

broken in flakes, and stewed a few minutes in good gravy, flavoured with onions or eschalots, but not salted, and thickened with flour, butter, and cream; then beat up with it either potatoes, or parsnips and beet-root, mashed with cream and butter. Sauce, egg. Salt fish, whether cod, ling, haddock, or salmon, is often cut in slices, soaked in beer, and broiled as red herrings for a breakfast relish.

217. *Terrapins*.—This is a favourite dish for suppers and parties; and, when well cooked, they are certainly very delicious. Many persons in Philadelphia have made themselves famous for cooking this article alone. Mrs. Rubicam, who during her lifetime always stood first in that way, prepared them as follows. Put the terrapins alive in a pot of boiling water, where they must remain until they are quite dead. You then divest them of their outer skin and toe-nails; and, after washing them in warm water, boil them again until they become quite tender, adding a handful of salt to the water. Having satisfied yourself of their being perfectly tender, take off the shells and clean the terrapins very carefully, removing the sand-bag and gall without breaking them. Then cut the meat and entrails into small pieces, and put into a saucepan, adding the juice which has been given out in cutting them up, but *no water*, and season with salt, cayenne, and black pepper, to your taste; adding a quarter of a pound of good butter to each terrapin, and a handful of flour for thickening. After stirring a short time, add four or five table-spoonfuls of cream, and a half pint of good Madeira to every four terrapins, and serve hot in a deep dish. Our own cook has been in the habit of putting in a very little mace, a large table-spoonful of mustard, and *ten drops of the gall*; and, just before serving, adding the yolks of four hard boiled eggs. During the stewing, particular attention must be paid to stirring the preparation frequently; and it must be borne in mind, that terrapins cannot possibly be too hot.

218. *Oysters au gratin*.—Take the best oysters you can find, and dry them on a napkin; you then place them on a silver shell, made expressly for the purpose, or fine, large, deep oyster shells, if handier, which should be well cleaned, placing in them four or six oysters, according to their size; season with salt, pepper, nutmeg, parsley, mushrooms hashed very fine, a small quantity of bread crumbs, with which the surface of the oysters must be covered, placing on top of all a small piece of the best butter. Then put them in a hot oven, and let them remain until they acquire a golden colour. Serve them hot.

219. *Oysters, stewed*.—For this purpose the beard or fringe is generally taken off. If this is done, set on the beards with the liquor of the oysters, and a little white gravy, rich but unseasoned; having boiled a few minutes, strain off the beards, put in the oysters, and thicken the gravy with flour and butter (an ounce of butter to half a pint of stew,) a little salt, pepper, and nutmeg, or mace, a spoonful of catsup, and three of cream; some prefer a little essence of anchovy to catsup, others the juice of a lemon, others a glass of white wine; the flavour may be varied according to taste. Simmer till the stew is

thick, and warmed through, but avoid letting them boil. Lay toasted sippets at the bottom of the dish and round the edges.

220. A more simple, and, as we think, a better method is to put, say two hundred oysters in a saucepan with nothing but their own juice; place them on a brisk fire, and let them remain, stirring them occasionally, until they begin to boil, then remove them, and pass the juice through a tin colander, leaving the oysters to drain. Then mix well together three-quarters of a pound of good butter, and a handful of flour. When this is done, strain the juice of the oysters through a sieve into the saucepan containing the butter and flour, and put it on the fire again, and add pepper and salt to your taste, stirring the whole frequently and briskly. When it begins to boil again, add the oysters, and the following articles, well beaten together, viz., the yolks of three eggs, two table-spoonfuls of milk, and the juice of half a lemon; whilst adding these, stir the whole briskly, and serve immediately.

221. *Oysters, fried*.—Large oysters are the best for this purpose. Simmer for a minute or two in their own liquor; drain perfectly dry; dip in yolks of eggs, and then in bread crumbs, seasoned with nutmeg, cayenne, and salt; fry them of a light brown. They are chiefly used as garnish for fish, or for rump steaks; but if intended to be eaten alone, make a little thick melted butter, moistened with the liquor of the oysters, and serve as sauce.

222. *Broiled Oysters*.—The oysters should be the largest and finest you can get. Prepare your gridiron, which should be a double one made of wire, by rubbing with butter, and having placed your oysters so that they will all receive the heat equally, set them over a brisk fire, and broil both sides without burning them. Let them be served hot, with a small lump of fresh butter, pepper and salt, added to them. Some establishments serve them egged and breaded; either way, however, they are good.

ROASTING.

223. Mind that your spit is clean, and take care that it passes through the meat as little as possible. Before it is spitted, see that the meat is jointed properly, particularly necks and loins. When on the spit it must be evenly balanced, that its motion may be regular, and all parts equally done; for this purpose, take care to be provided with balancing skewers and cookholds; a cradle spit is the best.

