

it to the other ingredients; beat some time, and fill the mould; and when cold and set well, turn it out on a dish. The above may be flavoured with any kind of liquor; strawberry, raspberry, or any kind of fruit; coloured with prepared cochineal, and named to correspond with the flavour given.

650. *Clouted or Clotted Cream*.—The milk which is put into the pan one morning stands till the next; then set the pan on a hot hearth, half full of water; put this over a stove from ten to twenty minutes, according to the quantity of the milk; it will be done enough when bladders rise on its surface; this denotes that it is nearly boiling, which it must by no means do, but must be instantly removed from the fire, and placed in a cool place till the next morning, when the cream is thrown up, and is ready for the table, or for butter, into which it may be converted by stirring it with the hand, but not very readily. This is sometimes called Devonshire cream, and it is imagined by those who do not know better, to be much richer than the common cream. The artificial process employed in raising this cream causes the milk to yield a greater quantity, but the quality and flavour are inferior to cream raised naturally, and so is the butter made from it.

651. *Cream for Fruit Pies*.—There are many ways of preparing cream. For fruit pies, simmer a pint of new milk, rind of Seville orange or lemon, cinnamon, either, or all, as you may choose. Whisk up the yolks of three eggs, with half a spoonful of flour, and one or two of cream; gradually add the boiling milk, set it over the fire, and whisk till it is of the consistence of a thick cream. When it is removed from the fire, and rather cool, add a table-spoonful of rose or orange water, or a tea-spoonful of syrup of clove gilly flowers. When quite cold, take off the top of the pie and pour in the cream; return the cover, either whole or cut in quarters. If eggs are dear, one whole egg will whisk up with a spoonful of rice flour or arrow-root, and will answer for thickening. Richer cream may be prepared with an equal quantity of cream and milk, flavoured with almond, lemon, sack, ratafia, or brandy, and called by the name of the article by which it is flavoured principally. Be careful not to let your creams boil, or they will curdle. Creams may be prepared with fresh or preserved fruits. Luscious fruits are improved by the addition of lemon juice.

652. *Birch's Receipt for Mock Cream*.—Mix half a spoonful of flour with a pint of new milk; let it simmer five minutes to take off the rawness of the flour; then beat up the yolk of one egg, stir it into the milk while boiling, and run it through a fine sieve. A tea-spoonful of arrow-root would do better than flour.

653. *Trifle*.—Mix in a large bowl a quarter of a pound of sifted sugar, a bit of lemon peel grated fine, and the juice of a whole lemon; half a gill of Lisbon or sweet wine, the same of brandy, and a pint and a half of good cream. Whisk the whole well, and take off the froth as it rises with a skimmer, and put it on a sieve; continue to whisk it till you have enough of the whip; set it in a cold

place to drain three or four hours. Then put in a dish six or eight sponge biscuits, two ounces of almonds, blanched and split, a quarter of a pound of ratafia, some grated nutmeg and lemon peel, currant jelly and raspberry jam, half a pint of sweet wine, and a little brandy; when the cakes have absorbed the liquor, pour over about a pint of custard, made rather thicker than for apple pie; and, when wanted, lay on plenty of the whip, and throw over a few nonpariel comfits.

654. *Whip Syllabub*.—Make a whip as in the last receipt; mix with a pint of cream half a pint of sweet wine, the juice of a lemon a glass of brandy, six ounces of sifted loaf-sugar, grated nutmeg; nearly fill the custard cups with the mixture, and put on with a spoon some of the whip.

655. *Gooseberry or Apple Fool*.—Stew green gooseberries or apples, peeled or cored; add to them a little moist sugar, enough to draw the juice, to two quarts of fruit a quarter of a pound of sugar. When quite tender, pulp through a coarse sieve; add what more sugar is necessary to your taste, and a quart of new milk warm from the cow; if not from the cow, warm it by the fire; a tea-cup full of cream; mix with it an egg, or two yolks, well beaten. Let it thicken in the milk; be careful it does not boil. When cold, mix the fruit, and stir all together till well united. A little grated ginger is an improvement, nutmeg and lemon rind also, and half a glass of brandy.

