

275. *Stuffing for Heart and many other purposes.*—Take half a pound of grated bread; chop fine a quarter of a pound of beef or lamb suet, or beef marrow; season with salt, pepper, and nutmeg; a handful of parsley leaves, thyme about a quarter as much, six sprigs of marjoram and vervain, winter savoury or knotted marjoram, and the juice of a quarter of a lemon. Mix well with two eggs well beaten. You may add a dozen of oysters, chopped, and the liquor, or two ounces of dressed ham, chopped. This stuffing may be used for a turkey, with an equal quantity of sausage meat parboiled; rub them well together, and keep out half a pound, to which add an egg, to make up into balls and fry, and lay round the dish as a garnish. Turkey is sometimes stuffed with chesnuts (see 267); take basil and parsley instead of onions, and add a quarter of a pound of dressed ham grated, and a little nutmeg.

276. *A very rich stuffing for Veal, Poultry, and Game.*—Take two pounds of beef suet, one pound of bread crumbs, a tea spoonful of thyme, the same quantity of marjoram, a tea-cup full of chopped parsley, chopped eschalot a table spoonful, half a lemon grated, half a nutmeg, half an ounce each of salt and pepper, and five eggs, well mixed.

277. *Veal Cake.*—Boil six eggs hard, cut the yolks in two, butter a mould; lay some of the pieces of egg at the bottom, sprinkle salt, pepper, and chopped parsley; then lay thin slices of veal and ham; sprinkle again with the seasoning, and then eggs, and so on till the dish is filled. Then add gravy, till it covers the top of the meat; spread one ounce of butter over the top, tie it over with paper, and bake one hour; then press it close together with a spoon, and let it stand till cold. Another way is to pound the meat instead of slices, two-thirds of lean veal and one-third of fat ham. When the cake is wanted, set the mould in boiling water for a minute or two, and the cake will turn out.

278. *Force meat for Veal or Fowls.*—Take equal parts of cold veal, beef suet, ham or gammon, a few parsley leaves, a small onion, the rind of lemon a little; chop all together very fine; season with pepper, salt, cayenne, mace, or nutmeg; pound the whole in a mortar, with an equal quantity of bread crumbs, and add two eggs to bind it. This is a good force meat for patties.

279. *Light force meat balls.*—Cold veal or chicken a quarter of a pound, chopped, half a pound of suet, chopped, crumbs of bread a tea-cup full. Season with sweet herbs, and spice and eschalots, and three or four eggs beat separately; mix these articles with all the yolks and as much of the whites as is necessary to bring it to a moist paste, roll them in small balls, and fry them in butter, or lard, for garnish to roast turkey, fowl, &c.

280. *Egg balls.*—Boil four eggs for ten minutes and put them into cold water; when they are cold beat the yolks in a mortar with the yolk of a raw egg, some chopped parsley, a tea-spoonful of flour, a pinch or two of salt, and a little black pepper, or cayenne; rub them well together, roll them into small balls, and boil them two minutes.

281. *Brain balls.*—Take a calf's brains, or two or three lambs', scald them for ten minutes, quite free from every bit of vein and skin, beat up with seasoning the same as egg balls, adding a tea spoonful of chopped sage; rub a tea-cup full of bread crumbs, three tea spoonfuls of flour, and a raw egg with them. Make them up into balls, rub each ball with bread, fry them with butter or lard; serve as a garnish to calf's head, or as a separate side dish.

282. *Curry balls.*—Take bread crumbs, the yolk of an egg boiled hard, and a bit of fresh butter; beat together in a mortar, and season with curry powder; make them into small balls, and boil or fry them.

BAKING MEAT, &c.

283. As baking is the only means by which the poor inhabitants of towns for the most part can enjoy a joint of meat at home,* we shall say a word or two upon the subject, particularly with regard to those joints which, when they are carefully baked, most resemble roasted ones. Legs and loins of pork, legs of mutton, filets of veal, &c., may be baked with advantage, if the meat be good and tolerably fat. Besides the joints here enumerated, there are many others which may be baked, providing the meat is not poor or lean. The following are observations on baking meat by a well-experienced baker; they are particularly deserving the attention of a careful house-keeper.

284. "A pig when sent to the baker prepared for baking should have its ears and tail covered with buttered paper, properly fastened on, and a bit of butter tied up in linen to baste the back with, otherwise it will be apt to blister. With a proper share of attention from the baker, this way is thought to be equal to a roasted one.

285. "A goose prepared as for roasting, taking care to have it on a stand, and when half done, to turn the other side upwards. A duck should be treated in the same way.