224. The bottle or vertical jack is an excellent instrument for roasting, better than spits for joints under forty pounds; but if you have neither of these things, as is often the case in small families, a woollen string twisted round a door key makes a good substitute. In this case a strong skewer should be passed through each end of the joint, in order that it may be conveniently turned bottom upwards, which will insure an equality of roasting and an equal distribution of the gravy. A Dutch oven is a convenient utensil for roasting small joints; but by far the best and most economical thing of the kind is, improperly, called the American oven, by which you may roast meat before a sitting-room fire, without any extra fuel, and without the

slightest inconvenience to the persons occupying the apartment. This contrivance will save, in the course of a year, all the expense, and more, of its original cost, in bakings, with this additional consideration, that meat so dressed will be equal to roasted meat. Meat cooked in a common oven, to say nothing of the abstracting of the dripping by the generality of bakers, is greatly inferior, both in flavour and tenderness, to that dressed in the American oven, where the air is not confined. It is not, however, meat alone that may be dressed in the American oven. All sorts of cakes may be made in it, and indeed, all the operations of baking and roasting may be performed by it, on a limited scale, but sufficiently large for a small family in contracted circumstances; in short, with the addition of the recent improvement, a sort of oval iron covering, we have baked bread before a parlour fire as perfectly as it could be produced by the regular process of baking; in one word, no family, whether in poor or middling circumstances, ought to be without the American oven, which may be had for a few shillings.

225. The fire for roasting should be made up in time, but it is better not to be very hot at first. The fire should, in point of size, be suited to the dinner to be dressed, and a few inches longer at each end than the article to be roasted, or the ends will not be done.

226. Never put meat down to a fierce fire, or one thoroughly burnt up, if you can possibly avoid it; but if not, you must take care and place it a considerable distance from the grate; indeed, meat should always be done slowly at first; it is impossible to roast a joint of very considerable size well under some hours. It is said that George III., who lived principally upon plain roasted and boiled joints, employed cooks who occupied four, five, or even six hours in roasting a single joint; but the result amply repaid the loss of labour and time; the meat was full of gravy, perfectly tender, and of a delicious flavour.

227. In placing paper over the fat to preserve it, never use pins or skewers; they operate as so many taps, to carry off the gravy; besides, the paper frequently starts from the skewers, and is, consequently, liable to take fire, to the great injury of both the flavour and appearance of the meat. For these reasons, always fasten on your paper with tape, twine, or any other suitable string.

228. The fire should be proportioned to the quantity of the meat intended to be roasted, as we have intimated above. For large joints make up a good strong fire, equal in every part of the grate, and well backed by cinders or small coals. Take care that the fire is bright and clear in the front. The larger the joint to be roasted, the farther it must be kept from the fire till nearly done—mind that. When you have to roast a thin and tender thing, let your fire be little and brisk.

229. When your fire is moderately good, your meat, unless very small, ought not to be put down nearer than from ten to fifteen inches off the grate; in some instances a greater distance would be preferable, but it is impossible to lay down any definite rule on this subject.

230. Slow roasting, like slow boiling, is the best, and the more

slow, in reason, the better. The time usually directed to be allowed for roasting meat, where the fire is good, the meat screen sufficiently large, and the meat not frosted, is rather more than a quarter of an hour to a pound, but we take this to be too short a time; however, the cook must judge for herself; much will depend upon the temperature of the atmosphere, &c., and more upon the degree of basting it has undergone. The more the meat is basted the less time it will take to do, for the meat is rendered soft and mellow outside, and consequently, admits the heat to act upon the inside. On the contrary, meat rendered hard on the outside by having too hot a fire, or neglecting to baste, the fire is prevented from operating upon the interior. When the meat is half done the fire should be well stirred for browning, that is, it must be made to burn brightly and clearly. When the steam begins to rise, depend upon it the meat is thoroughly done, that is, well saturated with heat, and all that goes off from the meat in evaporation is an absolute waste of its most savoury and nourishing particles.

231. A good cook will be particular to place her dripping pan so as to catch the dripping, but not the loose hot coals which may chance to fall from the fire. Your dripping pan should be large, not less than twenty-eight inches long and twenty inches broad, and should have a well-covered well on the side from the fire, to collect the dripping; "this," says Dr. Kitchiner, "will preserve it in the most delicate state."

232. Roasting and boiling, as being the most common operations in cooking, are generally considered the most easy; this is a great error: roasting, in particular, requires unremitting attention to perform it well, much more so than stewing, or the preparing many made dishes. A celebrated French author, in the *Almanack des Gourmands*, says, that "the art of roasting victuals to the precise degree, is one of the most difficult things in this world, and you may find half a thousand good cooks sooner than one perfect roaster; five minutes on the spit, more or less, decide the goodness of this mode of cookery."

