

tender, ought not to be more than five or six weeks old, and, of course, fed exclusively upon the milk of the mother. Writers on cookery gravely tell us, that the whiteness of veal is partly caused by the calf licking chalk. This is nonsense. The chalk is given to prevent calves from scouring, not to make their flesh white. However, whiteness is no proof of veal being good and juicy; it is caused by frequent bleeding. The flesh of the bull calf is said to be the firmest, but not so white. The fillet of the cow calf is sometimes preferred for the udder. The kidney of good veal is well covered with healthy looking fat, thick and firm. The bloody vein in the shoulder should look blue; if it be of any other colour, the meat is stale. Fresh veal is dry and white. When it is spotty and clammy it is stale. The kidney is gone when the fat or suet upon it is not firm. The kidney goes first.

25. *Lamb* that is fresh will have the veins bluish in the neck and fore-quarter. If there be a faint smell under the kidney it is not fresh. When the eyes are sunk in the head, it is a sure sign the lamb has been killed too long. Grass lamb, which is the only lamb that is in perfection, comes in in April, but it is better in May and June; that is to say, when men with hard hands can afford to eat it, and when there are green peas to eat with it. House lamb, for those who can afford to pay for it, and like to eat it, may be obtained all the year round.

26. *Pork*.—The quality of this kind of meat depends in a great measure upon its feeding. If grossly fed, it is bad, for the pig will eat any thing in the absence of delicate food. Dairy-fed pork we are told is the best: it is good, but we think not the best. To our taste, that is to be preferred in every respect which is fed not merely on dairy food, but upon good wholesome corn meal, whether of barley, oats, peas, or beans. Cookery writers tell us, that "if the rind is tough, and cannot easily be impressed by the finger, the meat is old;" and they add, that a thin rind is a merit in all pork." These directions are no guide whatever to the choice of pork: the rind may be made thin by dressing, but there are those, and no bad judges either, who prefer thick rinds. Moubray, on Poultry, &c., says, "the western pigs from Berks, Oxford, and Bucks, possess a decided superiority over the eastern of Essex, Sussex, and Norfolk; not to forget another qualification of the former, at which some readers may smile, a thickness of the skin, whence the *crackling* of the roasted pig is a fine gelatinous substance, which may be easily masticated, whilst the crackling of the thin-skinned breeds is roasted into good black tin, the reduction of which would almost require teeth of iron." So much for thin rinds. When pork is fresh, the flesh will be smooth and dry; when stale, clammy. What is called measy pork is to be avoided as a poison. It may be known by the fat being full of kernels, and by the general unwholesomeness of its appearance.

27. *Bacon* is good when the fat is almost transparent and of a delicate transparent pink tinge. The lean should adhere to the bone, be of a good colour, and tender. Yellow streaks in bacon show it is

becoming rusty; when all is yellow, all is rusty and unfit to eat. Bacon and hams are frequently spoilt in the curing. Taste a little of the lean, and you will be able to judge whether it be too salt or not.

28. *Hams* are the best part of the pig when properly cured, perfectly sweet, and not too salt. To ascertain whether a ham is tainted, run a sharp knife under the bone, and if it comes out with a pleasant smell, and clean, the ham is good.

*Summary of Directions*.—Choose meat that has a clear red liver, free from knots and bladders, with kidneys firm, close, and well surrounded with firm, hard fat; the skirts which line the ribs should be full and fat. Meat possessing these qualifications may be depended on as of the first quality; but if the kidney or kernels of an animal have spots resembling measles, as is too frequently the case with pork, the meat is unwholesome.

We have said thus much on the choice of meats, but persons who keep up what is called an establishment, will do best to trust to their butcher, porkman, fishmonger, and poulterer, and not to choose at all, excepting tradesmen, taking care to deal only with the most respectable in the neighbourhood.

#### CHOICE OF POULTRY, EGGS, AND FISH, AND SEASONS OF FISH.

*Poultry* of all kinds are preferred of a short thick make, broad and plump in the breast and thick in the rump and fat in the back. The spurs should be short as indicating youth, and the comb red as indicating health. The beak, bill, and claws, in a young bird will be tender, and the skin of the legs comparatively smooth; the contrary are certain indications of an old bird. But the best test of a fowl, as respects its age, is to try the two bones which run by the side of the belly to the vent; if these are gristly and easily broken at the end, the fowl is young. To judge of the age of geese or ducks, little or no dependence is to be placed upon the colour of the legs and bills—this varies according to complexion; but if the bills and feet have coarse red streaks, or a tinge of red in them, the bird is old. In young geese and ducks the above marks are not to be seen, and the webs will be smooth and thin.

29. *Rabbits*, young and in good condition, will be fat about the kidneys, and by the side of the belly. The flesh should be white, and if young, the legs will break easily.

30. *Fowls* are plentiful from August to January; chickens come in about April, tame ducks in May, continue through the summer months, and go out in October. Young geese may be dressed in the latter end of May and through the summer, but a goose is not thoroughly ripe till after stubbling, that is, about Michaelmas. Turkey poulters are in season from May onwards, but turkeys are in high season about Christmas.