286. "After a buttock of beef has been in salt about a week, well wash it, and put it in a brown earthen pan with a pint of water, cover the pan quite over and tightly with two or three thicknesses of cap or foolscap paper (never use brown paper—it contains tar, &c.). Bake for four or five hours in a moderate heated oven. A ham properly soaked may be baked in the same way.

287. "Bakers are in the habit of baking small cod fish, haddock, and mackerel, with a dust of flour and some bits of butter put on them. Eels, when large and stuffed. Herrings and sprats in a brown pan, with a little vinegar and a little spice, and tied over with paper. A hare, prepared the same as for roasting, with a few pieces of butter and a little drop of milk put into the dish, and basted several times, will be found nearly equal to roasting; or cut it up, season it properly, put it into a jar or pan, and cover it over, and bake it in a

* We hope, however, in a few years, to see the American oven supersede the custom of dressing meat in the public bake-house.

moderate oven for about three hours. In the same manner legs and shins of beef, ox cheeks, &c., prepared with a seasoning of onions, turnips, &c., may be baked: they will take about four hours; let them stand till cold to skim off the fat; then warm up altogether, or part, as you may want it.

288. "The time that each of the above articles should take, depends much upon the state of the oven; they should be sent to the baker in time, and he must be very neglectful if they are not *ready* at the time they are ordered."

289. We may be here allowed to remark, that the process of dressing meat in an oven in a covered pan is more analogous to stewing than it is to baking. It is, however, an excellent mode of cooking. The great objection to baking meat in an open pan, and among many other different descriptions of dishes, is the bad flavour which is apt to be imparted to it. There is, too, another objection to baked meat, which arises from the exclusion of the external air, or for want of a draught. The exhalations from the meat in baking, &c., not being carried off, they have a tendency to sodden it.

290. Dr. Kitchiner, no mean authority, deprecates the machines which the economical grate-makers call roasters, being in fact, as he asserts, "in plain English—ovens." The Doctor intimates, that these things are all very well for saving fuel, but affirms that the rational epicure, who has been accustomed to enjoy beef well roasted, will soon discover the difference. Notwithstanding this high authority, we have no hesitation in stating, that meat cooked in the roaster attached to Flavell's cooking apparatus, is as good as meat roasted before the fire. But we ought to observe, that Mr. Flavell's roaster has a current of air passing through it when so employed, but when used as an oven the current of air is prevented by the introduction of a damper. We can state from the experience of some years, that the apparatus alluded to is a most excellent contrivance for cooking generally.

291. "Nothing can be more preposterous," says Mr. Sylvester, in his 'Philosophy of Domestic Economy,' "and inappropriate, than the prevailing construction and management of a gentleman's kitchen. Before the discovery of the stew hearths, all the culinary processes were carried on with one immense open grate, burning as much fuel in one day as might do the same work for ten. The cook and the furniture of the kitchen get a proportion of this heat, the articles to be dressed another portion, but by far the greatest quantity goes up the chimney.

292. "The introduction of the stew hearth has in some degree reduced the magnitude of these grates; but they are yet disgraceful to science and common sense. In the present state (1819) of culinary improvement, a kitchen may be fitted up with apparatus, requiring much less labour and attention, with much less consumption of fuel; rendering the food more wholesome and agreeable, and also preventing that offensive smell which has made it so often necessary to detach the kitchen from the rest of the house."

293. The stew hearth is a most useful addition to the ordinary kitchen grate, but small families of limited means are seldom possessed of one. A stew hearth, indeed, or a substitute for one, which may be easily obtained, is indispensable in French, and indeed in good English cookery.

FRYING.

294. Frying, as is properly observed by Dr. Kitchiner, is often a convenient mode of cookery; it may be performed by a fire which will not do for roasting or boiling, and by the introduction of the pan between the meat and the fire, things get more equally dressed.

295. Be very particular that your frying pan is perfectly clean before using it. Never use any oil, butter, lard, or drippings, which are not perfectly free from salt, and perfectly sweet and fresh. As frying is, in fact, boiling in oil fat, it is of the first importance that your fat should be clean, or it will spoil the look as well as the flavour, and salt will prevent the meat from browning.

296. Good oil is, perhaps, the best to fry in, but sweet fresh lard, or clarified mutton or beef suet, will answer every purpose, nearly, if not quite as well as the best oil or butter, and, what is of greater importance, at a much less expense. Nice clean dripping is almost as good as any thing. After you have done frying preserve your fat, which, if not burnt, will do for three or four fryings; but fat in which fish has been fried will do for nothing else.