655. *Calves' Feet Jelly*.—Take four calves' feet, not from the tripe shop, which have been boiled till almost all the gelatine is extracted, but buy them at the butcher's. Slit them in two, take away the fat from between the claws, wash them well in lukewarm water, put them in a large saucepan or stew-pan, cover them with water; when the liquor boils, skim it well, and let them boil gently six or seven hours, that it may be reduced to about two quarts. Then strain it through a sieve, and put it by till next day. Then take off all the oily part which is at the top, with pieces of kitchen paper applied to it; by so doing you may remove every particle of the oily substance, without wasting any of the jelly. Put the jelly in the stew-pan to melt; add a pound of lump sugar to it, the juice of lemons, the peel of two, six whites and shells beat well together, and a bottle of Sherry or Madeira; whisk the whole together until it is on the boil; then put it by the side of the stove, and let it simmer a quarter of an hour. Then strain it through a jelly-bag; what is strained first must be put into the bag, and repeated until it is quite bright and clear. Then put the jelly in moulds till it is cold and firm. Put it in a cold place. If you wish to have it very stiff, add half an ounce of isinglass, when the wine is put in. It may be flavoured by the juice of various fruits and spices, &c., and coloured with cochineal, saffron, spinach juice, red beet-root juice or claret. It is sometimes made with cherry brandy, noyeau rouge, or essence of punch, instead of wine. Ten shank mutton bones, which may be bought for a trifle, will give as much jelly as a calf's foot.

656. *Whey*.—Boil a pint of milk, put to it a glass or two of white

wine; put it on the fire till it boils again; then pour it on one side till it has settled. Pour off the clear whey, and sweeten as you like. Cider is often used instead of wine, or half the quantity. When there is no fire in the sick room, it may be put hot into a bottle, and laid between the bed and mattrass. It will keep warm several hours.

657. *Arrow-root*.—A dessert spoonful will thicken half a pint. It may be made with milk, and flavoured at pleasure, and according to circumstances, if for the sick. The method of mixing is, to moisten the arrow-root with a very little liquid, and stir it into a smooth paste; then pour the rest of the milk to it in a boiling state, stirring it one way all the time, and a minute or two afterwards. If it is not thick, return it to the saucepan, but that wastes it. If you pour it carefully, it will be thick by mixing the milk, and quite smooth.

658. *Gruel* is made of Scotch oatmeal, or cracked groats, or common oatmeal. The Embden, or cracked groats, or Scotch oatmeal, is preferable to the common, both for flavour and nutriment, but cannot be made so quickly. A block-tin saucepan, or a brass skillet, is the best for preserving the colour of the gruel; and a hair sieve to strain. Set on the groats in cold water, half a pint to three quarts of water. Let it boil three quarters of an hour. In that time it will be reduced to two quarts. Then strain it. The groats may be boiled up again, and will make another quart of gruel, but they must be boiled longer than at first. Scotch oatmeal may be made a mess at a time. To a pint of water two ounces of oatmeal; mix it with a little cold water, and stir it into the rest while boiling. This may be strained or not. Let it boil ten minutes.

659. *Robinson's prepared Groats* are prepared in the same way, but do not require so much boiling; a large spoonful of this will make a pint of gruel. A bit of butter and salt are generally stirred in gruel; or sugar and nutmeg, according to taste.

660. *Rice Gruel*.—This is principally used for bowel complaints, but is not so good as arrow-root. A table-spoonful of ground rice will thicken a pint of milk or water. Mix it in the same manner as oatmeal gruel; boil in a bit of dried orange or lemon peel, and a bit of cinnamon. Let it boil about ten minutes, sweeten with loaf-sugar, and add two glasses of port, or one of brandy, as may be required.

661. *Barley Gruel*.—This also is used to give to a person in a state of great debility. Either Scotch or pearl barley may be used; it requires a great deal of washing. If time allows, it should be boiled in a small quantity of cold water; when it boils up, pour off; add fresh boiling water for the gruel. To a quart of water put two ounces of barley; boil till reduced one half, then strain it off. Put to it half as much port wine, and sugar to taste; simmer it together two or three minutes. Rewarm it from time to time as wanted. The barley will do to put in broth.

662. *Thick Milk*, or *Flour Caudle*, is used for the same purpose. A large table-spoonful of flour will thicken a pint. It may be flavoured with cinnamon, or dried orange or lemon peel. Great care

must be taken that it does not burn. A double saucepan is best for the purpose, or a brass kettle. Half water may be used.

663. *Barley Water*.—Scotch or pearl barley may be used. Wash, or boil up, as for barley gruel; to a quart of water, barley two ounces. Simmer till of an agreeable thickness, and strain. Boil the barley up again, and it will make a pint more. This is a very cooling drink. It also is a pleasant thing to take medicine in. Lemon juice and peel, raisins, figs, liquorice root, sugar, honey, and gum arabic, with these additions it is often used either for complaints of the chest, confined bowels, or stranguary; or powdered nitre a drachm to a quart, is often found good for fever. (Merely for a drink, put sugar and lemon peel.) Rub up the nitre with honey or sugar, mix it with a little barley water, and then pour it on the whole quantity in a boiling state. Stir it well together.