31. *Rabbits* and *Pigeons* may be had the year round; wild rab-

bits are best in the winter season; young pigeons may be had in February, and till September; wood-pigeons in December and January.

32. *Game.*—Hares, partridges and pheasants from September through the winter: the game season closes with February. All kinds of water-fowl are most plentiful in keen, dry weather, especially in cold weather, after snow; also larks, wood-cocks, snipes, &c.

33. *Eggs.*—New eggs have always a rough fresh-looking shell, but this appearance may be effected by artificial means, and the purchaser be cheated with rotten ones, instead of getting fresh. A new-laid egg will sink in water, bad ones are more or less buoyant; but this is a tedious way of testing eggs. The best way is to form a sort of tube with the left hand, holding with the right hand the egg, close and opposite to this tube, in the light. If the egg is good the meat will look clear, and partly transparent; if bad, it will look dark with black spots in it.

34. *Fish* should be broad and thick of their kind, their eyes bright, gills red, and the scales close and shining: fish should feel firm to the touch and stiff. Stale fish have always a loose, limber feel, especially about the vent; their eyes are sunk and dim, the scales loose and flabby, and the whole has a dingy, disagreeable appearance. Lobsters and crabs are to be judged by their weight; if they feel light, they have wasted themselves by long keeping.

35. *Seasons of Fish.*—There are some kinds of fish absolutely poisonous eaten out of season; such are salmon, and skate. The following will give some idea of the seasons of fish, but they vary according to the weather. Cod comes in about October, and goes out about February; it is sometimes good for a short time about August. Salmon comes in in February, is in high season during May, June, and July, declines in August, and is quite out in September. Pickled salmon is good from May till September. Herrings are in season as long as they are full of roe; when shotten, they are worthless. Sprats are best in frosty weather. Lobsters and crabs are plentiful in the spring and early part of the summer. Haddock, flounders, muscles, come in in September or October, and are out about April or May. Jacks or pikes, eels, perch, tench, carp, and other fresh water fish, become plentiful about April or May, according to the weather. Eels are never out of season, but in cold weather are hardly to be procured. Hallibut is in season from the beginning of May until the end of September.

#### PREPARATIONS FOR COOKING.

36. A great deal has to be done before the cook can commence the operation of cooking. She has to truss her fowls and prepare her fish, butcher's meat, and vegetables, with other things not necessary to mention here. Never wash butcher's meat except for the purpose of cleansing it of blood, which would otherwise disfigure it when dressed. Few joints require this operation; heads, hearts and scrags

always require to be well washed before they are cooked, but if they or any thing else are intended for roasting or frying, they should first be rendered perfectly dry, by rubbing with a coarse cloth, or otherwise. Salt rubbed in with warm water will speedily remove the blood and cleanse the meat. Hares must be always well washed with salt and water, or milk and water.

37. *Trussing* is little required in butcher's meat; but loins, boned and stuffed, such as those of beef, mutton and pork, must of course be trussed. This is done by spreading the stuffing and seasoning over them, then rolling them up as tightly as possible, tying up with a tape or string, and securing all by skewers. The long flap of the fillet of veal must be filled with stuffing, and then secured as above directed.

38. All kinds of poultry should be killed the first thing in the morning, when their crops are empty. They should be plucked while they are warm; be sure take out all the flues, and let the hair be singed off with white paper. It is recommended to crop fowls and pigeons immediately you have them; but there is a difference of opinion as to the time of drawing them; some say they should be drawn as soon as killed, or at least as soon as bought, which prevents the disagreeable flavour so often perceived in chickens; others say, and indeed the generality of cooks are of this opinion, that they should not be drawn till just before they are dressed, as it is apt to make them dry: we are of opinion that poultry should be drawn soon after they are killed; we do not believe that this makes them dry, though we are sure that to leave them undrawn will be apt to make them stink.

39. In drawing poultry, or removing the entrails, a very small slit may be made under the vent with a penknife, at which slip in the fore-finger, and if there is any internal fat about the vent, draw it out, as it is in the way of taking out the entrails, and, if left in, would be very strong when roasted. Next get hold of the gizzard, which may be known by its being the hardest part of the interior; draw it out carefully; it will generally bring the whole of the intestines with it, but if the liver should be left, again slip in the finger and take hold of the heart, which will bring out with it the liver, which you must not touch for fear of bursting the gall-bladder. The heart is generally left in by poulterers, but it is much better out, as it is apt to give a bloody appearance to the interior of the fowl. Trim round the vent with a pair of scissors.

