

stew-pan with three ounces of butter; let them fry till the vegetables are brown and the butter absorbed; put a gallon of boiling water into the pan; when it boils fast, skim it well, stir in a little flour, and add some stale crust of bread; put in two dozen of black peppers, and the same of allspice, with two or three blades of mace; let it simmer for an hour and a half, then set it aside for a quarter of an hour, then strain it off very gently, so as not to disturb the settlings at the bottom of the stew-pan, which clean. When the soup has stood two hours, pour it back again, avoiding to disturb any sediment, if any should escape from the first draining. Cut up the remainder of the vegetables and boil them in water five minutes, then drain them, and when the soup again boils, add them to it, and let it simmer till they are tender, which will be about three-quarters of an hour; season with salt, cayenne, and a table-spoonful of catsup. If green peas are in season, the liquor in which they have been boiled, added to the soup, is a great improvement.

86. *Mock Turtle.*—Have the head and broth ready for the soup the day before it is to be eaten; it will take eight hours to prepare it properly. Get the calf's head with the skin on, the fresher the better, take out the brains and wash the head several times in cold water, let it soak in spring water for an hour, then lay it in the stew-pan, cover it with cold water, and half a gallon over; as it becomes warm a great deal of scum will rise, which must be immediately removed; let it boil gently for one hour, then take it up. When almost cold cut the head into pieces about an inch and a half long and an inch and a quarter broad; the tongue into mouthfuls, or rather make a side dish of the tongue and brains. When the head is taken out, put in about five pounds of knuckle of veal, and as much beef; add to the stock all the trimmings and bones of the head; skim it well, then cover it close, let it boil five hours; reserve two quarts of this to make gravy sauce, then strain it off and let it stand till the next morning; then take off the fat, put a large stew-pan on the fire, with half a pound of good fresh butter, twelve ounces of onions sliced, four ounces of green sage chopped; let these fry one hour; rub in half a pound of flour by degrees, add your broth till it is the thickness of cream; season it with a quarter of an ounce of ground allspice and half an ounce of black pepper, ground very fine, salt to your taste, add the rind of one lemon peeled very thin; let it simmer very gently for one hour and a half, then strain it through a hair sieve, do not rub your soup to get it through the sieve or it will make it grouty; if it do not run through easily, knock a wooden spoon against the side of the sieve; put it into a clean stew-pan with the head, and season by adding, to each gallon of soup, half a pint of wine, Madeira, or claret if you wish it dark; two table-spoonfuls of lemon juice, the same of catsup, one of essence of anchovy, a tea-spoonful of curry powder, or a quarter of a drachm of cayenne, the peel of a lemon pared very thin. Let it simmer gently till the meat is tender; this may take from half an hour to an hour; take care that it is not over-done; stir it frequently to prevent the meat sticking to the bottom of the stew-pan;

when the meat is quite done, take out the lemon peel, and the soup is ready. Serve with force meat stuffing, or balls.

87. *Carrot Soup.*—Wash and scrape six large carrots, peel off the red outside (which is the only part used for this soup), put it into a gallon stew-pan, with one head of celery, and an onion cut into thin pieces; take two quarts of veal, beef, or mutton broth, put the broth to the roots, cover the stew-pan close, and set it on a slow stove for two hours and a half, when the carrots will be soft enough; put in a tea-cup full of bread crumbs, boil for two or three minutes, rub it through a tamis, or hair sieve, with a wooden spoon, add broth, and make it nearly as thick as pease soup; season it with a little salt, and send it up with some toasted bread, cut into pieces half an inch square. The celery and onions should be sliced and fried in butter, or nicely clarified dripping, and then put in the stew-pan and the broth added to it. Or thus: Put some beef bones with four quarts of liquor in which a leg of mutton or beef has been boiled, two large onions, a turnip, pepper and salt, into a stew-pan, and stew for three hours; have ready six large carrots scraped, and cut thin; strain the soup on them, stew them till soft enough to pulp through a hair sieve, or a coarse cloth; then boil the pulp with the soup, which is to be as thick as pease soup. Make the soup the day before it is to be used; add cayenne. Pulp only the red part of the carrot, and not the yellow. The soup is better made with a shin of beef.

88. *Curry or Mulligatawny Soup.*—Cut four pounds of a breast of veal into pieces about two inches long and one inch broad; put the trimmings into a stew-pan with two quarts of water, with twelve corns of black pepper, and the same of allspice; when it boils skim it clean, and let it boil an hour and a half; then strain it off; while it is boiling, fry of a nice brown in butter the bits of veal, and four onions; when they are done put the broth to them, put it on the fire; when it boils skim it clean, let it simmer half an hour, then mix two spoonfuls of curry, and the same of flour, with a little cold water, and a tea-spoonful of salt; add these to the soup, and simmer it till the veal is quite tender, and it is ready; or bone a couple of fowls or rabbits, and stew them the same as veal, and you may put in a bruised eschalot, and some mace and ginger, instead of black pepper and allspice. The fowls and rabbits should be cut into joints, and fried of a nice brown in some batter.