ROASTING, BROILING, AND FRYING.

Before entering into any detail as to the best method of preparing the different dishes under this head, we must recommend the young cook to again carefully read our preliminary observations on roasting. We may here too be allowed to enter our most decided protest against baking meat, generally speaking—whether in the common brick oven, or in the iron ovens attached to kitchen ranges, particularly in the latter, unless they have a draught of air through them, when they will dress, or rather roast meat very well. Meat cannot be subjected to the influence of fire without injury, unless it is open to the air, by which the exhalations are carried off, and the natural flavour of the meat is preserved. Under the idea of saving fuel, persons are induced to use stoves in their kitchen instead of ranges. They should con-

sider, however, that baking not only injures the meat, but absolutely spoils the dripping, which from roasted meat is much more valuable than the extra cost of coals. For a small family, we recommend the bottle jack—and for large establishments, a kitchen range, a smoke jack, and the usual quantity of plating for stewing, or boiling. In the following receipts we have generally indicated the time which a joint will take roasting, but a good cook will never wholly depend upon time, either in roasting or boiling; she ought to exercise her own judgment, as to whether a thing is done or not. When roast meat streams towards the fire, it is a sure sign that the meat is nearly done. On no account, whatever, should gravy be poured over any thing that is roasted. It makes the meat insipid, and washes off the frothing, or dredging.

233. *Sirloin of Beef, roasted.*—Sirloin or ribs, of about fifteen pounds, will require to be before a large sound fire about three and a half or four hours; take care to spit it evenly, that it may not be heavier on one side than the other; put a little clean dripping in the dripping pan (tie a piece of paper over it to preserve the fat), baste it well as soon as it is put down, and every quarter of an hour all the time it is roasting, till the last half hour; then take off the paper, and make some gravy for it; stir the fire and make it clear; to *brown* and *froth* it, sprinkle a little salt over it, baste it with butter, and dredge it with flour; let it go a few minutes longer, till the froth rises; take it up. Garnish it with a hillock of horse-radish, scraped as fine as possible with a very sharp knife. A Yorkshire pudding is an excellent accompaniment. The inside of the sirloin should never be cut hot, but reserved entire for the hash, or a mock hare.

234. *Rump and Round.*—Rump and rounds of beef are sometimes roasted; they require thorough doing, and much basting to keep the outside from being dry. It should be before the fire from three hours, and upwards, according to size. Gravy and garnish as above.

235. *Mock Hare.*—The inside lean of a sirloin of beef may be dressed so as to resemble hare, and is by many people greatly preferred to it. Make a good stuffing. If possible, get the inside meat of the whole length of sirloin, or even of two, lay the stuffing on half the length, turn the other end over and sew up the two sides with a strong twine, that will easily draw out when done; roast it nicely, taking care to baste it well, and serve with sauces and garnishes the same as hare; or, it may be partly roasted and then stewed, in rich thickened gravy with force meat balls, and sauce.

236. *Ribs of Beef, boned.*—Take out the ribs, &c. and roll it as round as possible; bind with tape; roast with or without veal stuffing, laid over before rolling. Thoroughly soak it, and brown it before a quick fire. Roast beef accompaniments, and, if liked, wow-wow sauce.

237. *Roasting Mutton.*—A saddle of mutton of ten or twelve pounds will take from two hours and a half to three hours roasting. Mutton should be put before a brisk fire; a saddle of mutton requires to be protected from the heat by covering it with paper, which should

be taken off about a quarter of an hour before it is done; when of a pale-brown colour, baste it; flour it lightly to froth. The *leg of mutton*, the *shoulder*, the *loin*, the *neck*, the *breast*, and the *haunch*, require the same treatment as the saddle, with the exception of papering, which, however, may be sometimes required. The haunch should be served with plain but rich mutton sauce, and with sweet sauce; of course separately.

238. *Mutton, Venison fashion.*—Hang till fit for dressing a good neck of mutton; two days before dressing it, rub it well twice each day with powdered allspice, and black pepper; roast it in paste, as ordered for the haunch of venison.

239. *Roasting Veal.*—This meat requires particular care to roast it a nice brown; the fire should be the same as for beef; a sound large fire for a large joint, and a brisker for a smaller: soak thoroughly, and then bring it nearer the fire to brown; baste on first putting down, and occasionally afterwards. When done and dished, pour over it melted butter, with or without a little brown gravy. Veal joints, not stuffed, may be served with force meat balls, or rolled into sausages as garnish to the dish; or fried pork sausages. Bacon or ham, and greens, are generally eaten with veal.

