

THE
COMPLETE COOK.
PLAIN AND PRACTICAL
DIRECTIONS
FOR
COOKING AND HOUSEKEEPING;

WITH UPWARDS OF
SEVEN HUNDRED RECEIPTS:
CONSISTING OF
DIRECTIONS FOR THE CHOICE OF MEAT AND POULTRY;
PREPARATIONS FOR COOKING, MAKING
OF BROTHS AND SOUPS;
BOILING, ROASTING, BAKING, AND FRYING
OF MEATS, FISH, &c.
SEASONINGS, COLOURINGS, COOKING VEGETABLES;
PREPARING SALADS, CLARIFYING;
MAKING OF PASTRY, PUDDINGS, GRUELS, GRAVIES, GARNISHES, &c.
AND, WITH
GENERAL DIRECTIONS FOR MAKING WINES.

WITH ADDITIONS AND ALTERATIONS,
BY J. M. SANDERSON,
Of the Franklin House.

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Handwritten notes and signatures in cursive script, including the name "James M. Smith" and other illegible text.

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PREFACE
TO
THE AMERICAN EDITION.

It is said that "Good wine needs no bush," and according to the same rule a good book should require no apology, (as a preface generally appears to be). In this instance, as we are not the author, we intend to devote the small space allowed us, to the praise of this our adopted work; for, of all the English books on this subject, none, according to our ideas, possess half the claims to public approval as this one does. The author, whoever he is, is certainly a proficient in his business; and, although making no pretensions to a literary character, has laid down his rules and precepts in a clear and concise manner.

Very few additions or alterations have been made in this work; in fact none, excepting where circumstances rendered it necessary; it being considered best to send it forth to the American world with all its beauties untouched; at the same time we wish it to be understood that we do so, not because the subject is a barren one; on the contrary, were we to *condense* all the *necessary* information we have on this science, we should swell our small book to the dignity of a three-volumed work; but, by so doing, we should place it beyond the reach of that class to whom its precepts will prove most valuable. We have therefore concluded, after due reflection, to leave such labours alone until we have more time and experience.

The American stomach has too long suffered from the vile concoctions inflicted on it by untutored cooks, guided by senseless and impracticable cook-books; and it is to be hoped, that

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as this subject is now becoming more important in these days of dyspepsia, indigestion, &c., a really good book will be well patronised, and not only read, but strictly followed; and let it not be said hereafter that "the American kitchen is the worst in the world."

As we have made but few alterations or improvements, we do not consider it at all necessary to offer to the public any apology for our seeming presumption in thus undertaking, at our age, to edit a work which we think requires little improvement, and consequently no great degree of talent on our part. Should we ever undertake anything original, we shall then act with more humility. All that we ask, in the present case, is the wide and extended use of the "Complete Cook."

P R E F A C E

TO
THE ENGLISH EDITION.

THE following work has been written, not only with the view of furnishing a complete Cookery Book, but also for the purpose of instructing, in a simple manner, inexperienced mistresses and servants, in the elementary principles of the culinary science; not losing sight of endeavouring to inculcate the relative duties of the employer and the employed. Almost the only cookery book in our language, in which reasons are given for the doctrine laid down, is "*The Cook's Oracle*," by the late Dr. Kitchiner. The Doctor's work, though exceedingly valuable, is a book fitted more for the improvement of the initiated, than for the instruction of those who possess no knowledge of the subject. There are many other books of cookery to which exceptions might be taken, but we have no wish to enhance our own work by depreciating the labours of others. We have done our best to produce a book, which all who can read may understand, and by which all may be instructed. Dr. Kitchiner says, in his "*Rudiments*," and says truly, "I have taken much more pains than any of my predecessors to teach the *young cook* how to perform, in the best manner, the common business of her profession." In our "*rudiments*," we have endeavoured to teach that which a woman should know before she can be called a "young cook," as well as that which a young cook has to learn.

To conclude; ours is a book intended for the use of persons who keep servants, and those who keep none. If we give expensive receipts, we also show, that good, substantial dishes, and the most delicate, may be prepared at as little, or even less, expense than the ordinary, or common preparations of food. In our receipts, in particular, we have written, necessarily written, many things which have been written before, but we feel assured that, taken as a whole, our work will not be found devoid of originality.

For the art of baking, and all the little knick-knacks of fancy bread, such as biscuits, sweet cakes, &c., and for confectionary, we refer our readers to two little works, by the Editor of "*The Cook*," called "*The Baker*," and "*The Confectioner*,"* which form part of the series of "*Industrial Guides*."

* "*The Baker*" and "*The Confectioner*" will shortly be published by Lea & Blanchard, at 25 cents, in one volume.