89. *Eel Soup.*—To make a tureen full, take two middling sized eels, cut them in half, and cross your knife over them two or three times; put two ounces of butter into a stew-pan; when it is melted, put in the onions, stir them in the pan till they are of a light brown; cut into pieces three pounds of unskinned eels, put them into your stew-pan, and shake them over the fire for five minutes; then add three quarts of boiling water, and when they boil, take the scum off very clean, and then put in a quarter of an ounce of the green leaves (not dried) of winter savoury, the same of lemon-thyme, and twice the quantity of parsley, two drachms of allspice, the same of black pepper; cover it close, and let it boil gently for two hours, skim it

clean and strain it off. To thicken it, put three ounces of butter into a clean stew-pan; when it is melted stir in as much flour as will make it of a thick paste, then add the liquid by degrees, let it simmer for ten minutes, and pass it through a sieve, then put your soup on in a clean stew-pan, and have ready some little square pieces of fried fish of nice light brown—either eels, soles, plaice, or skate, will do, the fried fish should be added about ten minutes before the soup is served up. Force meat balls are sometimes added. Excellent fish-soup may be made of cod's head, or skate, or flounders, boiled in no more water than will cover them, and the liquor thickened with oatmeal, &c.

90. *Gourd Soup* should be made of full-grown gourds, but not those that have hard skins; slice three or four, and put them into a stew-pan with two or three onions and a good bit of butter, set them over a slow fire till quite tender, be careful not to let them burn; then add two ounces of crust of bread, and two quarts of good consommé, season with salt and cayenne pepper; boil ten minutes or a quarter of an hour, skim off all the fat, and pass it through a tamis when quite hot. Serve up with fried bread.

91. *Game Soup*.—In the game season it is easy to make very good soup at a little expense, by taking all the meat off the breasts of any cold birds that have been left on the preceding day, and pound it in a mortar; beat to pieces the legs and bones, and boil in some broth for an hour; boil six turnips, and mash them and strain them through a tamis cloth, with the meat that has been pounded in a mortar; strain your broth and put a little of it at a time into the tamis to help you to strain all of it through. Put your soup kettle near the fire, but do not let it boil. When ready to dish your dinner, have six yolks of eggs mixed with half a pint of cream, then strain it through a sieve; put your soup on the fire, and as it is coming to boil, put in the eggs, and stir it well with a wooden spoon. Do not let it boil, or it will curdle.

92. *Turnip and Parsnip Soups* are made the same as carrot soup.

93. *Celery Soup*.—Split six heads of celery into slips about two inches long; wash them well, lay them on a hair sieve to drain, and put them into three quarts of gravy soup in a gallon soup pot; set it by the side of the fire to stew very gently till the celery is tender—this will take about an hour; if any scum rises, take it off. Season it with a little salt. When celery cannot be procured, half a drachm of the seed pounded fine may be considered as the essence of celery, which may be had very cheap, and can be bought at any season; put this in about a quarter of an hour before the soup is done, and a little sugar will give as much flavour to half a gallon of soup as two heads of celery—or add a little essence of celery.

94. *Lamb Stew*.—Take a lamb's head and lights, and wash them; remove all the bones and skin from the nose, put them in the pot with some beef stock made with three quarts of water and two pounds of shin of beef, strained; boil very slowly for an hour, wash and string two or three good handfuls of spinach, put it in twenty minutes before

serving, add one or two onions and a little parsley a short time before it comes off the fire; season with salt and pepper, and it is ready. Serve all together in a tureen.

95. *Hare, Rabbit, or Partridge Soup*.—When hares and rabbits and other game are too tough to eat (in the ordinary way of cooking,) they will make very good soup. Cut off the legs and shoulders of a hare, divide the body crossways, and stew very gently in three quarts of water, with one carrot, about one ounce of onions, two blades of pounded mace, four cloves, twenty-four black peppers, and a bundle of sweet herbs; stew it till the hare is tender. Most cooks add to the above two slices of ham or bacon, and a bay leaf, but the hare makes sufficiently savoury soup without this addition. The time this will take depends upon the age and time it has been kept before it is dressed; as a general rule, about three hours. Make a dozen and a half of force meat balls, as big as nutmegs. When hare is tender, take the meat off the back and upper joints of the legs; cut it into mouthfuls, and put on one side; cut the rest of the meat off the legs, shoulders, &c., mince it and pound it in a mortar with an ounce of butter, and two or three table-spoonfuls of flour moistened with a little soup; rub this through a hair sieve, and put it into the soup to thicken it; let it simmer for half an hour longer, skim it well, and put it through the tamis in the pan again; put the meat in, a glass of port or claret wine, with a table-spoonful of currant jelly to each quart of soup. Season it with salt; put in the force meat balls, and when all is hot, the soup is ready.