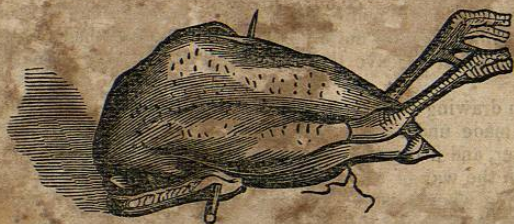
40. Be careful to take away the gall-bladder from the liver without breaking it, for if one drop of the gall escapes, the whole liver is spoilt. The gizzard consists of two parts, with a stomach or bag in the middle, containing gravel and undigested food; one part of the skin by which the two parts of the gizzard are united is rather narrower than the other; slit this with a knife, and turning the gizzard inside out, remove the stomach bag and trim round the gizzard, but avoid cutting the skin by which it is joined in the middle.

41. In trussing poultry, cut off the neck about two joints from its

commencement at the shoulders, but be sure to leave half an inch, or more, of the skin longer than the part of the neck remaining, for the purpose of wrapping over on being tied.

42. The legs of fowls intended to be roasted should be taken off about one inch below the first joint; the feet and legs of young chickens are generally left on, but they must be scalded in boiling water, and the claws and outside scaly skin taken off. Thrust the liver through a slit made in the skinny part of one pinion, and the gizzard through the other; then turn the top of the pinion over the back, lay the legs close to the sides; with a wire skewer fix the middle joint of the pinion outside of the knee joint of the leg, and so through the body to the other knee and pinion; with a short skewer fix the lower joint to the lower part of the body; then the feet, or whatever part of them is left, may turn back over the belly. The skewer for this purpose must go through the sidesmen, fixing the stumps or feet between them. For a fowl that is to be boiled, a slit is made on each side of the belly, and the leg-stump tucked in.

43. To remove the crop and windpipe of those whose heads are left on, open the skin a little just in front of the throat; then pull each separately gently, first from the beak or bill, then from the stomach. Fowls whose heads are taken off may have the crop removed by putting the finger down the throat. The windpipe is easily removed in the same way.

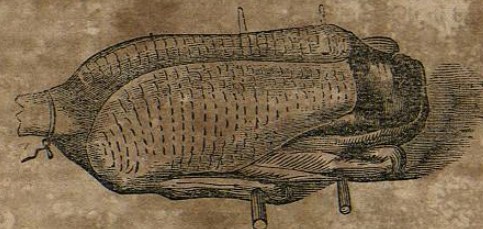


[Trussed Fowl for roasting.]

44. Before dressing, a little flour should be dusted over fowls. Poulterers, to make the bird look plump, often break the breast bone; this is a bad practice—it lets the air into the fowl, and dries the meat; it often breaks the gall-bladder, and, of course, spoils the fowl, and it always renders the bone troublesome. The head of capon, we ought to observe, is often twisted under the wing in the same way as a pheasant's.

45. *Ducks* have the feet always left on, but the wings must be taken off at the middle joint; in doing this, leave more skin than belongs to the bone. The feet must be scalded, and the skin and claws taken away; they then must be turned over the back. In placing the skewers, keep the thigh joints outside of the pinions, and run the skewer through the leg, then through the bit of skin that hangs below the pinion, then through the body, the other pinion, skin, and the

other leg. The short skewer must be inserted just above the joint, which is twisted to turn back the feet. Tie the skin round the throat; put in the seasoning at the vent and turn the rump through a small slit in the apron.



[Trussed Duck for roasting.]

46. *Geese* are trussed exactly in the same way as ducks, except the feet are cut off, and dressed with the giblets. The liver is sometimes dressed separately, and considered by some persons a great delicacy. A piece of greased white paper should be laid over the breast, and secured with a string, not skewers, before a goose is put down to roast.

47. *Turkeys* are trussed the same way as fowls, but the sinews of the leg must be drawn out before trussing. The gizzard of a turkey intended to be roasted should be scored, and both gizzard and liver covered with the caul of veal or lamb; but buttered paper does as well, and is more generally used: this is to prevent them becoming dry. The breast should be secured in the same way, with a piece of buttered paper. Nicely clean the head, and twist it under the wing.

48. *Pigeons* should be cleared with great care. For roasting, truss with the feet on; tie the joints close down the rump, and turn the feet over the front (see engraving). Most people season them. For



[Trussed Pigeon for roasting.]



[Trussed Pheasant.]

boiling or stewing, cut off the feet, and truss just as fowls for boiling. For broiling, lay them open by cutting them down the back, and lay

ing them flat. As pigeons have no gall, no extra care will be required with the liver.

49. *Pheasants, Partridges, and Guinea Fowls*, are trussed with the head tucked under the wing, and the feet on, which are twisted and tied to the rump, and turned back over the breast. The liver may be used in the stuffing.

50. *Wild Ducks*, and all other web-footed wild fowl, should have the feet left on, and be cleaned and trussed in the same manner a tame ducks.

51. *Woodcocks, Plovers, &c.*, and all other birds that live by suction, are not drawn; the feet are left on, the knees twisted round



[Trussed Woodcock.]

each other, and raised over the breast, by which means each foot turns back and falls on the side of the rump.