665. *Beef Tea*.—Take a pound of fleshy beef, cut in slices (without the least bit of fat;) boil it up in a quart of water, and skim it well; then put it on one side to simmer twenty minutes. Season if approved, but generally only salt.

666. *Shank Jelly*.—Soak twelve shanks of mutton some hours. Brush and scour them well. Put them in a saucepan, put three quarts of water to them, add a bunch of sweet herbs, thirty or forty black peppers, twenty Jamaica, three blades of mace, an onion, and a crust of bread toasted brown, and put them on a hot hearth, closely covered. Let them simmer five hours very gently; then strain it off, and put it in a cool place. It may have the addition of a pound of beef, if approved, for flavour. This is a very good thing for people who are weakly.

667. *Tapioca Jelly*.—Choose the largest sort. Pour cold water on, and wash it two or three times; then soak it in fresh water five or six hours, and simmer it until it becomes quite clear. Add wine, lemon juice, and sugar. Boil the peel of the lemon in it. It thickens very much.

667. *Posset*.—This is more potent than whey, and in which the curd is not separated. Either ale or wine will turn it. Put on the fire, in a kettle, a quart of new milk, with a stick of cinnamon; cut a slice of bread; as the milk boils, lay it at the top, and let it boil a minute or two; then put it aside to soften. Put a pint of very strong ale, with sugar and nutmeg, or white wine. Boil up the milk again, take the bread out with a slice, and lay on the ale or wine; then very gently pour over the boiling milk, and let it stand until the head rises like that of a syllabub. Then serve. A richer posset may be made by substituting Naples biscuits for bread. A brandy posset is a quart of rich custard poured over a glass and a half of brandy.

668. *Orgeat*.—Boil a quart of new milk with a stick of cinnamon. Put to it two ounces of loaf-sugar, and let it cool. Blanch and beat to a paste, with a little rose water, three ounces of sweet almonds, and two dozen bitter. Stir them to the milk; boil it up again, and continue stirring till cold. Then add half a glass of brandy.

669. *Orange Marmalade*.—Seville oranges are in perfection about

the end of March and beginning of April, at which time marmalade should be made. Allow two pounds of sugar to each pound of Seville oranges; grate the oranges lightly, and slice them down with a very sharp knife, as thin as possible, and straight through. Nothing must be kept out but the seeds. Clarify the sugar, put the fruit in, and boil it slowly for at least an hour, until the chips are perfectly tender and clear, and it will jelly; a little of the grate may be put in, if approved; the rest is good seasoning for puddings.

670. *Fruit Jelly*.—Put the fruit, carefully picked, into a stone jar; cover close; set it in a kettle of cold water, which reaches not more than three parts the height of the jar. Let it boil half an hour (more or less, according to the nature of the fruit; black currants are much longer running to juice than either red currants or raspberries). Strain through a jelly-bag or lawn strainer; or the juice may be strained more quickly, by setting on the fruit in a preserving pan, and carefully stirring round the sides as it begins to heat, that it may not burn; strain through a jelly-bag or lawn strainer. To every pint of juice allow a pound of loaf-sugar. Set on the juice over a clear fire; when it boils, put in the sugar. When it has boiled some time, and the scum thickens and gathers together, skim it on to a sieve, and continue to do so while the scum rises; what runs from it may be returned to the rest. When it has boiled forty minutes, try a few drops, by putting on a plate in a cool place. If this become stiff almost immediately, the jelly is done enough. If not, it must be boiled till it will. The jelly may then be strained through a hair sieve, but if it have been properly skimmed this is not necessary, and it is a great waste. The best way is to pour it into a spouted jug that will contain the whole, and then into small jelly pots or glasses. Be very careful not to pour aside, or smear the edges, as an accident of this sort, however carefully wiped away, renders the jelly apt to turn mouldy. White currant jelly should be strained through a muslin or lawn sieve.

## PRESERVES.

671. *Jams*.—In making jam of very ripe juicy fruit, a portion of jelly may be taken from it which will improve the jam, taking care to have sufficient syrup to jelly round the fruit. Each quart of fruit and two pounds of sugar will admit the removal of half a pint of jelly without injury.

*Strawberries, raspberries, gooseberries, and currants*: put an equal weight of loaf-sugar and fruit; put the fruit in a preserving pan; bruise it a little and put it on the stove; stir it carefully to keep it from sticking to the bottom and sides of the pan. Let it boil before adding the sugar, and if there is plenty of juice from the fruit, so that there is no danger of it burning, let it boil a quarter of an hour before adding the sugar; it must boil half an hour afterwards. Skim on to a sieve, and add that which runs through to it. Try the stiffness of the jelly by putting a little on a plate and setting it in a cool place;

if it becomes stiff when quite cold, it has boiled sufficiently; if not stiff, boil it until it is.