96. *Portable Soup*.—The fresher the meat is from which this article is made the better. Shins or legs of beef answer very well, and you may add trimmings of fresh meat, poultry, or game, and the liquor in which a leg of mutton, or a knuckle of veal, has been boiled. No salt, on any account, must be used. If you have a digester, it should be used for this article, in preference to a closely covered stew-pan, but the latter will do. Just cover the meat with cold liquor, and let an hour at least be occupied in coming to boil. Skim it, and throw in cold water two or three times, for the purpose of throwing up the scum, which must be carefully removed. When thoroughly cleared of the scum, close the vessel, and let it boil for eight or ten hours. Strain through a hair sieve into an earthenware pan, and let the liquor cool. The meat will do for potting. Every particle of fat must be removed from the top, and the gravy put into a well-tinned copper stew-pan, taking care that the sediment is separated from it; put in two drachms of whole black pepper, and let it boil briskly with the lid off over a quick fire. The scum, if any, should of course be removed. When it becomes very thick, and is reduced to about a quart, put it into a smaller stew-pan, set it over a gentle fire, and let it simmer till reduced to the consistence of very thick syrup. It must now be watched every moment. Take out a few drops on a cold spoon or plate; if it soon sets into a stiff jelly, it is done enough. If not, boil it a little longer till it does. Have ready some small pots with lids, such as are used for potting meat; or it may be poured cut

on a large flat dish, so as to be a quarter of an inch deep; when cold, turn it out, and, with a paste cutter, divide into squares of half an ounce or an ounce each. Or pour it into the round parts of basins or cups turned upside down. Put them in a warm room, and turn them frequently for eight or ten days, then they will be thoroughly dry and hardened like glue. Put them in a tin box, or a glass case, in a dry place, and they will keep for years. If at any time the surface appears mouldy, wipe it off, or the taste will penetrate the mass. The chief use of this article is in country places, or at sea, where fresh meat cannot be obtained. A basin of broth, soup or gravy of any strength, may be had in five minutes, by dissolving one or more of these cakes in boiling water; any flavouring ingredients may be added at pleasure. See Flavouring.

97. *Green Turtle Soup*.—This recipe has been collated from the best authorities, to which is added our own experience. The day before you wish to serve up the soup it will be necessary to cut off the head of your turtle, and place it in a position to allow all the blood to be drained from it. The next morning open the turtle, being careful to do so without breaking the gall. After cutting all around the upper and lower shell, drain the water off, divide the meat in small pieces, and wash clean and carefully. Then put the shells in a large pot of boiling water, where you let them remain until you find they separate from the flesh readily; but no longer, as the softer parts must be boiled again. Keep the liquor and stew the bones thoroughly; after which it is to be used for moistening the broth. The flesh of the interior parts, and the four legs and head, must be cooked in the following manner. Mask the bottom of a large stew-pan with slices of ham, over which lay two or three knuckles of veal, according to the size of the turtle; and over the veal place the inside flesh of the turtle, covering the whole with the other parts of the turtle. Add to it about a gallon of the liquor in which the bones were stewed, and place on the fire until thoroughly done, which you must ascertain by sticking your knife into the fleshy part of the meat; and if no blood issue from it, add another gallon of the liquor. Then throw in a bunch of the stalks of sweet marjoram, lemon thyme, bay leaves, savoury, common thyme, and sweet basil; also a handful of parsley and green onions, and a large onion stuck with cloves, and a few grains of pepper. Let the whole stew until thoroughly done, say from three to four hours. The leaves of the herbs are to be used for making a sauce, to be described hereafter. When the larger portions of the turtle are done, place them aside to be used when wanted. When the flesh is also thoroughly done, drain on a dish, and make a white thickening very thin, and add to it through a tamis some portion of the liquor of the bones, and place on the fire until it boils; and, having arrived at the proper consistency, neither too thick nor too thin, set the stew-pan on the side of the stove, and skim off all the white scum and fat that arises to the surface. Then cut the softer parts—green fat and white meat—into dice of about an inch square (without any waste,) and add to the sauce, which must be allowed to simmer gently until