52. *Hare*, trussed for roasting, has the legs turned back without disjointing, so that the haunches are thrown up, much in the form that a cat is often seen sitting—the end bones of the fore and hind legs meet each other, and lie side by side. Two skewers should be inserted, one where the end of the leg meets the fleshy part of the shoulder, and the other where the end of the shoulder meets the fleshy part of the leg; the head is fixed back with a skewer thrust



[Trussed Hare.]

into the mouth, through the head, and into the back between the shoulders. The belly should be slit no more than is necessary for taking out the paunch. To secure its keeping in place, a string is

employed for bracing it; the string is laid across the back, twisted round the end of both skewers, and brought back across the back and tied. In skinning hares and rabbits, particularly hares, the ears and tails should be preserved entire, as they improve the appearance of these dishes on the table, and are much esteemed.

53. *Rabbits* for boiling are opened all the way down the belly; joint the legs at the rump so as to admit of their turning along the sides; turn the shoulders back to meet them, so that the lower joints of each lie straight along, side by side; the head should be skewered down to the right shoulder. Rabbits for roasting are trussed like hares.



[Trussed Rabbit for boiling.]

54. *Fawns or Kids* are generally trussed and dressed in the same way as hares. As the flesh is of a dry nature, they should be covered with a caul or buttered paper, which should be tied on, not skewered. Fawns will not keep above a day or two at the furthest.

55. *Sucking Pigs*, the moment they are killed, should be put into cold water for a few minutes. Some persons then rub them over with powdered resin: others object to this on account of the flavour of the resin, which the pig will retain, if not well washed. Put the pig for half a minute into a pail or pan of boiling water, and take it out and pull off the hair or bristles as quickly as possible. If any should remain, put it again into hot water; when quite free from hair, wash it thoroughly with warm water, and then rinse it several times in cold water, that no flavour of the resin may remain. The feet should be taken off at the first joint: then make a slit down the belly and remove the entrails; once more wash the pig inside and out in cold water, and wrap it in a wet cloth till you are ready to dress it, which should be done as soon as possible. Fill the belly with seasoning, and sew it up; skewer back the legs, and the trussing is completed. The feet, heart, liver, lights, and melt, are to be dressed separately, when well cleaned. This dish is called pig's pettoes.

56. *Fish*, in cleaning, should have every particle of the entrails very carefully removed. If the blood has settled down the back-bone, or elsewhere, it should be carefully taken away, and care should be taken not to break the gallbladder of the liver. Some fish must be slit in order to clean them; others may have their entrails drawn out at the gills, which should be always done when it is practicable. Mackerel, perch, &c. are cleaned in this way. Flat fish may be so

cleaned, but it is usual to make a slanting slit on one side, just below the gill, in order to put in the finger and remove the clotted blood from the back-bone. Fishes with scales should be scraped from the tail to the head, till all the scales are removed; others, such as soles and eels, are skinned. The cook ought not to depend upon the cleaning of fish by the fishmonger, but carefully examine them before dressing.

57. *Eels* are remarkably tenacious of life, and appear to suffer after they are cut into several pieces. In order to take the sense of feeling entirely from this fish, it is only necessary, before it is skinned, to pierce the spinal marrow, just at the back of the skull, right through, when all feeling in the eel will instantly cease, though it has the appearance of being alive. Then raise the skin, at the part cut or pierced, draw it back over the mouth and head, secure the head with a strong fork to a table, or dresser, and draw back the whole skin. To prevent the eel from slipping through your hands, rub them with salt, and you will then draw off the skin easily. Eels, except very small ones, require to be slit all the way from the vent to the gills, and the inside of the back-bone should be rubbed with salt. The liver, roe or milt, are much esteemed, and should be therefore preserved.

58. *Fish without Scales, &c.*—Cod, mackerel, whiting, and some other fish, being without scales, need nothing doing to them except drawing them and washing or wiping. Sprats, for broiling, should have a long bird-skewer run through their eyes, or a common knitting-needle. Neither sprats nor the silver-stringed herring, which is the best, should ever be drawn. They should be wiped dry and clean. Fish for frying, should not be washed if it be possible to avoid it. If they require washing, it should be done an hour or two before they are fried, and wrapped up in a coarse cloth till they are thoroughly dry.

59. *Turbot, Plaice, Flounders, &c.*, having been gutted and wiped, should be sprinkled with salt, and hung up for several hours before dressing.

60. *Cod*, having been drawn and washed, will eat firmer if it be sprinkled with salt some time before putting it into the fish-kettle, with cold water, where it may remain an hour or two before boiling, or it may be hung up like plaice, &c.