297. If your fat is not of a proper heat, your frying cannot be well done; this is, in short, the great secret in frying, which the young cook ought and must acquire. The frying pan must be always set over a sharp and clear fire, or otherwise the fat is too long before it becomes ready. When the fat has done hissing, or bubbling, that is, when it is still, you may be pretty sure that it is hot enough. It is a good way to try the heat of your fat, by throwing a little bit of bread into the pan; if it fries crisp, the fat is of the right heat—if it burns the bread, it is too hot.

298. When your things are well done, take care and drain all the fat from them *most thoroughly*, particularly those that have been fried in bread crumbs, &c.; if you do not, your cookery will be marred. Fried fish ought to be quite dry. This depends in a great measure upon the fat in which they are dressed being of a proper heat. If the fish are well done, and are well drained of the fat, they will become quite dry and crisp in a few minutes after they have been taken out of the pan. If this, however, should not be the case, and the fish on the contrary should be damp and wet, lay them on a soft cloth before the fire, turning them occasionally till they are dry. They will sometimes take ten or fifteen minutes drying.

299. In preparing bread crumbs in a considerable quantity, in order to save unbroken the crust, and preserving it fit for the table, cut your loaf into three equal parts, that is, cut off the bottom and top crusts, and use the middle part or the crumb for your frying. The

bread should be at least two days old. A good and cheap substitute for bread is oatmeal, which will cost, comparatively speaking, nothing.

It is scarcely necessary to refer the cook to our general remarks upon the above operation. Frying is preferred by many persons to broiling; and our own opinion is, that steaks, chops, &c., may be dressed with much more certainty and regularity by the former, than by the latter, method. But plenty of oil, butter, or sweet grease, must always be used, or the frying will be imperfect.

300. *Steaks*.—Cut them rather thinner than for broiling; put some butter, or, what is much cheaper and quite as good, some clarified dripping or suet, into an iron frying-pan, and when it is quite hot put in the steaks, and keep turning them until they are done enough. The sauce for steaks, chops, cutlets, &c., is made as follows:—Take the chops, steaks or cutlets, out of the frying pan; for a pound of meat, keep a table-spoonful of the fat in the pan, or put in an ounce of butter; put to it as much flour as will make it a paste; rub it well together over the fire till they are a little brown; then add as much boiling water as will reduce it to the thickness of good cream, and a table-spoonful of mushroom or walnut catsup, or pickle, or browning; let it boil together a few minutes, and pour it through a sieve to the steaks, &c. To the above is sometimes added a sliced onion, or a minced eschalot, with a table-spoonful of port wine, or a little eschalot wine. Garnish with scraped horse-radish, or pickled walnut, gherkins, &c. Some beef-eaters like chopped eschalots in one saucer, and horse-radish grated in vinegar in another. Broiled mushrooms are favourite relishes to beef-steaks.

301. *Beef-steaks and Onions*.—The steaks are fried as directed above; the common method is to fry the onions cut small, but the best plan perhaps is to use onions prepared as directed in 115.

302. *Sausages*.—Sausages are not good unless they are quite fresh. Put a bit of butter or dripping into a frying-pan, before it gets hot put in the sausages, shake the pan, and keep turning them (be careful not to break or prick them in so doing); fry them over a very slow fire till they are nicely browned on all sides; when they are done, lay them on a hair sieve, place them before the fire for a couple of minutes to drain the fat from them. The secret of frying sausages is, to let them get hot very gradually—then they will not burst, if they are not stale. You may froth them by rubbing them with cold fresh butter, and lightly dredge them with flour, and put them in a cheese-toaster for a minute. The common practice to prevent their bursting is to prick them with a fork; but this lets out the gravy.

303. *Veal Cutlets* should be about half an inch thick; trim and flatten; fry in plenty of fresh butter, or good dripping; when the fire is very fierce, you must turn them often—but when not so, do them brown on one side before you turn them. Make gravy of the trimmings, &c.; you may add some browning, mushroom or walnut catsup, or lemon, pickle, &c. Or you may dress them as follows: Cut the veal into pieces about as big as a crown piece; beat them with a

cleaver, dip in egg, beat up with a little salt, and then in fine bread crumbs; fry them a light brown in boiling lard; serve under them some good gravy or mushroom sauce, which may be made in five minutes. Garnish with slices of ham, or rashers of bacon, or pork sausages. Many persons prefer frying veal cutlets with ham or bacon rashers, which will afford sufficient fat to fry them, but will be done much sooner; remove the rashers, and keep them warm. When the veal is done, take it out, pour off any fat that may remain, and put into the pan a large tea-cup full or more of gravy or broth, and a piece of butter rolled in flour. When it boils, add herbs and crumbs of bread, pour over the veal, and lay the rashers round the edge of the dish. Garnish, sliced lemon.