sufficiently done, when it must be taken off, at the same time skimming it carefully. Then take the leaves of the sweet basil, sweet marjoram, lemon thyme, common thyme and winter savoury, together with a handful of parsley, some green onions, a large onion cut in four pieces, with a few leaves of mace; put the whole in a stew-pan with a quarter of a pound of butter. Let this simmer on a slow fire until melted, and add a bottle of Madeira and a small lump of sugar, and boil gently for an hour. Then rub it through a tamis, and add to your sauce, which you must boil until no white scum arises; then with a skimmer drain out all the bits of turtle, and put them into a clean stew-pan, and pass the sauce through a tamis into the stew-pan containing the turtle, and proceed as follows. Take out the fleshy part of a leg of veal, say about one pound, scrape off all the meat without leaving any of the fat or sinews in it, and soak in about the same quantity (one pound) of crumbs of bread, which, when well soaked, squeeze and put into a mortar with the veal, a small quantity of calf's udder, a little butter, the yolks of four eggs hard boiled, a little cayenne pepper, salt and spices, and pound the whole very fine. Then thicken the mixture with two whole eggs, and the yolk of a third; and, to try its consistency, put it in boiling hot water; if you find it too thin, add the yolk of another egg. When it is perfected, take one half of it, and add some chopped parsley. Cook it and roll into balls the size of the yolk of an egg; poach them in boiling water with a little salt. The other half must be made also into balls, and place the whole on a sieve to drain. Before serving your soup, squeeze the juice of two or three lemons, with a little cayenne pepper, and pour it into the soup. The fins may be served as a side dish, with a little turtle sauce. When lemon juice is used, be careful that the lemons are good; a musty lemon will spoil all the turtle, and too much will destroy its flavour.

98. *Irish Stew*.—Take two pounds of potatoes; peel and slice, and parboil, and throw away the water; rather more than two pounds of mutton chops, either from the loin or neck; part of the fat should be taken off; beef two pounds, six large onions sliced, a slice of ham, or lean bacon, a spoonful of pepper, and two of salt. This stew may be done in a stew-pan over the fire, or in a baker's oven, or in a close covered earthen pot. First put a layer of potatoes, then a layer of meat and onions, sprinkle the seasoning, then a layer of potatoes, and again the meat and onions and seasoning; the top layer should be potatoes, and the vessel should be quite full. Then put in half a pin of good gravy, and a spoonful of mushroom catsup. Let the whole stew for an hour and a half; be very careful it does not burn.

BROTHS OR STOCKS, GLAZE AND GRAVIES.

These articles are all nearly allied to each other, differing principally in degrees of strength. In extensive establishments, a large quantity of stock, both brown and white, is constantly kept. Stocks are distinguished by the names of first stock, or long broth,—in the

French kitchen, "*le grand bouillon*"—second stock, in French, "*jus de bœuf*;"—and jelly stock, in French, "*consommé*." In preparing a regular dinner, they will all be found exceedingly useful. The materials for the making of stocks will not cost much, if the cook does her duty. In such case, she will take great care of all the trimmings of meat, and the necks, heads, gizzards, feet, &c., of game and poultry. Boiled and roast meat gravy not used ought to be carefully collected and kept. The author of "*The Housekeeper's Guide*," says, "We should recommend the cook when she sets away after the dinner the meat on clean dishes, to collect in one basin every drop of roast meat gravy; in another, every drop of boiled meat gravy; and in another, every little bit of trimming of dressed meat, and pour over it some hot liquor, in which meat has been boiled, or hot water. Next morning, when she prepares meat for dressing, let her collect all the little trimming bits, and boil them with the liquor and bits set by the day before. This may be done before the fire is wanted for other purposes. Thus she will always have gravy in store for every emergency. Then if she have white sauce to prepare, such as celery or oyster sauce, parsley and butter, or caper sauce, the cold boiled meat gravy (which she will most likely find a stiff jelly) will form an excellent basis for it, much more rich and relishing than water. If she wants good brown gravy for roast meat, or fried, the cold roast meat gravy will enrich and colour the stock or store gravy, with the addition of any flavouring that may be required. Good managers, who attend to this every day, do not know what it is to be distressed for gravy, or running to the butcher's for gravy beef." The cook, we must add, should be careful to have her broth or stock clear, and devoid of fat, which, eaten by itself, that is, unincorporated with farinaceous or vegetable substances, is very indigestible, yielding little or no nourishment, but when so incorporated, fat becomes very nutritious and wholesome—more so indeed, according to some writers, than lean meat.

99. *First Stock, or Beef Broth, &c.*—Wash a leg or shin of beef very clean; let the butcher crack the bone in two or three places, and take out the marrow; add meat trimmings, and heads, necks, gizzards, feet, &c., of game and poultry; cover them with cold water; watch and stir up well, and the moment the simmering commences skim it very clear of all the scum. Then add some cold water, which will make the remaining scum rise, and skim it again. No fat should enter into the composition of broth of this description, nor indeed of any other, unless incorporated with meal by way of thickening. Stock should be quite clear and limpid. When the surface of the broth is quite clear, put in carrots, turnips, celery, and onions, according to the quantity. Some persons direct one moderate sized carrot, a head of celery, two turnips, and two onions. But this is a very poor criterion as to the quantity which ought to be used of these vegetables, which differ so much in size. No taste of sweet herbs, spice, &c., should be given to the stock. After the vegetables are added, cover it close, and set it by the side of the fire, and let it sim-

mer very gently, not wasting the broth, for four or five hours, or more, according to the weight of the meat. Strain through a sieve into a clean, dry stone pan, and put it in a cold place, for use. This is the basis for all sorts of soup and sauce, whether brown or white. The meat may be used for immediate food, or for making potted beef—that is, if it be not overdone to rags.