The scarlet or mulberry strawberries are the best for preserving; they must be quite ripe and dry: to three pints of strawberries allow half a pint of red currant jelly. For gooseberry jam, take the small dark hairy sort named Crystal, or a large bright hairy sort called the Warrington. Smooth gooseberries do not do well in preserving.

Lisbon sugar answers very well when the jam is wanted for immediate use, and in large families where it is much used. Put six pounds of Lisbon sugar to seven of fruit. Gooseberries and black currants should be boiled an hour; if not stiff in that time, boil it longer.

672. *Cherries*.—To preserve cherries without boiling, take fine ripe Morello cherries; cut the stalks an inch from the fruit, and put them into wide-mouthed bottles; when full, put powdered loaf-sugar over the top, and pour in a little brandy. Cork and cement, or tie over with leather and bladder. They will keep all the winter through, and do very well for desserts.

673. *To bottle Damsons or Gooseberries*.—Damsons should have attained their dark colour, but not be ripe. Be careful not to bruise them. Fill wide-mouthed bottles: shake them down so that you may get as many in as possible. To each bottle put a wine glass of good home-made wine, either ginger or raisin; no other sort is good. Tie them over with bladders, and put them to stand in a large pot with cold water to reach the necks of the bottles; put a fire under the pot, and let the water boil; when the bladders begin to rise and puff, prick them with a pin. As soon as the water boils remove the fire, and let the bottles remain there until they are quite cold. Next day remove the bladders, and put over the top a thick layer of powdered loaf-sugar and a spoonful of brandy; then cork them tight, and seal or cement them.

674. *Gooseberries*.—The same rules do for gooseberries, but they should be full grown, and gathered when green.

675. *Currants*.—Currants full grown, but not turned, may be preserved in the same way; cut the stalks off with scissors.

676. *To keep Codlins several months*.—Gather codlins at Midsummer of a middling size; put them into an earthen pan, pour boiling water over, and cover the pan with cabbage leaves; keep them by the fire till they would peel, but do not peel them; then pour the water off till both are quite cold. Place the codlins in a stone jar with a smallish mouth, and pour on them the water that scalded them. Cover the pot with bladder, and tie very close, and then cover it with coarse paper again. It is best to keep them in small pots, such as will be used at once when opened.

677. *To preserve Apricots in jelly*.—Pare the fruit very thin and stone it; weigh an equal quantity of sugar in fine powder and strew over it. Next day boil very gently till they are clear; move them into a bowl, and pour the liquor over. The following day pour the liquor to a quart of codlin liquor made by boiling and straining, and a

pound of fine sugar; let it boil quickly till it will jelly; put the fruit into it, and give one boil; skim well and put into small pots.

678. *A very nice preserve of Apricots.*—Choose the finest apricots when quite ripe; pare them as thin as possible, and weigh them; lay them in halves on dishes, with the hollow parts upwards; have an equal weight of good loaf-sugar finely pounded, and strew it over them; break the stones, and blanch the kernels; when the fruit has lain twelve hours, put it with the sugar and juice, also the kernels, into a preserving pan; let it simmer very gently till clear, then take out the pieces of apricots singly; put them into small pots, and pour the syrup and kernels over them. The scum must be taken off as it rises. Cover with brandy paper.

Greengages and egg-plums may be preserved in the same way.

679. *Dried Apricots.*—Proceed as above, but instead of pouring the syrup over them after the last boil, drain them close, strew over sifted sugar to cover them, and dry them on a wire sieve on a stove, or in a slow oven; they must be turned several times, but ought not to be cold till quite dry.

680. *Apricots or Peaches in brandy.*—Wipe and weigh the fruit, and take a quarter of the weight of fine powdered sugar; put the fruit into an ice-pot that shuts very close, throw the sugar over it, and then cover the fruit with brandy. Between the top and cover of the pot, put a piece of double cap-paper. Set the pot into a saucepan of water till the brandy be as hot as you can possibly bear to put your finger in, but it must not boil. Put the fruit into a jar, and pour the brandy on it. When cold, put a bladder over, and tie it down tight.

681. *Apricot Jam.*—Divide fine apricots that have become yellow, but are not over ripe; lay the hollow part uppermost on china dishes, and strew over twelve ounces of sifted sugar to every pound of fruit; let it lie until it becomes moist, then boil it twenty minutes, stirring it well. Blanch the kernels, and boil with the jam.