240. *Fillet of Veal* of from twelve to sixteen pounds will require from four or five hours at a good fire; make some stuffing or force meat, and put it under the flap, that there may be some left to eat cold, or to season a *hash*; brown it, and pour good melted butter over it; garnish with thin slices of lemon and cakes or balls of stuffing. A *loin* is the best part of the calf, and will take about three hours roasting; paper the kidney fat and back. A *shoulder* from three hours to three hours and a half; stuff it with the force meat ordered for the fillet of veal, or balls made of 271. *Neck*, best end, will take two hours; same accompaniments as the fillet. The scrag part is best in a pie or broth. *Breast* from an hour and a half to two hours. Let the caul remain till it is almost done, then take it off to brown it; baste, flour and froth it.

241. *Veal Sweetbread.*—Trim a fine sweetbread (it cannot be too fresh), parboil it for five minutes, and throw it into a basin of cold water. Roast it plain, or beat up the yolk of an egg, and prepare some bread crumbs. When the sweetbread is cold, dry it thoroughly in a cloth; run a lark-spit or a skewer through it, and tie it on the ordinary spit; egg it with a paste-brush; powder it well with bread crumbs, and roast it. For sauce, fried bread crumbs round it, and melted butter, with a little mushroom catsup, or serve them on buttered toast, garnished with egg sauce, or with gravy. Instead of spitting them, you may put them into a tin dutch oven or fry them.

242. *Roasting Lamb.*—To the usual accompaniments of roasted meat, lamb requires green mint sauce or salad, or both. Some cooks, about five minutes before it is done, sprinkle it with a little fresh-gathered and finely minced parsley, or crisped parsley. Lamb and all young meats ought to be thoroughly done; therefore, do not take either lamb or veal off the spit till you see it drop white gravy.

When green mint cannot be got, mint vinegar is an acceptable substitute for it, and crisp parsley, on a side plate, is an admirable accompaniment. *Hind-quarter* of eight pounds will take from an hour and three-quarters to two hours; baste, and froth it. A quarter of a porkling is sometimes skinned, cut, and dressed lamb fashion, and sent up as a substitute for it. The leg and the loin of lamb, when little, should be roasted together, the former being lean, the latter fat, and the gravy is better preserved. *Fore-quarter* of ten pounds, about two hours. It is a pretty general custom, when you take off the shoulder from the ribs, to squeeze a Seville orange, or lemon, over them, and sprinkle them with a little pepper and salt; this may be done by the cook before it comes to table. Some people are not remarkably expert at dividing these joints nicely. *Leg* of five pounds, from an hour to an hour and a half. *Shoulder*, with a quick fire, an hour. *Ribs*, almost an hour to an hour and a quarter; joint them nicely, crack the ribs across, and divide them from the brisket after it is roasted. *Loin*, an hour and a quarter. *Neck*, an hour. *Breast* three-quarters of an hour.

243. *Roasting Pork*.—If this meat be not well done, thoroughly well done, it is disgusting to the sight and poisonous to the stomach. "In the gravy of pork, if there is the least tint of redness," says Dr. Kitchiner, "it is enough to appal the sharpest appetite. Other meats under-done are unpleasant, but pork is absolutely uneatable." A *Leg* of eight pounds will require about three hours; score the skin across in narrow stripes (some score it in diamonds) about a quarter of an inch apart; stuff the knuckle with sage and onion minced fine, and a little grated bread, seasoned with pepper, salt, and the yolk of an egg. See 252 and 270. Do not put it too near the fire; rub a little sweet oil on the skin with a paste-brush, or a goose-feather; this makes the crackling crisper and browner than basting it with dripping, and it will be a better colour than all the art of cookery can make it in any other way; and this is the best way of preventing the skin from blistering, which is principally occasioned by its being put too near the fire.

244. *Leg of Pork roasted without the skin; or Mock Goose*.—Parboil a leg of pork, take off the skin, and then put it down to roast; baste it with butter, and make a savoury powder of finely minced or dried or powdered sage, ground black pepper, salt, and some bread crumbs rubbed together through a colander; you may add to this a little very finely minced onion; sprinkle it with this when it is almost roasted; put a half pint of made gravy into the dish, and goose stuffing under the knuckle skin, or garnish the dish with balls of it, fried or broiled.

245. *Spare rib*: when you put it down to roast, dust on some flour, and baste it with a little butter; dry a dozen sage leaves, rub them through a hair sieve, put them into the top of a pepper box, and about a quarter of an hour before the meat is done baste it with butter; dust the pulverised sage, or savoury powder, in, or sprinkle it with duck stuffing; some people prefer it plain.

246. *Loin of Pork*, of five pounds, must be kept at a good distance from the fire, on account of the crackling, and will take about two hours—if very fat, half an hour longer: stuff it with duck stuffing (252 and 270); score the skin in stripes about a quarter of an inch apart, and rub it with salad oil. You may sprinkle over it some of the savoury powder recommended for the mock goose (244.)

