

begin to dry, crumble them; they will take about four hours to dry; then pound them fine, sift them, and put them into bottles; seal them over.

337. *Spirit of mixed Herbs.*—Take winter savoury, lemon thyme, sweet basil, and lemon rind, celery seed one drachm, steep them in a pint of spirits of wine. Then drain and bottle the liquor. The herbs, after draining, will keep two or three weeks, and may be used for flavouring.

338. *Tincture of Lemon or Seville Orange Peel.*—Half fill a wide-mouthed bottle with good spirits; shave the thin rind off the lemon, and put it into the bottle until it is full: it may be either strained off into bottles, or suffered to remain on the rind.

339. *Spirits of mixed Spice.*—Black pepper one ounce, allspice half an ounce, both finely powdered; nutmeg quarter of an ounce, grated; infuse in a pint of spirits of wine, strain, and bottle.

MADE DISHES.

There is little to be added to our general remarks on this subject, under the heads of Stewing, Hashing, Thickening, Flavouring, &c. Made dishes are almost innumerable. They are, however, nothing more than meat, poultry, or fish, stewed very gently till they are tender, with a thickening sauce of some kind or other poured over them. Their difference consists in their flavour, which may be so modified by an ingenious cook as to make them almost endless. Let our preliminary remarks on these subjects be well studied. We subjoin a few receipts.

340. *Calf's Head.*—Take the half of one, with the skin on; put it into a large stew-pan, with as much water as will cover it, a knuckle of ham, and the usual accompaniments of onions, herbs, &c., and let it simmer till the flesh may be separated from the bone with a spoon; do so, and while still hot cut it into as large a sized square as a piece will admit of; the trimming and half the liquor put by in a tureen; to the remaining half add a gill of white wine, and reduce the whole of that, by quick boiling, till it is again half consumed, when it should be poured over the large square piece, in an earthen vessel, surrounded with mushrooms, white buttoned onion, small pieces of pickled pork, half an inch in breadth, and one and a half in length, and the tongue in slices, and simmered till the whole is fit to serve up; some brown force meat balls are a pretty addition. After this comes from table, the remains should be cut up in small pieces, and mixed up with the trimmings and liquor, which (with a little more wine,) properly thickened, will make a very good mock turtle soup for a future occasion.

341. *Hushed Meat.*—Cut the meat into slices about the thickness of two shillings, trim off all the sinews, skin, and gristle, put nothing in but what is to be eaten, lay them on a plate ready; prepare your sauce to warm in it, put in the meat, and let it simmer gently till it

is thoroughly warm; do not let it boil, as that will make the meat tough and hard.

342. *Hashed Beef or Mutton.*—One tea-spoonful of Harvey sauce, one of Tomata sauce, the same quantity of any other sauce; pepper, salt, cayenne, half a wine glass of port wine, and a couple of capsicums cut fine; mix with the remains of the gravy of the preceding day, of beef or mutton; if necessary to thicken, add one shake of the flour dredger. This is a good hash.

343. *Sandwiches* are an elegant and convenient luncheon, if nicely prepared; the bread should be neatly cut with a sharp knife; whatever is used must be carefully trimmed from every bit of skin, gristle, &c., and nothing must be introduced but what you are absolutely certain will be acceptable to the mouth.

344. *A good Scotch Haggis.*—Make the haggis-bag perfectly clean; parboil the draught, boil the liver very well, so as it will grate, dry the meat before the fire, mince the draught and a pretty large piece of beef very small; grate about half of the liver, mince plenty of suet and some onions small; mix all these materials very well together, with a handful or two of the dried meal; spread them on the table, and season them properly with salt and mixed spices; take any of the scraps of beef that are left from mincing, and some of the water that boiled the draught, and make about a quart of good stock of it; then put all the haggis meat into the bag, and that broth in it; then sew up the bag, but be sure to put out all the wind before you sew it quite close. If you think the bag is thin, you may put it in a cloth. If it is a large haggis, it will take at least two hours boiling.

345. *Mr. Phillips's Irish Stew.*—Take five thick mutton chops, or two pounds off the neck or loin; two pounds of potatoes, peel them, and cut them in halves; six onions, or half a pound of onions, peel and slice them also. First, put a layer of potatoes at the bottom of your stew-pan, then a couple of chops and some of the onions; then again potatoes, and so on, till the pan is quite full; a small spoonful of white pepper, and about one and a half of salt, and three gills of broth or gravy, and two tea-spoonfuls of mushroom catsup; cover all very close in, so as to prevent the steam from getting out, and let them stew for an hour and a half on a very slow fire. A small slice of ham is a great addition to this dish. Great care should be taken not to let it burn.

346. *Mutton Chops delicately stewed, and good Mutton Broth.*—Put the chops into a stew-pan with cold water enough to cover them, and an onion; when it is coming to the boil, skim it, cover the pan close, and set it over a very slow fire till the chops are tender; if they have been kept a proper time, they will take about three-quarters of an hour very gentle simmering. Send up turnips with them—they may be boiled with the chops; skim well, and then send all up in a deep dish, with the broth they were stewed in.