682. *To preserve Ginger.*—If your ginger can be had green, it is best. Pare it nicely with a sharp knife, and throw it into cold water as you pare it, to preserve the whiteness. If fresh ginger cannot be procured, have the finest large white races of Jamaica ginger. Boil it several times in water till tender, then pare and proceed as above; set on the ginger in cold water and boil it. Pour off the liquor, and put cold water; then boil it up again. Do this a third time, till the ginger is tender, then throw it into cold water; when quite cold, drain the ginger and put into a china bowl. Clarify sugar for preserving it, in the proportion of eight pounds of sugar to seven of ginger. Let the sugar become cold, then pour over the ginger enough to cover it. Let it stand two days, then strain the syrup from the ginger and boil it with the remainder of the sugar; let them boil together twenty minutes or half an hour. When cold, again pour it over the ginger, and let it stand three or four days; by this time the ginger will have finely swollen. Then strain the syrup, boil it up, and pour it hot over the ginger. If the ginger is well swollen, and the syrup quite rich, nothing more is necessary; but if not, boil it

again at the interval of three or four days. Wide-mouthed bottles are best for keeping it. Divide the syrup to each; cork and seal, or dip in bottle cement.

683. *Cherries in brandy.*—Weigh the finest Morellos, having cut off half the stalk; prick them with a new needle, and drop them into a jar or wide-mouthed bottle. Pound three-quarters of the weight of sugar or white candy; strew, fill up with brandy, and tie a bladder over them.

684. *Damson Cheese.*—It is sometimes made with the whole skins and pulp of the fruit, sometimes with the pulp only. In either case the fruit is first to be baked or boiled in a stone jar till it is tender, and the stones will separate. If the skins are to be used, merely take out the stones with a spoon, then measure it into the preserving pan. If the skins are objected to, rub it through a very coarse sieve, that so they may be retained with the stones. Having measured the fruit, set it over a clear brisk fire, and let it boil quick till the liquid has evaporated and the fruit becomes quite dry; then add loaf-sugar powdered, in the proportion of half a pound to a quart of fruit, and let it go on boiling till the jam candies to the sides of the pan. The stones should be cracked, and the kernels skinned and boiled in the jam; this gives it a very pretty appearance, but some people object to it. It should be put out in shallow vessels, such as potting jars, saucers, and so forth, and turned out when brought to table.

## DIRECTIONS FOR CARVING.

In preparing meat for the table, and in laying out the table, reference ought to be had to the carving department—a very onerous one to all, and to many a very disagreeable one. The carving knife of course ought to be sharp, and if to be used by a lady, in particular, light and handy; dexterity and address in the manner of using it being more required than strength, either in the knife or the carver. When a lady presides, a seat sufficiently high for her to have a complete command over the joints should be provided, and the dish should be sufficiently deep and capacious, so as not to endanger the splashing of the gravy. It should also be placed as near to the carver as possible, leaving room for his or her plate. A knife with a long blade is required for a large fleshy joint; for ham or bacon a middling sized, sharp-pointed one is preferable, and for poultry or game a short knife and sharp-pointed is best. Some like this knife a little curved. We do not presume to give any directions as respects the serving of the guests; no one it is presumed would take the head of the table not acquainted with the common rules of politeness, which principally consist in endeavouring to please everybody.

685. *Fish.*—As fish is the first thing to be carved, or served, we shall first speak of it. In helping fish, take care not to break the flakes, which in cod and fine fresh salmon, and some other sorts, are large. A fish trowel is necessary, not to say indispensable, in serving many kinds of fish, particularly the larger sort.

686. *Turbot, &c.*—The trowel is to be carried flatways from the middle of the fish, and the carver should bring out as much meat as will lie upon it. The thick part is the best, and of course most esteemed. When one side is cleared, the bones ought to be taken away—which done, serve the under part. The meat on the fins is considered by some a great delicacy. Halibuts, plaice, and other large fish, are served in a similar way.

687. *A Cod's Head and Shoulders*, perhaps, require more attention in serving than any other. It is, too, considered a handsome dish. In carving, introduce the trowel along the back, and take off a piece quite down to the bone, taking care not to break the flakes. Put in a spoon and take out the sound, a jelly-like substance, which lies inside the back-bone. A part of this should be served with every slice of fish. The bones and glutinous parts of a cod's head are much liked by most people, and are very nourishing.

688. *Salmon*—Cut slices along the back-bone, and also along the flank. The flank or thin part is the best and richest, and is preferred by all accomplished gourmands. The back is the most solid and thick. The tail of salmon is not so fine as the other parts. The head is seldom used. The liver, melt, and roe, are generally served, but seldom eaten.

689. *Soles* are easily carved. You have only to cut through the middle part of the fish, bone and all, and subdivide and serve according to the size of fish. The thick parts are best; the roes when well done are very nice.