304. *Sweetbreads* should always be got fresh and parboiled immediately. When cold cut them in pieces about three-quarters of an inch thick, dip them in the yolk of an egg, then in fine bread crumbs (some add spice, lemon peel, and sweet herbs;) put some clean dripping into a frying-pan; when it boils put in the sweetbreads, and fry them a fine brown. For garnish, crisp parsley; and for sauce, mushroom catsup and melted butter, or anchovy sauce, or bacon, or ham. This is called full dressing. They are dressed plain as follows: Parboil and slice them as before, dry them on a clean cloth, flour them, and fry them a delicate brown; take care to drain the fat well from them, and garnish them with slices of lemon and sprigs of chervil, parsley, or crisp parsley. For sauce, mushroom catsup, or force meat balls made as 278.

305. *Lamb or Mutton Chops* are dressed in the same way as veal cutlets, and garnished with crisp parsley, and slices of lemon. If they are bread-crumbed, and covered with buttered writing paper, and then broiled, they are called "*Maintenon cutlets*."

306. *Pork Chops*.—Take care that they are trimmed very neatly; they should be about half an inch thick; put a frying-pan on the fire, with a bit of butter; as soon as it is hot, put in your chops, turning them often till brown all over, and done; take one upon a plate and try it; if done, season it with a little finely minced onion, powdered sage, and pepper and salt. Sauce, sage and onions, or Robert sauce.

307. *Fried Eggs*.—Well-cleansed dripping, or lard, or fresh butter, is the best fat for frying eggs. Be sure the frying-pan is quite clean; when the fat is hot, break two or three eggs into it; do not turn them, but, while they are frying, keep pouring some of the fat over them with a spoon; when the yolk just begins to look white, which it will in about a couple of minutes, they are done enough; the white must not lose its transparency, but the yolk be seen blushing through it. If they are done nicely, they will look as white and delicate as if they had been poached; take them up with a tin slice, drain the fat from them, trim neatly, and send them up with toasted bacon round them. For *Frying Fish*, see section *Fish*, p. 66, par. 193, &c.

BROILING.

308. Let your gridiron be quite clean, particularly between the bars, and keep it bright on the top. Before using it, you should be careful to make the bars thoroughly hot, or otherwise that part of the meat which is covered by the bars will not be equally done with the other parts of the steak or chop.

309. Chops, steaks, or slices for broiling, should be from half to three quarters of an inch in thickness; if too thick, they will be done outside before the inside—and if too thin, they will be dry and gravyyless.

310. In broiling, a brisk and clear fire is indispensable, and to obtain this you should prepare your fire in time, so that it may burn clear. It is a good plan to lay over a pretty strong fire a layer of cinders, or coke; some use charcoal, but cinders or coke are equally good. If your fire is not bright you cannot give the nice brown appearance to the meat, which is not only pleasing to the eye, but is relishing to the taste.

311. The bars of the best gridirons are made concave, terminating in a trough to catch the gravy, and keep the fat from falling into the fire and making a smoke, which will spoil both the appearance and taste of the broil. Before using the gridiron the bars should be rubbed with clean mutton suet. The cook should watch the moment when the broil is done. Send it to the table immediately on a hot dish, from whence it should be transferred to the mouth all hot!—smoking hot!!! The upright gridiron, which is made of strong wire and may be now bought in the streets for a few pence, is, as Dr. Kitchiner avers, the best, as it can be used at any fire, without fear of smoke, and the trough under it preserves all the gravy. The Dutch oven, or bonnet, may be substituted for the gridiron, when the fire is not clear.

312. *Steaks and Chops.*—Meat to be broiled should be hung till it is tender; the inside of a sirloin of beef, cut into steaks, is greatly preferred by most people. But steaks are generally cut from the rump (the middle is the best), about six inches long, four inches wide, and half an inch thick. Do not beat them, it makes them dry and tasteless. Steaks should be done quickly; for this purpose, take care to have a very clear brisk fire, throw a little salt on it, make the gridiron hot, and set it slanting to prevent the fat from dropping into the fire, and making a smoke. It requires more practice and care than is generally supposed to do steaks to a nicety; and for want of these little attentions, this very common dish, which every body is supposed capable of dressing, seldom comes to table in perfection. Some like it under, some thoroughly, done. It is usual to put a table-spoonful of catsup, or a little minced eschalot, into a dish before the fire, while you are broiling; turn the steak with a pair of steak-tongs; it will be done in about ten or fifteen minutes; rub a bit of butter over it, and send it up garnished with pickles and finely scraped horse-radish. Serve with the usual sauces.