247. *Sucking Pig* should be about three weeks old, and it ought to be dressed as quickly as possible after it is killed; if not quite fresh, the crackling can never be made crisp. It requires constant attention and great care in roasting. As the ends require more fire than the middle, an instrument called the pig-iron has been contrived to hang before the latter part. A common flat iron will answer the purpose, or the fire may be kept fiercest at the ends. A good stuffing may be made as follows:—Take five or six ounces of the crumb of stale bread; crumble and rub through a colander; mince very fine a handful of sage, and a large onion; mix with an egg, pepper, salt, and a piece of butter about the size of an egg; fill the belly, and sew it up; put it to the fire, and baste it with butter tied up in a rag, by applying it to the back of the pig. Kitchiner recommends basting it with olive oil till it is done. It should never be left. It should be placed before a clear brisk fire, at some distance; and great care should be taken that the crackling should be nicely crisped, and delicately browned. It will require from an hour and a half to two hours, according to the size of the pig. When first put to the fire, it should be rubbed all over with fresh butter, or salad oil; ten minutes after this, and when the skin looks dry, dredge it well with flour all over. Let this remain on an hour, and then rub it off with a soft cloth. A sucking pig being very troublesome to roast, is frequently sent to the oven. A clever baker will do it so as to be almost equal to roasted; he will require a quarter of a pound of butter, and should be told to baste it well. (See 284.) Before you take the pig from the fire, cut off the head, and part that and the body down the middle; chop the brains very fine with some boiled sage leaves, and mix them with good veal or beef gravy, or what runs from the pig when you cut the head off. Send up a tureen full of gravy besides. Currant sauce is still a favourite with some of the old school. Lay your pig back to back in the dish, with one half of the head on each side, and the ears at each end, which you must take care to make nice and crisp, or you will get scolded, and deservedly. When you cut off the pettitoes, leave the skin long, round the end of the legs.

248. *Turkey, Turkey Poults, and other Poultry*.—A fowl and a turkey require the same management at the fire, only the latter will take longer time. Let them be carefully picked, break the breast-bone (to make them look plump,) and thoroughly singe them with a sheet of clean writing paper. Prepare a nice brisk fire for them. Make stuffing according to 269; stuff them under the breast where the craw was taken out; and make some into balls, and boil or fry them, and lay them round the dish; they are handy to help, and you can reserve some of the inside stuffing to eat with the cold turkey, or

to enrich a hash. Score the gizzard; dip it in the yolk of an egg, or melted butter, and sprinkle it with salt and a few grains of cayenne; put it under one pinion, and the liver under the other; cover the liver with buttered paper, to prevent it getting hardened or burnt. When you first put your turkey down to roast, dredge it with flour, then put about an ounce of butter into a basting ladle, and as it melts baste the bird. Keep it at a distance from the fire for the first half hour that it may warm gradually, then put it nearer, and when it is plumped up, and the steam draws towards the fire, it is nearly done enough; then dredge it lightly with flour, and put a bit of butter into your basting ladle, and as it melts baste the turkey with it; this will raise a finer froth than can be produced by using the fat out of the pan. A very large turkey will require about three hours to roast it thoroughly; a middling sized one, of eight or ten pounds, about two hours; a small one may be done in an hour and a half. Turkey poults are of various sizes, and will take about an hour and a half. Fried pork sausages are a very savoury accompaniment to either roasted or boiled turkey. Sausage meat is sometimes used as a stuffing, instead of the ordinary force meat. If you wish a turkey, especially a very large one, to be tender, never dress it till at least four or five days (in cold weather, eight or ten) after it has been killed, unless it be dressed immediately after killing, before the flesh is cold; be very careful not to let it freeze. Hen turkeys are preferable to cocks for whiteness and tenderness, and the small tender ones, with black legs, are most esteemed. Send up with them oyster, egg, and plenty of gravy sauce.

249. *Capons or Fowls* must be killed a couple of days in moderate, and more in cold, weather, before they are dressed, unless dressed immediately they are killed, or they will eat tough: a good criterion of the ripeness of poultry for the spit, is the ease with which you can pull out the feathers; when a fowl is plucked, leave a few to help you to ascertain this. They are managed exactly in the same manner, and sent up with the same sauces, as a turkey, only they require proportionably less time at the fire—a full-grown five-toed fowl about an hour and a quarter; a moderate sized one, an hour; a chicken, from thirty to forty minutes. Have also pork sausages fried, as they are in general a favourite accompaniment, or turkey stuffing; see Force meats, 278; put in plenty of it, so as to plump out the fowl, which must be tied closely (both at the neck and rump,) to keep in the stuffing; some cooks put the liver of the fowl into this force meat, and others mince it and pound it, and rub up with flour and melted butter. When the bird is stuffed and trussed, score the gizzard nicely; dip it into melted butter; let it drain, and then season it with cayenne and salt; put it under one pinion, and the liver under the other; to prevent their getting hardened or scorched, cover them with double paper buttered. Take care that your roasted poultry be well browned; it is as indispensable that roasted poultry should have a rich brown complexion, as that boiled poultry should have a delicate white one.