690. *Mackerel*.—The trowel should be carried under the meat, horizontally over the back-bone, so as to raise one side of the meat from the bone. Remove the bone, and serve the other side of the fish. When fresh, well cleaned, and well done, the upper end is considered the best. The roes are much liked.

691. *Eels, Whiting Jack, &c.*, when intended to be fried, are previously cut in pieces of a suitable size for serving. When they are boiled, cut through them in the same way as soles. Large jacks will admit of slices being taken off with a trowel without the bones. Small fish are served whole.

692. *Aitch Bone of Beef*.—Cut a slice an inch thick all through. Put this by, and serve in slices from the remainder. Some persons, however, like outside, and others take off a thinner slice before serving, for the sake of economy. The rich, delicious, soft fat, which resembles marrow, lies at the back of the bone: the firm fat is cut in horizontal slices at the edge of the meat. Some prefer one and some the other. The skewer used to keep the meat together when boiling, should be taken out before coming to the table, and, if necessary, be replaced by a silver one.

693. *A Round, or Buttock, and thick Flank of Beef*, are carved in horizontal slices, that is, in slices from the top. Pare and neatly cut all round. Some prefer the silver side.

694. *A Brisket of Beef* is cut lengthways, right down to the bone.

The soft mellow fat is found underneath. The upper part is firm, but gristly; if well done, they are equally good to our taste.

695. *Sirloin of Beef*, the glory of the dinner-table, may be commenced carving, either by beginning at the end, and cutting slices along the bones, or across the middle; but this latter mode will drain the gravy from the remainder. The inside is very juicy and tender, but the outside is frequently preferred. The inside fat is rich and marrowy, and is considered too much so by many. The inside of a sirloin is frequently dressed (in various ways) separately.

696. *Fillet of Veal* is the corresponding part to the round in an ox, and is cut in the same way. If the outside brown be not desired, serve the next slice. Cut deep into the stuffing, and help a thin slice, as likewise of fat. A fillet of veal should be cut very smooth and thin.

697. *Breast of Veal* answers to the brisket of an ox. It should be cracked lengthways, across the middle of the bones, to divide the thick gristly part from the ribs. There is a great difference in these parts; and as some prefer the one, and some the other, the best way is to ask to which the preference is to be given. The burr, or sweet-meat, is much liked, and a part should be served with each slice.

698. *Necks and Loins* of all sorts of meat, if properly jointed by the butcher, require only to be cut through; but when the joints are too thick for one, cut a slice between each, that is, cut one slice without bone, and another with. Some prefer one, and some the other.

699. *Calf's Head* affords a great variety of excellent meat, differing in texture and flavour, and therefore requires a judicious and skilful carver properly to divide it. Cut slices longways under the eye, taking care that the knife goes close to the bone. The throat sweetbread, or kernel, lies in the fleshy part, at the neck end, which you should help a slice of with the other part. The eyes are considered great delicacies by some. They should be taken out with the point of your knife, and each cut into two. A piece of the palate (which lies under the head), a slice of the tongue, with a portion of the brains, should be given to each guest. On drawing out the jaw-bone, some delicious lean will be found. The heads of oxen, sheep, lambs, &c., are cut in the same way as those of calves.

700. *A Leg of Mutton, &c.*—Begin to cut in the midway, between the knuckle and farther end. The slices should be thin and deep. If the outside is not fat enough, cut some from the fat on the broad end, in slices. Many prefer the knuckle, or venison bit, to the middle part; the latter is the most juicy—the former, in good, well-done mutton, is gelatinous and delicately tender. There is some good meat on the back of the leg, or aitch bone; this should be cut lengthways. It is, however, seldom carved when hot. To cut out the cramp bone, take hold of the shank in your left hand, and steadily cut down to the thigh bone; then pass the knife under the cramp bone. Legs of lamb and pork are cut in the same way.

701. *A Saddle, or Collar of Mutton*, sometimes called the chine, should be cut lengthways, in long slices, beginning close to the back-

bone, and thus leaving the ribs bare. The fat is taken from the outer ends. The inside of the loin is very tender, and in the opinion of some gourmands is preferred to the upper part. It is best, perhaps, to cut the inside lengthways.

702. *Shoulder of Mutton.*—To carve this joint (which when properly dressed is very fine eating) economically for a very small family, the best way is to cut away the underneath part when hot, and if any more is required, to take it from the knuckle. This plan leaves all the gravy in the upper part, which is very nice when cold. The usual way, however, of carving a shoulder of mutton, is to cut slices deep to the bone, in the hollow part. The prime part of the fat lies on the outer edge, and is to be cut in thin slices. Some good delicate slices of lean may be taken from each side of the ridge of the blade-bone. No slices can be cut across the edge of the blade-bone.