313. *Kidneys.*—Cut them through the long way, score them, sprinkle a little pepper and salt on them, and run a wire skewer through them to keep them from curling on the gridiron, so that they may be evenly broiled. Broil them over a very clear fire, turning them often till they are done; they will take about ten or twelve minutes, if the fire is brisk: or, fry them in butter, and make gravy from them in the pan (after you have taken out the kidneys), by putting in a tea spoonful of flour; as soon as it looks brown, put in as much water as will make gravy; they will take five minutes more to fry than to broil. Serve with the usual sauce. Some cooks chop a few parsley leaves very fine, and mix them with a bit of fresh butter and a little pepper and salt, and put a little of this mixture on each kidney.

314. *A Fowl or Rabbit.*—Pick and truss it the same as for broiling, cut it open down the back, wipe the inside clean with a cloth, season it with a little pepper and salt, have a clear fire and set the gridiron at a good distance over it, lay the chicken on with the inside towards the fire (you may egg it and strew some grated bread over it), and broil it till it is a fine brown; take care the fleshy side is not burnt. Lay it on a hot dish, pickled mushrooms or mushroom sauce thrown over it, or parsley and butter, or melted butter flavoured with mushroom catsup. Garnish with slices of lemon, and the liver and gizzard, slit and notched, seasoned with pepper and salt, and broiled nicely brown.

315. *Pigeons.*—Clean them well, and pepper and salt them; broil them over a clear slow fire; turn them often, and put a little butter on them; when they are done, pour over them either stewed or pickled mushrooms, or catsup and melted butter. Garnish with fried bread crumbs, or sippets. Or, when the pigeons are trussed for broiling, flat them with a cleaver, taking care not to break the skin of the backs or breast; season them with pepper and salt, a little bit of butter, and a tea spoonful of water, and tie them close at both ends; so, when they are brought to table, they bring their sauce with them. Egg and dredge them well with grated bread (mixed with spice and sweet nerbs), lay them on the gridiron, and turn them frequently; if your fire is not very clear, lay them on a sheet of paper well buttered, to keep them from getting smoked. They are much better broiled whole.

BRAISING, GLAZING, BLANCHING, LARDING, AND BONING.

316. A braiser, or braising pan, is a sort of oblong camp kettle, with a bordered lid, on which, and secured by the border, is put small burning coal, charcoal, or wood ashes. The lid should fit the pan as close as possible.

317. *Braising.* To braise your meat, put the meat into the braiser (a good stew-pan will answer the purpose, but not so well); then cover the meat with thick slices of fat bacon; lay round it six or eight

onions, a bunch of sweet herbs, some celery, and if it be to brown, some thick slices of carrots; meat trimmings, or fresh meat bones, a pint and a half of water, or the same quantity of stock, which will make it richer than water will; over the meat lay a sheet of white paper, season and put the pan, with the lid well fastened down and tight, over a moderately hot stove, rather slow. It will require two or three hours, according to its size or quality. The meat and gravy are then put into a colander to drain, but be sure to keep it quite hot, skim the gravy very carefully, and boil it as quick as you can till it thickens; then glaze the meat—and if it has been larded, put it into the oven for a few minutes.

318. *Glazing* consists in covering meat with a preparation called glaze, which is strong gravy boiled as quick as possible till it thickens, as directed in braising. The glaze is put on with a brush kept for the purpose. Hams, tongues, and stewed beef, may be thus glazed, if thought proper.

319. *Blanching* is performed by putting the article in cold water over the fire, and when it boils up, take it out and plunge it into cold water, and let it remain till quite cold. This will make it white and plump. Tongues, palates, &c., are said to be blanched, when after long boiling the skin can be easily peeled off.

320. *Larding and Forcing*. Possess yourself of larding pins of different sizes; cut slices of bacon into bits of proper length, quite smooth; pierce the skin and a very little of the meat with the larding pin, leaving the bacon in; the two ends should be of equal length outwards. Lard in rows the size you think proper. Forcing is nothing more than stuffing fowls, &c., with force meat, which is generally put in between the skin and the flesh.

321. *Boning*. To bone any bird, the cook should begin first to take out the breast-bone; she will then have sufficient space to remove the back with a sharp small knife, and then she must take out the leg bones. The skin must be preserved whole, and the meat of the leg be pushed inwards.