347. *Minc'd Collops.*—Take beef, and chop and mince it very small, to which add some salt and pepper; put this, in its raw state, into small jars, and pour on the top some clarified butter. When in-

tended for use, put the clarified butter into a frying-pan, and slice some onions into the pan, and fry them. Add a little water to it, and then put in the minced meat. Stew it well, and in a few minutes it will be fit to serve up.

348. *Brisket of Beef, stewed.*—This is prepared in exactly the same way as "soup and bouilli."

349. *Harricot of Beef.*—A stewed brisket cut in slices, and sent up with the same sauce of roots, &c., as we have directed for harricot of mutton, is a most excellent dish, of very moderate expense.

350. *Salt Beef, baked.*—Let a buttock of beef, which has been in salt about a week, be well washed and put into an earthen pan, with a pint of water; cover the pan tight with two or three sheets of foolscap paper; let it bake four or five hours in a moderately heated oven.

351. *Beef baked like red deer, to be eaten cold.*—Cut buttock of beef longways, beat it well with a rolling pin, and broil it; when it is cold, lard it, and macerate it in wine vinegar, salt, pepper, cloves, mace, and two or three bay leaves, for two or three days; then bake it in rye paste, let it stand till it is cold, and fill it up with butter; let it stand for a fortnight before it is eaten.

352. *Shin or Leg of Beef, stewed.*—Have the bone sawed in three or four pieces, and the marrow either taken out, or stopped with paste. Cover with cold water, and having skimmed it clean, add onions, carrot, celery, sweet herbs, and spice. Let the whole stew very gently three hours and a half or four hours. Meanwhile, cut up the red part of two or three carrots, two or three turnips, peel two dozen button onions, boil them, and drain them dry; as the onions and turnips should retain their shape, and the carrots require longer to boil, they ought to be put in a quarter of an hour earlier. Do not let them be over-done. When the meat is quite tender, take it out with a slice, and strain the soup. Thicken the soup with a small tea-cup full of flour, mixed either with a little butter, or the fat of the soup. Stir this well in till it boils, and is perfectly smooth; if not, it must be strained through a tamis, and carefully skimmed, and then returned to warm the vegetables. The meat may be served whole, or scraped from the bones, and cut in pieces. Season the soup with pepper, salt, and a wine glass each of port wine and mushroom catsup, and pour over the meat; or, if necessary, put the meat in a stew-pan to warm. Serve all together. Curry may be added, if approved—also, force meat balls.

353. *Hare.*—Instead of roasting a hare, stew it; if young, plain— if an old one, lard it. The shoulders and legs should be taken off, and the back cut in three pieces; these, with a bay leaf, half a dozen eschalots, one onion pierced with four cloves, should be laid with as much good vinegar as will cover them, for twenty-four hours in a deep dish. In the meantime, the head, the neck, ribs, liver, heart, &c., should be browned in frothed butter, well seasoned; add half a pound of lean bacon, cut in small pieces, a large bunch of herbs, a carrot, and a few allspice. Simmer these in a quart of water till it is reduced to about

half the quantity, when it should be strained, and those parts of the hare which have been infused in the vinegar, should (with the whole contents of the dish) be added to it, and stewed till quite done. Those who like onions may brown half a dozen, stew them in part of the gravy, and dish them round the hare. Every ragout should be dressed the day before it is wanted, that any fat which has escaped the skimming spoon may with ease be taken off when cold.

354. *Jugged Hare.*—Wash it very nicely, cut it up in pieces proper to help at table, and put them into a jugging pot, or into a stone jar, just sufficiently large to hold it well; put in some sweet herbs, a roll or two of rind of a lemon, and a fine large onion with five cloves stuck in it; and if you wish to preserve the flavour of the hare, a quarter of a pint of water; if you are for a ragout, a quarter of a pint of claret or port wine, and the juice of a lemon. Tie the jar down closely with a bladder, so that no steam can escape; put a little hay in the bottom of the saucepan, in which place the jar; let the water boil for about three hours, according to the age and size of the hare (take care it is not over-done, which is the general fault in all made dishes,) keeping it boiling all the time, and fill up the pot as it boils away. When quite tender, strain off gravy from fat, thicken it with flour, and give it a boil up; lay the hare in a soup dish, and pour the gravy to it. You may make a pudding the same as for roast hare, and boil it in a cloth, and when you dish your hare, cut it in slices, or make force meat balls of it for garnish. For sauce, currant jelly. Or a much easier and quicker way of proceeding is the following: Prepare the hare as for jugging; put it into a stew-pan with a few sweet herbs, half a dozen cloves, the same of allspice and black pepper, two large onions, and a roll of lemon peel; cover it with water; when it boils, skim it clean, and let it simmer gently till tender (about two hours;) then take it up with a slice, set it by a fire to keep hot while you thicken the gravy; take three ounces of butter and some flour, rub together, put in the gravy, stir it well, and let it boil about ten minutes; strain it through a sieve over the hare, and it is ready.