703. *Haunch of Venison or Mutton.*—Cut down to the bone in circular slices at the narrow end, to let out the gravy. You may then turn the broad end of the haunch towards you; insert the knife in the middle of the cut, and cut thin deep slices lengthways to the broad end of the haunch. The fat of venison is much esteemed; those who help should take care properly to apportion both the fat and gravy.

704. *Fore-quarter of Lamb.*—Separate the shoulder from the scovel, or breast and ribs, by passing the knife under it (the shoulder). The shoulder of grass lamb, which is generally pretty large, should have a little lemon or Seville orange juice, squeezed over it, and be sprinkled with a little pepper and salt, and then placed upon another dish. If the lamb be small, it is usual to replace the shoulder. The breast and ribs should be cracked across by the butcher, and be divided. Help either from that, the ribs, or shoulder, according to choice.

705. *Ham.*—The most economical way of cutting a ham, which is seldom or never eaten at one meal, is to begin to cut at the knuckle end, and proceed onwards. The usual way, however, is to begin at the middle, and cut in long slices through the thick fat. By this means you come at once to the prime, but you let out the gravy. Another plan is to cut a small hole on the top of the ham, and with a very sharp knife enlarge the hole, by cutting thin circular slices. In this latter way you preserve the gravy, and of course keep the meat moist to be eaten when cold.

706. *Tongue.*—This much-esteemed relish, which often supplies the place of ham, should be cut in thin slices across, beginning at the thick middle part. Serve slices of fat and kernel from the root.

707. *A Sucking Pig* is generally slit down the middle in the kitchen, and the cook garnishes the dish with the jaws and ears. Separate a shoulder from the carcase on one side, and then do the same thing with the leg. Divide the ribs, which are frequently considered the most choice part, into two or three helpings, presenting an ear or jaw with them as far as they will go, and plenty of sauce. Some persons prefer the leg, because not so rich and luscious as the

ribs. The neck end between the shoulders is also sometimes preferred. The joints may be divided into two each, or pieces may be cut from them.

708. *A Fowl.*—The legs of a boiled fowl are always bent inwards, and tucked into the belly, but before it is put upon the table, the skewers by which they are secured ought to be removed. The fowl should be laid on the carver's plate, and the joints as they are cut off placed on the dish. In taking off the wing, the joint only must be divided with the knife, for, by lifting up the pinion of the wing with the fork, and then drawing it towards the legs, the muscles will separate in a much better form than you can effect by cutting with a knife. Next place the knife between the leg and body, and cut to the bone; turn the leg back with the fork, and the joint will give way, if the fowl be young and well done. The merrythought is taken out when the legs and wings are all removed; the neck-bones are taken off by putting in the knife, and pressing it under the long broad part of the bone, then lift the neck-bone up and break it off from the part that sticks to the breast. The breast itself has now to be divided from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail; then lay the back upwards, put your knife into the bone half-way from the neck to the rump, and on raising the lower end it will readily separate. The last thing to be done is to turn the rump from you, and neatly to take off the two sidesmen. Each part should be neatly arranged on the dish, but it is almost impossible to give effectual written descriptions for carving fowls; the best plan is to observe carefully a good carver, and then, by a little practice, you will become perfect. The breast and the wings are considered the best parts.

709. *A Pheasant.*—Take out the skewers; fix your fork in the centre of the breast, slice it down; remove the leg by cutting in the sideway direction, then take off the wing, taking care to miss the neck-bone. When the legs and wings are all taken off, cut off slices of the breast. The merrythought is separated by passing the knife under it towards the neck; the other parts are cut as before directed in a fowl. The breast, wings, and merrythought, are the favourites, particularly the former, but the leg has a higher flavour.

710. *Partridges and Pigeons.*—Partridges are carved like fowls, but the breast and wings are not often divided, the bird being small. The wing is the prime bit, particularly the tip; the other choice parts are the breast and merrythought. *Pigeons* may be cut in two, either from one end to the other of the bird, or across.

711. *Goose or Duck.*—Cut off the apron of the goose and pour into the body a large spoonful of gravy, which should be mixed with the stuffing. Some persons put, instead of the gravy, a glass of port wine, in which a large tea-spoonful of mustard has been previously stirred. Cut as many slices from the breast as possible, and serve with a portion of the apron to each plate. When the breast is all served, and not till then, cut off the joints; but observe, the joints of water-fowl are wider spread and go farther back than those of land-fowl.

712. A *Turkey* should not be divided till the breast is disposed of; but if it be thought proper to divide, the same process must be followed as directed in a fowl. The following is the best mode of serving this delicious bird: Begin cutting close to the breast-bone, scooping round so as to leave the mere pinions. Each slice should carry with it a portion of the pudding, or force meat, with which the craw is stuffed.