61. *Oysters*, if fresh from the sea, that is, uncleaned by the fishmonger, should, as soon as received, be laid in a pan or tub, with the flat shell upwards, and the whole fish covered with spring water; to which put a pint of salt to every two gallons of water. In a few hours the fish will have cleansed themselves, and become fit for use. If they are required to be kept longer, the water should be taken away at night, and renewed in the morning; but they are never better than after they have been in the water from six to ten hours. There are persons who recommend that they should always be kept under water, which they say should be renewed every twelve hours. Such persons forget that oysters, in their natural state, are not under

water when the tide is out. Some writers recommend fresh water, but for what reason we know not, except to spoil the fish. Others order them to be sprinkled with flour, or oatmeal, for the purpose of making the fish white. We believe it has no such effect—much less will it feed them. Clear fresh spring water with a little salt, is the best; in this they will soon scour themselves, and become delicately white. Oysters should be opened very carefully—be turned round on the shell—the lower shell preserves the liquor best, and then served immediately; but they are better when eaten and opened at table. *Every moment the oyster is kept after it is opened, injures it in quality and flavour.* If served on the flat side of the shell, the liquor should be preserved and used for flavouring.—*N. B.* Oysters when taken fresh from the clean sea, that is, from beds devoid of mud, require no cleansing; but, on the contrary, we are assured on good authority, are much better without it. The process of cleansing deprives the fish of its flavour to a certain extent, and very much weakens the delicious liquor in the shell.

62. *Vegetables*, particularly green, in preparing for dressing, require great attention in point of cleanliness. If vegetables for boiling can be gathered perfectly clean, *immediately* before being put in the pot, they preserve their colour much better without washing. But this will seldom be the case, particularly with those purchased of the greengrocer. When they are a little stale, which is almost always the case, if not gathered in your own garden, putting them in water for a few hours will refresh them. Salt and water should be used for the purpose of bringing out the slugs, or caterpillars, in which summer cauliflowers and cabbage very often abound. Every drop of cold water, if possible, should be shaken out of them before boiling. Green peas, broad beans and French beans, ought not to be washed. Turnip greens, if quite clean and fresh, are better not washed; but if otherwise they must be washed through several waters.

63. *Asparagus, Artichokes, Spinach, &c.*—Scrape the stalks of asparagus clean, tie them up with tape, in bundles of twenty-five or thirty each; cut off the ends of the stalks to an equal length. If quite fresh they need not be washed. *Artichokes* require thorough washing, and should be soaked two hours or so in water before dressing. *Spinach* should be picked leaf by leaf; washed in three or four waters, and thoroughly drained. *Celery* should be well soaked.

64. *Potatoes* and *Jerusalem Artichokes* should be well scrubbed with a birch broom, besom, or scrubbing brush, and washed very clean just before boiling; but they should never be the least wetted till they are about to be dressed. Some persons like them best boiled in the skins; they are best peeled before boiling when they are old or specky.

65. *Carrots, Parsnips, Beetroots, and Turnips.*—Carrots and parsnips should be well washed and scrubbed, but not scraped, as it is apt to injure the flavour. After boiling, rub the skins with a coarse cloth. For soups, &c., they should be scraped. Beetroots should be washed and scrubbed very clean, but if the red sort be scraped, or cut

with a knife, the colour will escape. When done, carefully rub with a rough cloth. Wash and peel turnips.

Having given directions for the preparations for cooking, we now proceed to Cooking itself; and shall begin with

## SOUPS AND BROTHS, &amp;c.

In our general directions we have given pretty full instructions on the art of making broths, stews, &c., which instructions are of themselves sufficient to enable a young cook, possessed of diligence and common sense, to prepare the different varieties of these dishes, without the assistance of particular receipts. We give, however, the following.

66. *Clear Gravy Soups*.—Cut half a pound of ham into slices, and lay them at the bottom of a large stew-pan, or stock pot, with two or three pounds of veal and the same weight of lean beef; break the bones and lay them on the meat; pare two turnips and skin two large onions; wash clean, and cut into pieces two large carrots, two heads of celery; put in a large blade of mace, and three cloves; cover the stew-pan close, and set it over a clear fire; when the meat begins to stick at the bottom of the stew-pan, turn it, and when there is a nice brown glaze at the bottom of the stew-pan cover the meat with hot water; put in half a pint when it is coming to a boil; take off the scum, and put in half a pint more of cold water; then skim it again, and continue to do so till no more scum rises: now set it on one side of the fire to boil gently for four hours; strain through a clean tamis (do not squeeze it, or the soup will be thick) into a clean stone pan; let it remain till it is cold, then remove all the fat; when you bottle it, be careful not to disturb the settlings at the bottom of the pan. The broth should be of a fine amber colour, and very clear. If it is not quite as bright as you wish it, put it into a stew-pan; break two whites and the shells of eggs, mix well together and put them into the soup, set it on a quick fire, and stir it with a whisk till it boils, then set it on one side till it settles; run it through a fine napkin; then it is ready. If you skim your broth carefully as directed above, it will be clear enough; clarifying it impairs the flavour.—*Observe*. This is the basis of almost all gravy soups, which are called by the name of the vegetables that are put into them: carrots, turnips, onions, celery, and a few leaves of chervil, make what is called spring soup; to this a pint of green peas, or asparagus, or French beans cut into pieces, or a cabbage lettuce, is an improvement. With rice, Scotch barley, or vermicelli, macaroni or celery, cut into lengths, it will be the soup usually called by those names. Or turnips scooped, round or young onions, will give you a clear turnip or onion soup. The roots and vegetables used must be boiled first, or they will impregnate the soup with too strong a flavour. Seasoning for those soups is the same, viz. salt, and a very little cayenne pepper.