COLOURINGS, THICKENINGS, FLAVOURINGS, SEASONINGS, STOCKS, GRAVIES, SAUCES, STUFFING, FORCE-MEAT, AND CLARIFYING.

Having laid down, as we trust, clearly and fully, under the preceding heads, all that is necessary to be known, generally speaking, with regard to ordinary dishes, we shall now proceed to treat of those preparations which are employed in the compounding of made dishes, together with those articles which the prudent, care-taking cook will always keep by her as stores, ready to be used when wanted. By 'made dishes' we mean not only those commonly so called, but also those in the dressing of which other articles are sometimes, or always, used by way of stuffing, seasoning, &c.—such, for instance, as geese, ducks, and roast pork. This done, we shall then give direc-

tions for the choice of meat, fish, and poultry, recipes for cooking them, and the best mode of carving them, under separate heads. Recipes for cooking all other dishes, will also, of course, be given.

COLOURING, OR BROWNING.

322. The greater part of the preparations for colouring are very unwholesome, or, in other words, very indigestible. They are employed to give the appearance of richness, but they are worse than useless, being used for the silly purpose of pleasing the eye only, generally at the expense of the stomach and taste. Most of the preparations for colouring are a medley of burnt butter, spices, catsup, wine, flour, and other things not necessary to mention. A French writer says, the generality of cooks calcine bones till they are as black as a coal, and throw them hissing hot into the stew-pan, to give a brown colour to their broths and soups. These ingredients, under the appearance of a nourishing gravy, envelop our food with stimulating acid and corrosive poison. Such things as essence of anchovy are frequently adulterated with colouring matters containing red lead! The following recipes for colouring are pretty harmless, and, except for the purpose of pleasing the eye, as useless as they are innocent.

Some persons, instead of colouring or browning their soups after they are made, brown the meat of which they are intended to be made, by putting it into a stew-pan with a little butter, salt, and pepper, but without water; then covering it close, placing it over a clear fire, all the time shaking it to keep it from sticking to the pan, till the meat becomes of a light brown, when the liquor of which the soup or gravy is to be made is added.

The best colouring is, perhaps, the following: Half a pound of powdered lump sugar and a table-spoonful of water, put into a clean saucepan, or frying-pan, and set over a slow fire and stirred with a wooden spoon till it is of a fine brown colour, and begins to smoke; then add an ounce of salt, and dilute by degrees with water, till it is of the thickness of soy; boil, take off the scum, and put it into well-corked bottles; or you may, provided you do not wish to keep the above by you, colour your gravies or soups by pounding a tea-spoonful of lump sugar, and putting it into an iron spoon, which hold over a quick fire till the mixture becomes of a dark-brown colour; mix with the soup or gravy while it is hot. Some persons use butter in the first mixture instead of water.

Toasted bread, quite hard and of a deep brown, not burnt, may be put into the boiling gravy, without stirring, and then carefully strain off the gravy without any crumbs of bread in it. You may also colour with flour browned on a flat-iron over the fire. Various flavouring articles serve also the purpose of colouring.

THICKENINGS.

323. Flour, or some other farinaceous article, is, or ought to be, the basis of all thickenings; starch of potatoes, or indeed any other pure starch, is a good substitute for flour. We do not recommend preparations of Carraghan moss, ivory dust, or eggs; they are troublesome, and not at all necessary. A table-spoonful of potatoe or any other starch, such as arrow-root, mixed in two table-spoonfuls of cold water, and stirred into soup, sauce, or gravy, &c. and afterwards simmered, just before serving, will thicken a pint. Flour will also answer the same purpose. In large establishments, the following thickening is generally kept ready prepared; the French call it *roux*; it is thus made: Put some fresh butter, if clarified the better, (or some use the skimmings of the pots, clean and not impregnated with vegetables,) into a stew-pan over a clear slow fire; when it is melted, add fine flour sufficient to make it the thickness of paste; stir well together when over the fire, for ten or fifteen minutes, till it is quite smooth and of a fine "yellow-boy" colour. Do all this gradually and patiently, or you will spoil your thickening by getting it burnt, or giving to it a burnt flavour, which will spoil your gravy, &c. Pour it into an earthen pan for use, it will keep for a fortnight; and if, when cold, it is thick enough to be cut with a knife, a large spoonful will be enough to thicken a quart of gravy, &c. Most made dishes, such as sauces, soups, and ragouts, are thus thickened. The broth or soup, &c., to which the thickening is put, must be added by degrees, so as to incorporate them well together. To cleanse or finish a sauce, put into a pint two table-spoonfuls of broth, or warm water, and put it by the side of the fire to raise any fat, &c., which must be carefully removed as it comes to the top.