For sauces, see 111; or liver and parsley, and those ordered in the last receipt.

250. *Goose*.—When a goose is well picked, singed and cleaned, make the stuffing with about two ounces of onion, and half as much green sage; chop them very fine, adding four ounces of stale bread crumbs, a bit of butter about as big as a walnut, and a very little pepper and salt (to this some cooks add half the liver, parboiling it first,) the yolk of an egg or two, and, incorporating the whole together, stuff the goose; do not quite fill it, but leave a little room for the stuffing to swell. From an hour and a half to an hour and three-quarters will roast a fine full-grown goose. Send up gravy and apple sauce with it. Geese are called green till they are about four months old.

251. *Canvass Back Ducks, or Red Neck Ducks*.—Let your duck be young and fat, if possible; having picked it well, draw it and singe carefully, without washing it, so as to preserve the blood, and consequently, all its flavour. You then truss it, leaving its head on for the purpose of distinguishing it from common game, and place it on the spit before a brisk fire, for at least fifteen minutes. Then serve it hot, in its own gravy, which is formed by the blood, &c., on a large chafing dish. The best birds are found on the Potomac river; they have the head purple, and the breast silver colour, and it is considered superior in quality and flavour to any other species of wild duck. The season is only during the cold weather.

252. *Duck*.—Mind your duck is well cleaned, and wiped out with a clean cloth; for the stuffing, take an ounce of onion and half an ounce of green sage; chop them very fine, and mix them with two ounces of bread crumbs, a bit of butter about as big as a walnut, a very little black pepper and salt, and the yolk of an egg to bind it; mix these thoroughly together, and put into the duck. From half to three-quarters of an hour will be enough to roast it, according to the size; contrive to have the feet delicately crisp, as some people are very fond of them;—to do this nicely, you must have a sharp fire. Gravy sauce, and sage and onion sauce. To hash or stew ducks, the same as goose. If you think the raw onion will make too strong an impression upon the palate, parboil it. To insure ducks being tender, in moderate weather kill them a few days before you dress them.

253. *Haunch of Venison*.—To preserve the fat, make a paste of flour and water, as much as will cover the haunch; wipe it with a dry cloth in every part; rub a large sheet of paper all over with butter, and cover the venison with it; then roll out the paste about three-quarters of an inch thick. Lay this all over the fat side, cover it with three or four sheets of strong white paper, and tie it securely on with packthread; have a strong close fire, and baste your venison as soon as you lay it down to roast (to prevent the paper and string from burning;) it must be well basted all the time. A buck haunch which generally weighs from twenty to twenty-five pounds, will take about four hours and a half roasting in warm, and longer in cold, weather. A haunch of from twelve to eighteen pounds will be done in about three hours, or three hours and a half. A quarter of an hour before it is done, the string must be cut, and the paste carefully taken off; now

baste it with butter, dredge it lightly with flour, and when the froth rises, and it has got a very light-brown colour, it is done. Garnish the knuckle bone with a ruffle of cut writing paper, and send it up with good strong (but unseasoned) gravy in one boat, and currant jelly sauce in the other, or currant jelly in a side plate (not melted.) See for Sauces, 137, 138, 139. Buck venison is in greatest perfection from Midsummer to Michaelmas, and doe from November to January. *Neck* and *Shoulder* of venison are to be treated the same way as the haunch, but they will not take so much time, nor do they need the paste covering.

254. A *Fawn* should be dressed as soon after it is killed as possible; when very young, it is dressed the same as a hare; but they are better eating when the size of the house lamb, or when they are large enough to be roasted in quarters. The hind-quarter is considered the best. Fawns require a very quick fire. They are so delicate that they must be constantly basted, or be covered with sheets of fat bacon; when nearly done, remove the bacon, baste it with butter, and froth it. Serve with venison sauce.

255. A *Kid* is very good eating when a suckling, and when the dam is in fine condition. Roast, and serve it like a fawn or hare.

