum Pudding.*—Pound six hard fine biscuits (crackers), soak them for some hours in milk sufficient to cover the mass; add three pints of milk, beat up six eggs, and mix; flavour with lemon brandy, and a whole nutmeg grated; add three-quarters of a pound of stoned raisins, rubbed in flour. Bake not quite two hours.

633. *Rennet Pudding or Custard.*—A pudding may be made of this description in five minutes. Take a wine-glass full of wine, in which a small portion of calf's rennet has been kept soaking; put it into a quart of cold new milk, and a sort of custard will be the result. This sweetened with loaf-sugar and spiced with nutmeg is very good. It should be eaten immediately, for in a few hours it begins to curdle.

634. *American Apple Puddings.*—Take your apples, and bore out the core without cutting them in two. Fill up the holes with washed rice. Tie up each apple very tight, and separately in the corners of a pudding bag. Boil an hour, or an hour and a half.

635. *Bird's Nest Pudding.*—If you wish to make what is called a bird's nest pudding, prepare your custard; take eight or ten pleasant apples, prepare them and take out the core, but leave them whole; set them in a pudding-dish, pour your custard over them, and bake about thirty minutes.

636. *American Souse.*—Take pigs' feet, ears, &c. well cleaned, and boil or rather simmer them for four or five hours, until they are too tender to be taken out with a fork. When taken from the boiling water it should be put into cold water. After it is packed down tight, boil the jelly-like liquor in which it was cooked with an equal quantity of vinegar; salt as you think fit, and cloves, allspice, and cinnamon,

at the rate of a quarter of a pound to a hundred weight, must be mixed with it when scalding hot.

637. *American dry Bread.*—As far as possible, have bits of bread eaten up before they become hard. Spread those that are not eaten, and let them dry, to be pounded for puddings, or soaked for brewis. *Brewis* is made of crusts and dry pieces of bread, soaked a good while in hot milk, mashed up, and salted, and buttered like toast.

638. *Another sort of Brewis.*—The author of Domestic Cookery observes, that a very good meal may be bestowed on poor people in a thing called *brewis*, which is thus made: Cut a very thick upper crust of bread, and put it into the pot where salt beef is boiling, and nearly ready; it will attach some of the fat, and when swelled out, will be no unpalatable dish to those who rarely taste meat.

639. *Salt Fish.*—The New England mode of dressing salt fish is an excellent one, and ought to be generally adopted. Keep the fish many hours (at least seven or eight) in scalding hot water, which must never be suffered to boil.

640. *To preserve Cheese.*—Cover the cheese carefully with paper, fastened on with paste, so as totally to exclude the air. In this way cheese may be kept for years.

641. *American Mince Meat.*—Take the good bits of vegetables, and the cold meat left after dinner. Mash your vegetables fine, and chop your meat very fine. Warm it with what remains of gravy, or roast meat dripping. Two or three apples, sliced and fried to mix with it, are considered an improvement. Some like a little sifted sage sprinkled in it. After it is warmed, lay it upon a large slice of toasted bread. Potatoes should not be used in the preparation of American mince meat.

GRUELS, CREAMS, SYLLABUBS, JELLIES, &c., &c.

642. *Common Flummery* is merely water gruel flavoured, and eaten cold. Soak in cold water a pint of very fine white oatmeal; when it has steeped a day and a night, pour off the water quite clear. Then put upon the oatmeal three pints of fresh water, and let that stand also a day and a night; then strain it through a hair sieve, and boil it till it is as thick as hasty pudding, stirring it all the time; sweeten it with loaf-sugar, and put a spoonful of ratafia or noyau, or a few drops of essence of lemon. Pour it into saucers or shallow dishes. It is eaten with sugar and cream, or wine, or cider.

643. *Rice Flummery* is ground rice thickened with milk, the same as for good rice pudding. In a pint of new milk, simmer three ounces of ground rice till it is become a very thick paste, sweeten it with loaf-sugar, flavour with ratafia or peach water, put it in a bason or a mould; when it is cold, turn it out. Sauce; half a pint of new milk, a glass of white wine, a large tea-cup full of cream, the juice of a small lemon, sweetened with loaf-sugar. Or you may pour round it cream or custard.

644. *French Flummery.*—Take two ounces of isinglass to a quart

of cream; simmer them a quarter of an hour; sweeten with loaf sugar; flavour with rose water; strain it into a mould; when cold, turn it out, and put round it baked or dried pears.

645. *Dutch Flummery* is composed of isinglass boiled in water, enriched with lemon, eggs, and wine. Take two ounces of isinglass, boil it half an hour in a pint and a half of water, and grate off with loaf-sugar the yellow rind of two lemons; sweeten with loaf-sugar, a pint of white wine, and the juice of three lemons. Beat up seven eggs, and strain the above to them, stirring all the time. Put it into the saucepan a minute or two to scald—by no means let it boil. Then pour it into a bason, and stir it till nearly cold, and then let it stand a few minutes to settle, and put it into a tin mould previously dipped in cold water.

646. *Blancmange.*—If for a sick person, boil an ounce of the best isinglass, with a stick of cinnamon, in half a pint of water. The isinglass will become a very thick jelly in half an hour's boiling. Then mix to it a pint of new milk, and sugar to taste. Let it boil up once, and strain through a tamis, or swan-skin jelly-bag, into a bason. Pour it into a mould, or custard cups, when nearly cold; pour it very steadily, and keep back any sediment. When turned out, raise it all round the edges with a silver knife; turn the mould on a dish, shake it once or twice. If properly prepared, it will turn out a beautiful white jelly, like marble; garnish with flowers or with sweetmeats, or sliced lemon.

647. *A richer Blancmange.*—Simmer an ounce or little more of fine isinglass in a pint and a half of new milk; add the rind of half a lemon, shred very fine a blade or two of mace, a stick of cinnamon, and sweeten with two ounces and a half of loaf-sugar. Blanch and pound, with a spoonful of rose water, half an ounce of sweet almonds, and eight or ten bitter; put to the milk, and mix. When the isinglass is quite dissolved, strain through a linen flannel, to half a pint of rich cream, and stir together well. When it has stood an hour, pour it off into another bason, leaving the sediments at the bottom, and when nearly cold, pour it into moulds, jelly glasses, or custard cups. Two table-spoonfuls of noyau will answer the purpose of the almonds. And the isinglass may be dissolved in a pint of water and half a pint of milk.

648. *Arrow-root Blancmange.*—Put two tea-cups full of arrow-root to a quart of milk. Flavour it with an ounce of sweet almonds, and fifteen or sixteen bitter, blanched and pounded; or with noyau. Moisten the arrow-root with a little cold milk, and pour to it the boiling milk, stirring all the time. Then put it in the saucepan, and boil it a minute or two, still stirring. Dip the moulds in cold water. Turn it out when cold.

649. *Italian Cream.*—Rub on a lump of sugar the rind of a lemon, and scrape it off with a knife into a deep dish or china bowl; add two ounces and a half of sifted sugar, a gill of brandy, the juice of a lemon, and a pint of double cream; then beat it up well with a whisk; boil an ounce of isinglass in a gill of water till quite dissolved; strain