We would strongly recommend mistresses of families, particularly those residing in the country, where potatoes are cheap, to keep a good stock of potatoe starch always by them. If kept dry and from the air, it will keep almost for any length of time. Damaged potatoes will yield starch or mucilage, if raw. It may be made from the old potatoes, when by germination in the spring they have become unfit for the table, or from the refuse of a newly gathered crop in the autumn. The starch will be found extremely useful, not only in a thickening, but also for mixing with wheat flour in making bread, &c. Starch may be made, and is made, from various vegetable substances, and used as a substitute for corn flour. The following is the mode of making potatoe starch; arrow-root starch and all other starches are made by a similar process:

The potatoes must be carefully washed and peeled, and every speck removed; provide yourself with a number of deep dishes, according to the quantity of starch you wish to make; for every pound of potatoes to be prepared in each dish, put a quart of clear water; grate them into the water on a bread grater; stir it up well, and then pour it through a hair sieve, and leave it ten minutes to settle, or till the water is quite clear; then pour off the water, and put to it a

quart of fresh water: stir it up, then let it settle, and repeat this till the water is quite clear. You will at last find a fine white powder at the bottom of the vessel; lay this on a piece of paper in a hair sieve to dry, either in the sun or before the fire; when thoroughly dry, it is ready for use. It is perfectly tasteless, and may be used to thicken melted butter, instead of flour. A great deal of the arrow-root sold in the shops is neither more nor less than potatoe starch. Though we strongly recommend it as effectual and economical for the above purpose, for an invalid it is very inferior in strength and nutritious qualities to the Indian arrow-root starch.

324. *White Thickening*.—Put half a pound of good butter into a sauce-pan, and melt over a slow fire, then drain the butter and take out the buttermilk, then add to the butter enough flour to make a thin paste, and place it on the fire for fifteen minutes, taking care not to let it colour. Pour it into a pan and let it stand until wanted.

FLAVOURINGS.

325. Judiciously prepared flavourings are of the first importance in the higher branches of cookery, and indeed, they are indispensably necessary in all descriptions of made dishes. The principal agents employed for flavouring are mushrooms, onions, anchovy, lemon juice and peel, vinegar, wine, especially claret, sweet herbs, and savoury spices. A good housewife will always take care to have a stock of the principal flavourings by her ready for use, as occasion may require. They are easily prepared for keeping, and the making of essences and flavoured vinegars, &c., from the herbs, is a very agreeable employment, and one highly becoming a good wife and mistress of a family. We by no means wish to undervalue elegant accomplishments in ladies, but accomplishments after all are but ornaments, whereas good housewifery is an essential; so thought our ancestors two hundred years ago, and so continue to think all those who set a proper value on the comforts of domestic life. Markham, in his *English Housewife*, 1637, says, "to speak then of the knowledge which belongs to our British housewife, I hold the most principal to be a perfect skill in cookery. She that is utterly ignorant therein, may not, by the lawes of strict justice, challenge the freedom of marriage, because, indeed, she can performe but half her vow; she may love and obey, but she cannot cherish and keepe her husband." Having said enough, we trust, to induce young ladies, particularly in the above quotation, to take our advice into their consideration, we shall proceed to make a few observations on taste, as intimately connected with this part of our subject.

A correct taste is a qualification which every cook ought to possess, but few persons naturally do possess it, and therefore, the palate requires to be cultivated as much in the culinary art, as the eye in the art of drawing. But tastes differ in different persons, and therefore, the cook, in providing a dinner, ought, if possible, to consult the tastes of the parties who are to eat it, rather than her own. This subject,

however, if pursued, will run us out to a much greater extent than our limits will allow, and, after all, we should not be able to lay down any definite rules of taste. There is one direction which we shall give, and which a cook will find it worth her while to attend to, namely, *whenever she finds the palate become dull by repeatedly tasting, one of the best ways of refreshing it is to masticate an apple, or to wash her mouth well with milk.*

FLAVOURINGS, ESSENCES, POWDERS, &c.

326. *To prepare sweet Herbs for keeping.*—It is highly desirable, according to the taste and style of living of the family, that preparations of sweet herbs, either in powder, dried bunches (the powder is best,) or in the form of essences and tinctures, be always kept at hand, ready for use. The following is the best way of preparing them:—Gather your herbs, including thyme of the various sorts, marjoram and savoury, sage, mint, and balm, hyssop and pennyroyal, when they are come to full growth, just before they begin to flower; when they must be gathered perfectly free from damp, dust, dirt, and insects. Cut off the roots, and tie the herbs in small bundles. Dry as quick as possible, either in the sun, in a dutch oven before the fire, or in a dry room with a thorough draught. When quite dry, pick off the leaves, and rub them till they are reduced to a fine powder, when bottle close for use. Seeds of parsley, fennel, and celery, should be kept for the purpose of flavouring, when the green herb cannot be obtained.