67. *Ox Tail Soup*.—Take three or four ox tails; divide at the joints; well wash, and soak them. Put them on the fire; to each

tail allow a quart of water; when they boil, take off all the scum. If four tails add four onions, and eight or ten corns of allspice and black pepper to each tail. Simmer it slowly till the meat on the bones is tender. Then take out the tails, scrape off all the meat and cut it small; strain the soup through a sieve. To thicken it, take two ounces of butter, and as much flour as it will take up; mix it well with the whole, and let it simmer another half hour. If not perfectly smooth, it must be strained again; then put in the meat, with a glass of wine, a table-spoonful of mushroom catsup, a little cayenne, and salt to taste; simmer it again a few minutes. Or instead of thickening the soup, the meat may be returned to the gravy and warmed again, with or without the addition of carrots and turnips.

68. *Hotch-potch*.—Take lamb or mutton chops, and stew them in good gravy, with the addition of almost every kind of vegetable. A summer hotch-potch is composed of young onions, carrots, asparagus, green peas, lettuce, turnips, spinach, and parsley; a winter one is composed of full-grown turnips cut small, old carrots cut small or grated, celery and onions sliced, dried peas—the green or blue sort are the best colours for this purpose. The peas will take much longer boiling than either meat or green vegetables. Put them in the liquor boiling, and let them boil an hour before the addition of meat, and the other vegetables. The proportion is four pounds of meat to a gallon of stock, and two quarts of vegetables. Boil the meat and vegetables between two and three hours, slow boiling, with the lid on. If you add green peas or asparagus tops among the vegetables, keep out nearly all of them till within half an hour of sending them to table; then let them soil fast till tender. Season with salt and pepper, and serve all together. Some people make it of brisket of beef, and add a bunch of sweet herbs. The beef will require stewing longer. A leg of beef, cut in pieces, and stewed six or seven hours, with carrots and the other ingredients, makes very good soup. A little small beer is an improvement to all brown soups.

69. *Fish Broth*.—Thick-skinned fish, and those which have glutinous, jelly-like substances, are the best. The liquor which eels have been boiled in is good enough of itself, as they require but little water. The liquor in which turbot or cod has been boiled, boil again, with the addition of the bones. If purposely made, small eels, or grigs, or flat fish, as flounders, soles, plaice or dabs, or the finny parts of cod, will do for the purpose. A pound of fish to three pints of water; add peppercorns, a large handful of parsley, and an onion; and boil till reduced to half. A spoonful of catsup, or vinegar, is an improvement. This broth is very nourishing and easy of digestion; but for a sick person, leave out the catsup or vinegar.

70. *Cock-a-leeky Soup*.—Take a small knuckle of veal, and a large fowl, or a scrag of mutton instead of veal. An old fowl will do. Add three or four large leeks, cut in pieces of half an inch long. Simmer in three quarts of good broth for an hour. Then add as many more leeks, and season with pepper and salt. Let it boil three-quarters of an hour longer, and serve all together. The leeks which are put

in first, is with the intention of thickening the soup; and those which are put in last, should retain their form and substance.

71. *Scotch Brose, or Crowdy*.—Take half a pint of oatmeal; put it before the fire, and frequently turn it till it is perfectly dry and of a light brown. Take a ladle-full of boiling water, in which fat meat has been boiled, and stir it briskly to the oatmeal, still adding more liquor till it is brought to the thickness desired, which is about that of a stiff batter; a little salt and pepper may be added, if the liquor with which it was made was not salt. Kale brose is the same thing, but with the addition of greens, cut small, and boiled in the liquor.