100. The following method has been adopted in the kitchen of the reviser for several years past, and is inserted as being more concise than the English plan:—Put in a large boiler, of the capacity of six or seven gallons, two large skins of beef; a small piece of the rump of about five pounds; five gallons of water, and two handfuls of salt; place the pot on the fire, and before it commences to boil, and whilst boiling, skim it carefully and frequently, adding a little cold water to bring up the scum completely. When you find no more scum rising to the top, add three large carrots, three turnips, and three onions with six cloves stuck in them (that is, two cloves in each onion), and let it boil for four or five hours. Before using it, skim all the fat off the top, and strain it through a double sieve. If the beef is to be used, let it be taken out of the pot when cooked, and pour over it a little of the top of the broth, to keep it moist until it may be wanted, when you can serve it with such sauce as you may fancy. For a family it will be necessary to make the broth about once a week, but great care should be taken to keep a portion always on hand.

101. *Second Stock* may be made from the meat left after straining the first stock off, by covering it with water, and by letting it go on boiling for four or five hours. This stock will produce good glaze, or portable soup (see 316).

102. *Glaze* is a strong gravy boiled as quick as possible till it thickens, as directed in braising (see 316).

103. *Beef Gravy*, sometimes called second stock, or in French *jus de bœuf*, is thus made:—Take a slice of good lean ham, or lean bacon, four or five pounds of gravy beef, cut into eight or ten pieces, a carrot, an onion with two cloves stuck in it, and a head of celery. Cover the bottom of a clean well-tinned stew-pan with these things, putting in the ham first, and then put a pint of stock, or water; cover close; set over a moderate fire till the water is so reduced as to just save the ingredients from burning, then turn it all about and let it brown slightly and equally all over. You must put in three quarts of boiling water just at the moment the meat has obtained its proper colour; if it is suffered to burn, the gravy will have a bad taste, and if the water is put in too soon the gravy will want flavour. When it boils up, skim carefully and clean the sides of the stew-pan with a cloth. The gravy ought to be delicately clean and clear. Set it by the side of a fire, and stew gently for about four hours; strain through a tamis sieve, skim it carefully, and put it in a cold place. If well managed, that is, not boiled too fast, it will yield two quarts of good gravy.

104. *Gravy for Roast Meat*.—Take the trimmings off the joint you are about to cook, which will make half a pint of plain gravy. Colour by adding a few drops of burnt sugar. If you do not wish to

make gravy in this way, about half an hour before the meat is done mix a salt-spoonful of salt with a full quarter of a pint of boiling water: drop this by degrees on the brown parts of the meat, set a dish under to catch it, and set it by; the meat will soon brown again. When the gravy you have made is cold take the fat from the surface, and when the meat is done, warm up the gravy and put it in the dish. Or you may make good browning for roast meat by saving the brown bits of boiling or roast meat: cut them small, put them into a basin and cover them with boiling water, and put them away; next put them into a saucepan and boil two or three minutes, then strain it through a sieve, and put by for use. When you want gravy for use put two table-spoonful in a quarter of a pint of boiling water, with a little salt. If for roasted veal, put three table-spoonful into half a pint of thin melted butter. The gravy which remains in the dish after the family has dined should be put by to enrich hashes or little made dishes.

105. *Gravy for Boiled Meat* is nothing more than a tea-cup full of the liquor in which the meat has been boiled, carefully skimmed and free from fat.

106. *Gravy for Roast Veal*.—Make in the same way as for any other roast meat, and make a tea-cup full of thick melted butter, or melt the butter in the gravy. The same gravy for target or loin of lamb.

107. *Rich brown Gravy for Poultry, Ragout, or Game*.—If your stock or store gravy is poor, to enrich it add one pound of meat to one pint of your store gravy; cut the meat clear from the bones, chop it up as fine as mince meat, chop also one ounce of ham, or gammon, unless you have by you the gravy that has settled in the dish from a ham. Lay at the bottom of the stew-pan one ounce of butter, an onion sliced, and the chopped meat; cover it close, and set it on a clear, slow fire; move it about to prevent it sticking. When the gravy draws, and the meat is rather brown, add by degrees the liquor; when it boils, put in the bones of the meat, chickens' head and feet; and when it boils again carefully skim it. Add a crust of bread toasted brown, a sprig of winter savoury, or lemon thyme and parsley, a dozen berries of allspice, a strip of lemon peel, and a dozen black peppercorns; cover it close and keep it boiling gently till it is reduced to half; when cold, take off all the fat and thicken it with the following thickening: Melt a piece of butter in a saucepan; take out all the buttermilk that may be at the top, then sprinkle flour into it, shaking it all the time: make it a thick paste, and stir this into your gravy boiling.

SAUCES.