256. *Hare* when young is easy of digestion, and very nourishing—when old, the contrary, unless rendered so by keeping and dressing. When you receive a hare, take out the liver—if it be sweet, parboil it, and keep it for stuffing. Wipe the hare quite dry; rub the inside with pepper, and hang it in a cool place till it is fit to be dressed, that is to say, till it comes to the point of putrefaction, but not putrefied. Then paunch and skin, wash and lay it in a large pan of cold water four or five hours, changing the water two or three times; lay it in a clean cloth; dry it well, and truss. To make the stuffing, see 272. Let it be stiff; put it in the belly, and sew it up tightly. The skin must be cut to let the blood out of the neck. Some persons baste it with skimmed milk, but we decidedly prefer dripping; it ought to be constantly basted till it is nearly done; then put a little bit of butter into your basting ladle; flour and froth nicely. Serve with good gravy and currant jelly. Cold roast hare, chopped to pieces, and stewed in water for a couple of hours, will make excellent soup.

257. *Rabbit*.—Put it down to a sharp clear fire; dredge it lightly and carefully with flour; take care to have it frothy and of a fine light brown; boil the liver with parsley while the rabbit is roasting; when tender, chop them together; put half the mixture into melted butter, use the other half for garnish, divided into little hillocks. Cut off the head, divide it, and lay half on each side the dish. A fine well-grown and well-hung warren rabbit, dressed as a hare, will eat very much like it.

258. A *Pheasant* should have a smart fire, but not a fierce one; baste it, butter and froth it, and prepare sauce for it. Some persons, the pheasant being a dry bird, put a piece of beef or rump steak into the inside before roasting. It is said that a pheasant should be suspended by one of the long tail feathers till it falls. It is then ripe

and ready for the spit, and not before. If a fowl be well kept, and dressed as a pheasant, and with a pheasant, few persons will discover the pheasant from the fowl.

259. *Guinea Fowls, Partridges, Pea Fowls, Blackcock, Grouse, and Moorgame*, are dressed in the same way as pheasants. Partridges are sent up with rice sauce, or bread sauce, and good gravy. Blackcock, moorgame, and grouse, are sent up with currant jelly and fried bread crumbs.

260. *Wild Ducks, Widgeon, and Teal*, are dressed before a clear fire, and on a hot spit. Wild ducks will require fifteen or twenty minutes to do them in the *fashionable* way, but to do them *well* will require a few minutes longer. Widgeon and teal, being smaller birds, of course will require less time.

261. *Woodcocks* and *Snipes* are never drawn; they should be tied on a small bird spit, and put to roast at a clear fire; a slice of bread is put under each bird, to catch the trail, that is the excrements of the intestines; they are considered delightful eating; baste with butter, and froth with flour; lay the toast on a hot dish, and the birds on the toast; pour some good gravy into the dish, and send some up in a boat. They are generally roasted from twenty to thirty minutes—but some epicures say, that a woodcock should be just introduced to the cook, for her to show it the fire, and then send it up to table. Garnish with slices of lemon. Snipes are dressed in the same way, but require less time.

262. *Pigeons*, when stuffed, require some green parsley to be chopped very fine with the liver and a bit of butter, seasoned with a little pepper and salt; or they may be stuffed with the same as a fillet of veal. Fill the belly of each bird with either of these compositions. They will roast in about twenty or thirty minutes. Serve with parsley and butter, with a dish under them, with some in a boat. Garnish with crisp parsley, fried bread crumbs, bread sauce, or gravy.

263. *Small Birds*.—The most delicate of these are larks, which are in high season in November and December. When cleaned and prepared for roasting, brush them with the yolk of an egg, and roll in bread crumbs; spit them on a lark-spit, and tie that on a larger spit; ten or fifteen minutes at a quick fire will do them; baste them with fresh butter, and sprinkle them with bread crumbs till they are quite covered, while roasting. Sauce, grated bread fried in butter, which set to drain before the fire that it may harden; serve the crumbs under the larks when you dish them, and garnish them with slices of lemon. *Wheatears* are dressed in the same way.

264. *Reed Birds*.—Having carefully picked your birds, which should be very fat, draw them with the greatest care possible so as not to rob them of any fat, and truss them on a skewer, which you fasten to the spit, and cook them before a brisk fire; a very few minutes is requisite. In serving them, place them on buttered toast, and pour a small portion of gravy over them. Let them be hot. This is generally considered the best manner of serving reed birds, although many persons prefer them breaded and fried, or barbecued.

When they are very fat it is unnecessary to draw them. The season for this delicious bird is from the middle of September to the first or second week in October.

SEASONINGS.

The art of making seasonings, or stuffings, principally consists in so proportioning the flavours as that none may predominate, or be tasted more than another. In stuffing, care must be taken to leave room for swelling; if not, it is apt to be hard and heavy.

265. *Seasoning for Roast Pork, Ducks, or Geese.*—Two-thirds onion, one-third green sage, chopped fine, bread crumbs equal in weight to the sage and onions; season with a little pepper and salt, and incorporate it well with the yolk of an egg or two, and a bit of butter. Some omit the bread crumbs, and some again do not like the onions, while others add to them a clove of garlic.