72. *Pease Soup*.—Put a quart of split peas to three quarts of boiling water, not more (Dr. Kitchiner says cold water,) with half a pound of bacon, not very fat, or roast beef bones, or four anchovies; or, instead of water, the liquor in which beef, mutton, pork or poultry, has been boiled; it will be very much better, but taste the liquor, as it must not be too salt. Wash two heads of celery, cut small (half a drachm of celery seed, pounded fine, and put into the soup, a quarter of an hour before it is finished, will flavour three quarts,) two onions peeled, and a sprig of savoury, or sweet marjoram, or lemon thyme. Let it simmer very gently, stirring it every quarter of an hour, to keep the peas from sticking to or burning at the bottom of the pot. Simmer till the peas are tender, which will be in about three hours. Some cooks now slice a head of celery and half an ounce of onions, and fry them in a little batter, and put them into the soup, till it is lightly browned; then work the whole through a coarse hair sieve, and then through a fine sieve, or through a tamis, with the back of a wooden spoon; then put it into a clean stew-pan, with a tea-spoonful of ground black pepper; let it boil again for ten minutes, and if any fat arises skim it off. Send up on a plate some toasted bread, cut into little pieces, an inch square; or cut a slice of bread (that has been baked two days) into dice, not more than half an inch square; put half a pound of quite clean dripping, or lard, into an iron frying-pan; when it is hot fry the bread; take care to turn the bread with a slice, that it may be of a delicate brown on both sides; take it up with a fish-slice, and lay it on a sheet of paper to drain the fat; be careful that this is done nicely. Send them up in one side dish, and dried and powdered mint, or savoury, in another. The most economical method of making pease soup, is to save the bones of a joint of roast beef, and put them into the liquor in which mutton, or beef, or pork, or poultry, has been boiled, and proceed as in the first receipt. A hock or shank bone of ham, a ham bone, the root of a tongue, or a red or pickled herring, are favourite additions with some people; others send up rice or vermicelli with pease soup. Pease soup may be made savoury and agreeable to the palate, without any meat, by putting two ounces of fresh and nicely clarified beef, mutton, or pork dripping, with two ounces of oatmeal, and mix this well into a gallon of soup prepared with the peas and vegetables, according to the first receipt, or in water alone.

73. *Pease Soup and Pickled Pork*.—Take two pounds of pickled

pork, which will make very good broth for pease soup; if the pork is too salt, put it in water on the over-night. The pork should not be in salt more than two days. Put on the articles, mentioned in the first receipt, in three quarts of water; boil these gently for two hours; then put in the pork, and boil gently for an hour and a half, or two hours, according to the thickness of the pork; when done, wash the pork clean in some hot water; send it up in a dish, or cut it into little pieces, and put them into the tureen, with the toasted bread, &c., or as in the first receipt. The meat being boiled no longer than to be done enough to eat, you can get excellent soup without the expense of any other meat.

74. *Plain Pease Soup*.—To a quart of split peas, and two heads of celery, and a large onion, put three quarts of broth, or soft water; let them simmer gently over a slow fire for three hours. Stir them up every quarter of an hour, to prevent the peas sticking at the bottom of the pot, and burning.

75. *Spanish Soup*.—Take about three pounds of beef, off the leg or shin, with or without the bone—if with the bone, well crack it—a pound of knuckle of ham, or gammon. More than cover them with water, and when it boils skim it, and add a tea-spoonful of pepper. The ham will probably make it sufficiently salt—if not, add a little. Let this simmer by the side of the fire until it is three parts done, which will take two hours and a half. And then well wash some cabbage plants, or small summer cabbage; cut these into small pieces, also onions cut small; a tea-cup full of rice, with a bit of eschalot; put these in the saucepan, and let it simmer a quarter of an hour or twenty minutes, until the rice is boiled enough. Then take it from the fire; separate the meat, vegetables, and rice, from the soup, and eat the soup before the meat. Separate the meat from the bones, and mix it with the vegetables. If the plants are too strong, scald them before putting them in the saucepan. In the summer, a few young peas make a great improvement. Leeks are better than onions, as you can have more in quantity of vegetables. The Spaniards use garlic. This will dine a family of seven or eight people.

76. *Chicken Broth*.—Chicken bones, and the heads and feet, make a basin of good broth, provided the fowls have been boiled, and the liquor used instead of water. The heads and feet of four fowls may be boiled in a quart of water, with the addition of an onion and a blade of mace, a little pepper and salt. Chicken broth may be enriched by the addition of a knuckle bone of veal, a bit of beef, or three or four shank bones of mutton.

77. *Mutton Broth*.—Scrags of mutton, or sheeps' heads, make a very good family dinner. Two or three scrags of mutton, or two sheeps' heads, may be put on in a two-gallon pot; when it boils, skim it well, then add six ounces of Scotch or pearl barley, or rice; let it boil an hour or more; then add eight or ten turnips, three or four carrots, cut up, and four or five onions. Half an hour before serving, put in a few small suet dumplings, a little parsley, and a few marigold blossoms. This broth should boil two hours and a half, or three hours.

The knuckle of a shoulder of mutton answers very well in this manner. Serve the meat on a separate dish, and the broth, dumplings, and vegetables, all together in a large tureen.

78. *Mutton Chop Broth*.—Cut the chops from a neck or loin of mutton; cut as much as is required into thin chops; put them in a stew-pan, with an onion or two, a little salt, and cold water enough to cover them. Skim well when it boils, and let it stew slowly three-quarters of an hour, or an hour. Turnips may be boiled in this liquor, or boiled separately, and mashed. Serve the broth and meat together. In broth intended for invalids, the vegetables and spice should be left out.