These are a very numerous class of condiments, particularly in French cookery. Foreigners say that the English have only one sauce (melted butter) for vegetables, fish, flesh, and all other eatables requiring sauce—and they add, with some truth, that they seldom make

it good. It certainly is a very general sauce, both in England and the United States; and, therefore, we shall begin our recipes with

108. *Melted Butter* cannot be made good with mere flour and water. Dr. Kitchiner says, that he has tried every way of making this sauce, and gives it as his opinion that the following, if carefully observed, will be always found to give satisfaction: Cut two ounces of butter into little bits, put it into a clean stew-pan, with a large tea-spoonful of flour, arrow-root, or potatoe starch, and add two table-spoonful of milk; when thoroughly mixed, add six table-spoonful of water, hold it over the fire, and shake it round the *same way* every minute, till it begins to simmer; then let it boil up. This is a good recipe for melted butter where it is not intended to be used with acids or wine, which will have the effect of curdling the milk. Pure water is best when the melted butter is intended for fish and puddings, to which any mixture of wine is intended. Clear stock or gravy, instead of water, is preferable when it is intended to be eaten with roast meat, or for vegetables to be eaten with roast meat. The old-fashioned method of mixing is as good as the Doctor's. It is as follows: Break up the butter on a trencher, and work the flour into it thoroughly, then add it to the cold liquid in the saucepan; or you may drop the flour, a quarter of an hour before it is set on the fire, on the top of the liquid, without stirring at all; when the flour has all sunk to the bottom, shake it round till the flour is well incorporated with the liquid; then add the butter, and melt over a clear brisk fire. Fresh, rich cream is sometimes used instead of milk, water, or gravy. You should take care that your saucepan for melted butter be always well tinned, and kept delicately clean. Some recommend a silver saucepan; but this seems to us to be a stupid piece of extravagance. Dr. Kitchiner, however, who talks a great deal about economy, gravely tells us that a pint silver saucepan will not cost more than four or five pounds! Melted butter is frequently spoilt in the making; for ordinary purposes it should be of the thickness of good cream, but when intended to be mixed with flavouring, it should be of the thickness of light batter. If by any chance it become oiled, put a spoonful of cold water to it, and stir it with a spoon, or pour it back and forwards till it is right again. By mixing such vegetables as parsley, chervil, and others, generally eaten with melted butter, and sending them to the table on a little plate, those who like their flavour may mix for themselves. In the same way, all descriptions of flavouring essences, such as catsup, anchovy, &c., &c., may be mixed at table. This plan will be found to be a great saving in butter.

109. *Sauce for Fricassee of Fowls, Rabbits, white Meat, Fish, or Vegetables*.—You have no occasion to buy meat for these sauces, as their flavour is but small. The liquor that has boiled fowls, veal, or rabbit, or a little broth that you may have by you, or the feet and necks of chickens, or raw or dressed veal, will do very well. Stew with a little water any of these, add to it an onion sliced, a bit of lemon peel, a little pounded mace or nutmeg, some white peppercorns, and a bunch of sweet herbs, until the flavour is good; then strain it,

and add a little good cream, a piece of butter, and a little flour; saut to your taste. A squeeze of lemon may be added after the sauce is taken from the fire, shaking it well. Yolk of egg is frequently used in fricassee, but if you have cream it is better, as the egg is apt to curdle.

110. *Sauce for cold Fowl, or Partridge.*—Boil two eggs hard, rub them down in a mortar with an anchovy, two dessert spoonfuls of oil, three of vinegar, an eschalot, cayenne (sometimes,) and a tea-spoonful of mustard. All should be pounded before the oil is added; then strain it; eschalot vinegar instead of eschalots eats well; if so, omit one spoonful of the common vinegar; salt to your taste.

111. *A very rich Mushroom Sauce for Fowls or Rabbits.*—Pick, rub and wash a pint of young mushrooms, and sprinkle with salt to take off the skin. Put them into a saucepan with a little salt, a blade of mace, a little nutmeg, a pint of cream, and a piece of butter rolled in flour: boil them up and stir till done, then pour it into the dish with the chickens; garnish with lemon. If you cannot get fresh mushrooms, use pickled ones, done white, with a little mushroom powder with the cream.

112. *Sauce for boiled Carp, or Boiled Turkey.*—Make some melted butter with a little water and a tea-spoonful of flour, and add a quarter of a pint of cream, half an anchovy not washed, chopped fine; set it over the fire, and as it boils up, add a large spoonful of Indian soy: if that does not give it a fine colour, put a little more; add a little salt, and half a lemon; stir it well to prevent it curdling.

113. *Green Sauce for green Geese or Ducklings.*—A glass of white wine, some scalded gooseberries, a pint of sorrel juice, some white sugar, and a bit of butter. Boil them up, and serve in a boat.

114. *Egg Sauce.*—Boil the eggs hard, chop them fine, then put them into melted butter.