266. *Seasoning for a Sucking Pig.*—A large teacup full of grated bread, two ounces of butter, season with nutmeg, salt, and pepper; scald two small onions, chop fine, and about thirty leaves of young sage, and egg beat fine, and mix altogether, and sew it in the belly of the pig.

267. *Seasoning for a Goose.*—Scald the liver, chop fine, crumb twice its weight in bread, chop fine four small onions, or an equal weight of chives, half the weight of green sage, half an ounce of butter, the yolk of an egg, and a table spoonful of potato starch; season highly with salt and pepper; mix well.

268. *Chesnut Seasoning for Goose.*—Fry or boil chesnuts till the outer skin comes off very easily, and the inside will pound or grate; reduce them to powder, scald the liver of the goose, and an onion or two, the juice of a lemon, season with pepper, cayenne, salt; mix well together.

STUFFINGS AND FORCE MEATS.

269. *Stuffing for Veal, Roast Turkey, Fowl, &c.*—Mince a quarter of a pound of beef marrow (beef suet will do,) the same weight of bread crumbs, two drachms of parsley leaves, a drachm and a half of sweet marjoram (or lemon thyme,) and the same of grated lemon peel, an onion, chopped very fine, a little salt and pepper, pound thoroughly together, with the yolk and white of two eggs, and secure it in the veal with a skewer, or sew it in with a needle and thread. Make some of it into balls or sausages; flour and fry or boil them, and send them up as a garnish, or in a side dish, with roast poultry, veal, or cutlets, &c. This is sufficient quantity for a turkey poult; a very large turkey will require twice as much; an ounce of dressed ham may be added to the above, or use equal parts of the above stuffing and pork sausage meat.

270. *Goose or Duck stuffing.*—Chop very fine about one ounce of green sage leaves, two ounces of onion also chopped fine (both un-

boiled,) a bit of butter about the size of a walnut, four ounces of bread crumbs, a little salt and pepper, the yolk and white of an egg; some add to this a little apple.

271. *Force meat balls* for turtle, mock turtle, or made dishes:—Pound some veal in a marble mortar, rub it through a sieve with as much of the udder as you have of veal, and about the third of the quantity of butter; put some bread crumbs in a stew-pan, moisten with milk, add a little chopped eschalot, and a little parsley; rub them well together in a mortar till they form a smooth paste; put it through a sieve, and when cold, pound and mix all together, with the yolk of three eggs boiled hard; season it with curry powder, or cayenne pepper and salt; add the yolks of two unboiled eggs, rub it well together, and make small balls; a few minutes before your soup is ready, put them in.

272. *Stuffing for Hare.*—Three ounces of fine bread crumbs, two ounces of beef suet, chopped fine, eschalot half a drachm, one drachm of parsley, a drachm of lemon thyme, marjoram, winter savoury, a drachm of grated lemon peel, and the same of pepper and salt; mix these with the white and yolk of an egg; do not make it thin, for if it is not stiff enough, it will be good for nothing; put it in the hare and sew it up. If the liver is quite sound, parboil it, mince it very fine, and put to the stuffing.

273. *Veal Force meat.*—Of undressed veal take two ounces, scrape it quite fine, and free from skin and sinews, the same quantity of beef or veal suet, and the same of bread crumbs; chop fine one drachm of lemon peel, two drachms of parsley, the same quantity of sweet herbs, and half a drachm of mace or allspice beaten to a fine powder; pound all together in a mortar, break into it the yolk and white of an egg, rub it all well together, and season with pepper and salt. This may be made more savoury by adding cold pickled tongue, eschalot, anchovy, cayenne, or curry powder.

274. *Stuffing for Pike, Carp, or Haddock.*—A dozen oysters bearded and chopped, two yolks of eggs, a small onion, or two cloves of eschalot and a few sprigs of parsley chopped fine, season with cayenne, mace, allspice, pepper, and salt; add their weight of bread crumbs, or biscuit powder, then put two ounces of butter into a stew-pan, and simmer them till they have sucked up the butter; as they begin to bind, sprinkle over them more bread crumbs or biscuit powder, till the whole forms into a ball, with which stuff the fish. Some people like the addition of ham or tongue scraped, and suet or marrow instead of butter.

Another way. Beef suet, or marrow and fat bacon, and fresh butter, two ounces of each; pound them with the meat of a lobster, ten or twelve oysters, one or two anchovies; season with thyme, parsley, knotted marjoram, savoury, chopped fine and scalded; add salt, cayenne, and nutmeg, a few drops of essence of eschalot; add the yolk of an egg, and bread crumbs. This pudding will be sufficiently done in the belly of the fish, if you do not add the eschalot in substance.