713. *Hare*.—Put the point of the knife under the shoulder, and cut all the way down to the rump, on the side of the back-bone. By doing the same on the other side, the hare will be divided into three parts. The back should be cut into four parts: the shoulder must be taken off in a circular line. The pieces as they are cut should be neatly placed on the dish; in helping, some pudding and gravy should be given to each person. The above mode of carving is only applicable to a young hare; when the hare is old, it is not practicable to divide it down, but put the knife between the leg and back, and give it a little turn inwards at the joints, which you must endeavour to hit, and then cut, and with the fork turn it completely back. When both legs are taken off, you will find a fine collop on each side of the back, which back you may divide into as many pieces as are necessary. Take off the shoulders, which some persons are very fond of, and which are called the sportsman's pieces; but the legs and back are considered the prime. When all the guests are served, it is usual to take off the head, and by putting the knife between the upper and lower jaw, you may divide them; then lay the upper flat upon your plate, put the point of the knife into the centre, and cut the head into two; you will thus get at the brains, which may be served with the ears and tail to those who like them. Some persons direct the carver to serve with slices, as much as possible, off the sides of the back-bone, from the shoulder to the rump.

714. *Rabbits* are generally cut up in the same way as hares. The back and legs are considered the best parts. The back should be cut into two pieces.

#### GARNISHES.

Parsley is the most universal garnish to all kinds of cold meat, poultry, fish, butter, cheese, and so forth. Horse-radish is the garnish for roast beef, and for fish in general; for the latter, slices of lemon are sometimes laid alternately with heaps of horse-radish.

Slices of lemon for boiled fowl, turkey, and fish, and for roast veal and calf's head.

Carrot in slices for boiled beef, hot or cold.

Barberries fresh or preserved for game.

Red beet-root sliced for cold meat, boiled beef, and salt fish.

Fried smelts as garnish for turbot.

Fried sausages or force meat balls round roast turkey, capon, or fowl.

Lobster coral and parsley round boiled fish.

Fennel for mackerel and salmon, either fresh or pickled.  
Currant jelly for game, also for custard or bread pudding.  
Seville orange in slices for wild ducks, widgeons, teal and so forth.  
Mint, either with or without parsley, for roast lamb, either hot or cold.  
Pickled gherkins, capers, or onions, for some kinds of boiled meat and stews.

#### SETTING OUT A TABLE.

A prudent housekeeper, in providing for a family, or for company, will endeavour to secure variety, and avoid extravagance, taking care not to have two dishes alike, or nearly alike, such as ducks and pork, veal and fowls; and avoiding, when several sorts are required, to have such things as cannot be eaten cold, or cannot be warmed or re-cooked. There is a great waste occasioned if these principles are overlooked in providing for a party. When a table is to be set out, it is usual to place nearly the whole provisions at once; but if comfort is the object, it is better to have each dish and its accompanying sauces and vegetables sent in separately, hot from the kitchen.

For plain family dinners, soup or pudding is placed at the head of the table, and meat at the lower end; vegetables on each side of the middle, and sauce boats in the middle. Boiled meat at the top; roast meat at bottom; soup in the middle; then the vegetables and sauce boats at cross corners of the middle dish. Poultry or mutton at bottom; boiled poultry at top; roast poultry, or game, at bottom; vegetables and sauces so disposed as to give the appearance of the whole table being covered without being crowded.

When there are several courses, the first consists of soups, stews, boiled fish, fricassees; poultry with ham, bacon, tongue, or chine; and roast or boiled meat.

For second courses, birds and game of all sorts, fish fried, pickled, or potted; pigeon pies, patties, brawn, omelets, oysters stewed or scolloped, and lobsters or crabs. Tarts, cheesecakes, and sweet dishes of all kinds, are sometimes placed with the second course, but more frequently form separate courses by themselves.

The dessert is usually served in another room, which is a great accommodation both to the servants, who can prepare it at leisure, and to the guests in quitting the smell of a hot dinner. A d'oyley, a finger glass, two wine glasses, a china dessert plate, and silver knife and fork, and spoon, to each person. Every variety of fruit, fresh and preserved, is admissible; and biscuits, and pound-cake, with an epergne or stand of jellies in the middle. Varieties of wine are generally placed at each end.

The modern practice of dining late has added importance to the luncheon, and almost annihilated the supper meal. The following are suitable for either: soups, sandwiches of ham, tongue, dried sausage, or beef; anchovy, toast or husks; potted beef, lobster, or cheese; dried salmon, lobsters, crayfish or oysters, poached eggs;