115. *Onion Sauce.*—Take the skins off ripe onions, remove the rooty fibres and the tops, let them lie in salt and water an hour, then put them into a saucepan of boiling water, and boil them till they are tender. You should allow them plenty of water. When tender, skin them, cut them exceedingly small, or rub them through a colander; season them with pepper and salt, and mix with an equal quantity of thick melted butter. This sauce is usually eaten with shoulder or leg of mutton. If you wish it very mild, use the large silvery onions, and boil them in several waters. Onion sauce is also eaten with rabbits, boiled ducks, tripe, and sometimes with a scrag of mutton or veal.

116. *Apple Sauce.*—Take four or five juicy apples, two table-spoonfuls of cold water or cider; instead of putting the lid on, place the parings over the apples, and put them by a gentle fire. When they are done; remove the saucepan from the fire, and beat up the apples; take the parings from the top first, add a bit of butter, a tea-spoonful of fine powdered sugar, and a dust of nutmeg.

117. *Gooseberry Sauce.*—Scald half a pint of green gooseberries; do them till they are tender, but not broken; drain them on a sieve;

when the liquor is cold, take half a pint of it, and make a thick batter of it, stir in the gooseberries with a little grated ginger and lemon peel. This sauce is sometimes used for mackerel.

118. *Wow wow Sauce,* for stewed beef or bouilli. Quarter and slice two or three pickled cucumbers or walnuts, or part of each, chop fine a handful of parsley, make some melted butter in half a pint of broth in which the beef is boiled, add a tea-spoonful of made mustard and a table-spoonful of vinegar, and the same of port wine and mushroom catsup: let it simmer till thick, then stir in the parsley and pickles to get warm; pour the whole over the beef, or put in a sauce tureen. The flavour may be varied by a tea-spoonful or two of any kind of the vinegars.

119. *Curry Sauce* is made by putting a little powdered curry into some melted butter, or curry vinegar.

120. *Parsley and Butter.*—Wash and pick leaf by leaf some parsley; put a tea-spoonful of salt into half a pint of boiling water, boil the parsley about ten minutes; drain it on a sieve, mince it quite fine, and then bruise it to a pulp: put it into a sauce boat, and mix with it by degrees about half a pint of melted butter. Never pour parsley and butter over boiled things, but send up in a boat.

121. *Fennel and Butter for Mackerel* is prepared in the same way as parsley and butter.

122. *Plum Pudding Sauce.*—A glass of sherry, half a glass of brandy, cherry bounce or Curaçoa, or essence of punch, and two tea-spoonfuls of pounded lump sugar (a very little grated lemon peel is sometimes added,) in a quarter of a pint of thick melted butter: grate nutmeg on the top.

123. *Anchovy Sauce.*—Pound three anchovies in a mortar with a bit of butter; rub it through a double hair sieve with the back of a wooden spoon, and stir it into about half a pint of melted butter, or stir in a table-spoonful of essence of anchovy. Many cooks add cayenne and lemon juice.

124. *Caper Sauce.*—Take a table-spoonful of capers, and two tea-spoonfuls of vinegar; mince one-third of them very fine, and divide the others in half; put them in a quarter of a pint of melted butter, or good thickened gravy; stir the same way as you do melted butter, or it will oil. Sometimes half a Seville orange or lemon or parsley, chervil, or tarragon, are added.

125. *Mock Caper Sauce.*—Take French beans, gherkins, green peas, or nasturtiums, all pickled; cut them into bits the size of capers; put them into half a pint of melted butter; add two tea-spoonfuls of lemon juice or vinegar.

126. *Shrimp Sauce.*—Shell a pint of shrimps, and stir into half a pint of melted butter; a little cream makes a delicate addition. It is used with salmon, turbot, and soles.

127. *Oyster Sauce.*—Two dozen oysters will make half a pint of sauce, not more. Open the oysters, save all the liquor, perfectly free from bits of shell, scald the oysters in the liquor till they look plump, then take out the fish and add to the liquor two ounces of butter rolled

in flour, and two table-spoonfuls of cream; boil it up. Take off the beards or fringy part of the oysters; if they are large, cut them in two; stir them in the butter, and set them by the fire for a minute or two, but do not let them boil, as it hardens them.

128. *Lobster Sauce*.—Choose a hen lobster, pick out all the spawn and red coral that runs down the back, pound it to a paste with a lump of butter, pull the meat of the back and claws to pieces with two forks, stir the lobster into some boiling hot melted butter; keep it on the fire till the lobster is warmed through, and well mixed. You may add, if liked, catsup, lemon juice, cayenne, anchovy; but the simple flavour of the lobster is best. A little cream is an improvement.

129. *Liver Sauce*.—Scald the liver, clear away all the fibres and specky parts, pound it in a mortar, with a bit of butter, then boil it up with melted butter; season it with cayenne, and a squeeze of lemon juice. You may add catsup or anchovy.