79. *Soup and Bouilli*.—For the bouilli, roll five pounds of brisket of beef tight with a tape, put it into a stew-pan; four pounds of the leg of beef; about seven or eight quarts of water; boil these up quick; scum it; add one large onion, six or seven cloves, some whole pepper, two or three carrots, a turnip or two, a leek, two heads of celery; stew them very gently, closely covered, for six or seven hours; about an hour before dinner, strain the soup through a piece of flannel (put the rough side upwards,) or a hair sieve; have ready-boiled carrots and turnips sliced, spinach, a little chervil, and sorrel, two heads of endive, one or two of celery, cut in pieces. Put the soup into a tureen. The carrots and turnips in separate dishes; add a little salt and cayenne to the soup. Take the tape from the bouilli very carefully, and serve in a dish. A leg or shin of beef, with a piece of fat beef, will answer the purpose.

80. *A Cheap Soup*.—Two pounds of lean beef, six onions, six potatoes (parboiled,) one carrot, one turnip, half a pint of split peas, four quarts of water, some whole pepper, a head of celery, a red herring; when boiled, rub through a coarse sieve, add spinach and celery boiled, dried mint, and fried bread.

81. *Veal Soup*.—Cut the meat off in thin slices; put the meat in a large jug or jar; put to it a bunch of sweet herbs, half an ounce of almonds, blanched, and beat fine; pour on it four quarts of boiling water; cover it close, and let it stand all night by the fire; the next day, put it into an earthen vessel; let it stew very slowly till it is reduced to two quarts; take off the scum as it rises while boiling, and let it stand to settle; then pour it clear off, and put it into a clean saucepan; mix with three ounces of either boiled rice or vermicelli.

82. *Calf's Head Soup*.—Take a calf's head, wash it clean, stew it with a bunch of sweet herbs, an onion stuck with cloves, mace, pearl barley, and Jamaica pepper; when it is very tender, put to it some stewed celery; season it with pepper; and serve it with the head in the middle.

83. *Giblet Soup*.—The most economical way is to take a pound or two of beef skirts, or of knuckle of veal; cut it into pieces two or three inches square; a set of goose giblets, or four sets of ducks', or the head, neck, and feet, of a turkey or two, or of six or eight fowls; all of these are good, either separate or together. Clean them well, split the heads, cut the gizzards across, crack the pinions and feet

bones. Put all together into a stew-pan, with an ounce of butter; the red part of two or three carrots cut up, two or three onions sliced, and a clove or two of eschalots. Shake it over a clear slow fire a few minutes, to draw the gravy, then add water or broth enough to cover the whole; let it simmer two hours or more, then season with salt and pepper, and a large spoonful of catsup, and serve all together. It may be thickened with rice or barley, which should be added as soon as it boils.—A more expensive way: Prepare the giblets as above and set them on with good gravy, enough to cover them; tie in a muslin bag an onion or two, a small bundle of sweet herbs, a few leaves of sweet basil, and twenty corns of allspice, the same of black pepper. Let it simmer till the giblets are tender, then take them out and cover up close while you thicken the gravy; remove also the bag of spice and herbs. Make some force meat balls as follows: when the livers are done enough to chop fine, take them out or part of them, pound them fine with half their weight in butter, and the yolks of three hard-boiled eggs; season with salt, cayenne, nutmeg, sage, and onions, scalded and chopped very fine, and also a leaf or two of sweet basil. Mix with half a tea-cup full of bread crumbs, wet with the yolk of an egg, and make up into little balls with a little flour. Having removed the giblets, thicken the soup with butter and flour, and when it boils add the balls; let them simmer a quarter of an hour, then add a glass of wine, a large table-spoonful of catsup, and the juice of half a Seville orange or lemon. Put in the giblets to warm through, and it is ready.

84. *Kitchiner's cheap Soup*.—Wash in cold water four ounces of Scotch barley, and put into five quarts of water, with four ounces of sliced onions; boil gently one hour, and pour it into a pan; then put into a saucepan from one to two ounces of fresh beef or mutton dripping. Dripping for this purpose should be taken out of the pan as fast as it drips from the meat; if suffered to remain in the pan it is apt to become rancid. If no dripping is at hand, melted suet will do, or two or three ounces of fat bacon minced fine. When melted in the saucepan, stir into it four ounces of oatmeal, and rub them together until they become a soft paste. Then add, by degrees, a spoonful at a time, the barley broth, stirring it well together till it boils. For seasoning, put in a tea-cup or basin a drachm of celery or cress seed, or half a drachm of each, and a quarter of a drachm of cayenne, finely powdered, or a drachm and a half of black pepper finely powdered, or half allspice; mix them smooth with a little of the soup; then stir it into the rest; simmer it gently another quarter of an hour, season with salt, and it is ready. The flavour may be varied by any variety of herbs, or thickening with garlic or eschalot instead of celery; a larger portion of onions, or carrots and turnips, or rice, or paste, instead of oatmeal or barley.

85. *Soup Maigre*.—Divide two or three heads of celery, two large carrots, three or four moderate-sized turnips, some onions, two young lettuce, a handful of spinach leaves, and a little sorrel. Cut the worst half of the vegetables in small pieces, and put them into the