327. *Savoury Soup Powder* is compounded of parsley, winter savoury, sweet marjoram, and lemon thyme, of each two ounces; sweet basil, one ounce; verbena leaves and knotted marjoram, of each half an ounce; celery seed and bay leaves (some leave out the bay leaves,) of each two drachms. Dry in a Dutch oven, thoroughly, but not to scorch; then rub the leaves to a fine powder. The seeds will be best ground, but pounding will do; sift all through a hair sieve, and bottle for use. This is an excellent compound.

328. *Curry Powder* may be made almost, if not altogether, as good as the Indian, by taking three ounces of coriander seeds; turmeric two or three ounces; black pepper, mustard, and ginger, one ounce of each; allspice and lesser cardamons, half an ounce each, and cumin seed, a quarter of an ounce. Put the ingredients in a cool oven for the night; thoroughly pound and mix together, and close bottle for use. Do not use cayenne in a curry powder.

329. *Powder for Ragouts.*—A good powder for flavouring ragouts is compounded of salt, one ounce; mustard, lemon peel, and black pepper, ground, of each half an ounce; allspice and ginger, ground, nutmeg, grated, and cayenne pepper, of each a quarter of an ounce. Dry in a Dutch oven before a gentle fire; pound in a mortar, and sift through a hair sieve.

330. *Powder for Brown made dishes.*—Black pepper and Jamaica, ground, of each half an ounce; nutmeg, grated, half an ounce; cinna-

mon, in powder, a quarter of an ounce; cloves, one drachm; dry; finely powder and bottle.

331. *Powder for White made dishes.*—White pepper half an ounce; nutmeg a quarter of an ounce; mace one drachm; dried lemon peel, grated, one drachm.

332. *Preserved Orange and Lemon Peels.*—Shave the thin skin, without a particle of white, off your superfluous Seville orange and lemon peel; put in a mortar, with a small lump of dried sugar to each peel; beat them well till the rind and sugar be blended together in a kind of marmalade; let the mixture be pressed close in a bottle, with a tea-spoonful of brandy at top, and secure from the air with a cork or bladder. This will be found a better flavouring, and more handy than grating dry rinds.

333. *Essences, or Tinctures of Herbs, &c.*—Combine their essential oils with good tasteless spirits (which is better than brandy, and much cheaper) in the proportion of one drachm of essential oil to two ounces of spirits; or fill a wide-mouthed bottle with the leaves, seeds, roots, or peel, perfectly dry, then pour over them spirits of wine, vinegar, or wine; keep the mixture steeping in a warm place, not hot, for twelve or fourteen days, when strain and bottle close for use. Bottles with glass stoppers are best. These essences are very handy, and are to be had all the year round.

334. *Essence of Anchovies.*—Purchase the best anchovies, that have been in pickle about a year. Pound twelve of them in a mortar to a pulp, then put them into a well-tinned saucepan, by the side of the fire, with two table-spoonfuls of best vinegar sherry, or brandy, or mushroom catsup; stir it very often till the fish are melted, then add fifteen grains in weight of the best cayenne pepper; stir it well, then rub it through a hair sieve with a wooden spoon; bottle and cork very tight with the best cork. When the bottle is opened, cork it well again with a new cork, as the least air spoils it. That which remains in the sieve makes a pleasant relish for breakfast or lunch, with bread and butter. If a large quantity is made, press it down in small jars. Cover it with clarified butter, and keep it in a cool place.

335. *Anchovy Powder.*—Pound the anchovies in a mortar, rub them through a sieve, make them into a paste with the finest flour, dried, roll it into thin cakes; dry them before a slow fire; when quite crisp, pound or grate them to a fine powder, and put into a well-stopped bottle. It will keep good for years, and is a savoury relish sprinkled on bread and butter.

336. *Oyster Powder.*—Open the oysters carefully, so as not to cut them, except in dividing the gristle from the shells; put them into a mortar; add about two drachms of salt to a dozen oysters, pound them and rub them through the back of a hair sieve, and put them into a mortar again, with as much flour, thoroughly dried, as will make them into a paste; roll it out several times, and lastly, flour it and roll it out the thickness of half a crown, and divide it into pieces about an inch square; lay them in a dutch oven before the fire, take care they do not burn, turn them every half hour, and when they