130. *Bread Sauce* is either made with gravy or milk. Stew the heads, necks, and feet of the poultry for which it is intended, with an onion, a little allspice, and a few peppercorns; when reduced to half a pint, strain it and boil up again; put in a small tea-cup full of bread crumbs, let it boil till quite stiff, hold it over the fire and shake it till it boils thoroughly, then put it on the hob till time to serve; stir in a bit of salt, one ounce of butter, and two table-spoonfuls of cream.

131. *Sauce for Tripe, Calf's-head, or Cow-heel*.—Garlic vinegar according to taste, a table-spoonful of brown sugar, mustard and black pepper a tea-spoonful of each, stirred into oiled melted butter. (See 466.)

132. *Celery Sauce*.—Take fresh celery; take off all the outside leaves, leave none but what are quite crisp, and which may be known by their breaking short without any strings, cut up in pieces about an inch long, take liquor that has boiled veal, chickens, or lamb, when fast boiling.

133. *Tarragon or Burnet* makes rich pleasant sauce, chiefly used for steaks; sent to table in a sauce tureen.

134. *Sorrel Sauce for Lamb or Veal, and Sweet-breads*.—Two quarts of sorrel leaves will not make more than a sauce tureen of sauce; pick and wash them clean, put them into a stew-pan with one ounce of butter, cover close and set over a slow fire for a quarter of an hour; then rub them through a coarse hair sieve, season them with salt, pepper, nutmeg, and a small lump of sugar, squeeze in the juice of a lemon, and make the whole thoroughly hot.

135. *Poor Man's Sauce*.—A handful of young parsley leaves, chopped fine, a dozen of young green onions, chopped fine, put to them salt and pepper, two table-spoonfuls of salad oil, and four of vinegar; a little scraped horse-radish, pickled French beans, or gherkins, may be added. This sauce is taken with cold meats.

136. *Truffle Sauce*.—Truffles are only good while in season, that is, in a green state. Add two ounces of butter to eighteen truffles sliced, simmer them together till they are tender; then add as much

good gravy, brown or white, as to bring it to a proper thickness, season it with salt, and squeeze in the juice of half a lemon.

137. *Sharp Sauce for Venison*.—Best white wine vinegar half a pint, loaf sugar pounded a quarter of a pound; simmer it gently; skim, and strain it through a tamis.

138. *Sweet Sauce for Venison*.—Currant jelly, either black or red, melted and served hot; others like it sent to table as jelly.

139. *Wine Sauce for Venison, Hare, or Haunch of Mutton*.—Take equal parts of rich mutton gravy, without any flavourings, and port wine. Simmer them together to half a pint, add a table-spoonful of currant jelly, let it just boil up.

140. *Sauce for a Pig*.—Three quarters of a pint of good beef gravy, six or eight leaves of sage, chopped very fine, a blade of mace, a tea-cup full of bread crumbs, and eight white peppercorns; let them boil six or eight minutes, then stir into the sauce the brains, gravy, and whatever sticks about the dish on which you have split the pig, one ounce of butter rolled in flour, two table-spoonfuls of cream, and one or two of catsup, if liked; simmer a minute or two, and serve in a sauce tureen.

141. *Turtle Sauce*.—To a pint of rich beef gravy, thickened, put a wine glass of Madeira, six leaves of basil, the juice and peel of half a lemon, a few grains of cayenne or curry powder, an eschalot sliced, a table spoonful of essence of anchovy; simmer together five minutes, then strain, and add a dozen turtle force meat balls. This sauce is used for calf's head, or hashed or stewed veal, or for any other rich dish in imitation of turtle.

142. *A Sauce for all sorts of Fish*.—Half a pint of port or claret, half a pint of rich gravy, a little nutmeg, three anchovies, two table-spoonfuls of catsup, and salt; simmer all together till the anchovies are done, then add three ounces of butter thickened with flour, arrow-root, or potatoe mucilage; when it boils, add some scraped horse-radish, a dozen or two of oysters, a lobster cut in bits, a few small mushrooms, and half a pint of picked shrimps or crawfish. This sauce is intended to pour over the fish—boiled carp, tench, pike, whiting, boiled cod, and haddock.

143. *Pudding Sauce*.—Half a glass of brandy, one glass of white wine, a little grated rind of lemon, half an ounce of grated loaf sugar, and a little powdered cinnamon, mixed with melted butter. It is a good way to keep a bottle of these ingredients to mix with melted butter when wanted. In a bottle containing one pint of brandy and two pints of sherry, steep the kernels of apricots, nectarines, and peaches, with an ounce of shaved lemon rind, half an ounce of mace, and a quarter of a pound of loaf sugar; pour off clear to mix with butter. Two table-spoonfuls will flavour a boat of sauce; the mace and lemon peel may be steeped in half a pint of brandy, or a pint of sherry, for fourteen days; strain, and add a quarter of a pint of capillaire.

144. *Custard Sauce*.—For rice or other plain puddings, or with fruit pies, stir a pint of sweet cream in a double saucepan till it boils; beat the yolks of two or three eggs, with a spoonful of cold cream,