355. *Stewed Rump Steaks.*—The steaks must be a little thicker than for broiling; let them all be the same thickness, or some will be done too little, and others too much. Put an ounce of butter into a stew-pan, with two onions; when the butter is melted, lay in the rump steaks, let them stand over a slow fire for five minutes, then turn them, and let the other side of them fry five minutes longer. Have ready boiled a pint of button onions; they will take from half an hour to an hour; put the liquor they were boiled in to the steaks; if there is not enough of it to cover them, add broth or boiling water to make up enough for that purpose, with a dozen corns of black pepper, and a little salt, and let them simmer very gently for about an hour and a half, and then strain off as much of the liquor (about a pint and a half) as you think will make the sauce. Put two ounces of butter in a stew-pan; when it is melted, stir in as much flour as will make it into a stiff paste; some add thereto a table-spoonful of claret or port wine, the same of mushroom catsup, half a tea-spoonful of salt, and

a quarter of a tea-spoonful of ground black pepper; add the liquor by degrees, let it boil up for fifteen minutes, skim it, and strain it; serve up the steaks with the onions round the dish, and pour the gravy over it.

356. *Broiled Rump Steaks with Onion Gravy.*—Peel and slice two large onions, put them into a quart stew-pan, with two table-spoonfuls of water; cover the stew-pan close, set it on a slow fire till the water has boiled away, and the onions have got a little browned, then add half a pint of good broth, and boil the onions till they are tender; strain the broth from them, and chop them very fine, and season with mushroom catsup, pepper, and salt; put the onion into it, and let it boil gently for five minutes, pour it into the dish, and lay it over a broiled rump steak. If instead of broth you use good beef-gravy, it will be superlative. Stewed cucumber is another agreeable accompaniment to rump steaks.

357. *Bubble and Squeak.*—For this, as for a hash, select those parts of the joint that have been least done; it is generally made with slices of cold boiled salted beef, sprinkled with a little pepper, and just lightly browned with a bit of butter, in a frying-pan; if it is fried too much, it will be hard. Boil a cabbage, squeeze it quite dry, and chop it small; take the beef out of the frying-pan, and lay the cabbage in it; sprinkle a little pepper and salt over it; keep the pan moving over the fire for a few minutes, lay the cabbage in the middle of the dish, and the meat round it.

358. *Hashed or minced Veal.*—To make a hash, cut the meat into into slices: to prepare minced veal, mince it as fine as possible (do not chop it); put it into a stew-pan with a few spoonfuls of veal or mutton broth, or make some with the bones and trimmings, as ordered for veal cutlets, a little lemon peel minced fine, a spoonful of milk or cream; thicken with butter and flour, and season it with salt, a table-spoonful of lemon pickle or basil wine, or a pinch of curry powder. If you have no cream, beat up the yolks of a couple of eggs with a little milk; line the dish with sippets of lightly toasted bread.

359. *To make an excellent Ragoût of cold Veal.*—Either a neck, loin, or fillet of veal will furnish this excellent ragoût with a very little expense or trouble. Cut the veal into handsome cutlets; put a piece of butter, or clean dripping, into a frying-pan; as soon as it is hot, flour and fry the veal of a light brown; take it out, and if you have no gravy ready, put a pint of boiling water into the frying-pan, give it a boil up for a minute, and strain it in a basin while you make some thickening in the following manner: Put about an ounce of butter into a stew-pan; as soon as it melts, mix it with as much flour as will dry it up; stir it over the fire for a few minutes, and gradually add to it the gravy you made in the frying-pan; let them simmer together for ten minutes; season it with pepper, salt, a little mace, and a wine-glassful of mushroom catsup or wine; strain it through a tamis to the meat, and stew very gently till the meat is thoroughly warmed. If you have any ready boiled bacon, cut it in slices, and put it to warm with the meat.

360. *Veal Olives.*—Cut half a dozen slices off a fillet of veal, half an inch thick, and as long and square as you can; flat them with a chopper, and rub them over with an egg that has been beat on a plate; cut some fat bacon as thin as possible, the same size as the veal; lay it on the veal, and rub it with a little of the egg; make a little veal force meat, and spread it very thin over the bacon; roll up the olives tight; rub them with an egg, and then roll them in fine bread crumbs; put them on a lark-spit, and roast them at a brisk fire; they will take three-quarters of an hour. Rump steaks are sometimes dressed this way. Mushroom sauce, brown or beef-gravy.

361. *Knuckle of Veal to ragoût.*—Cut the knuckle of veal into slices of about half an inch thick; pepper, salt, and flour them; fry them a light brown; put the trimmings in a stew-pan, with the bone, broke in several places; an onion shred, a head of celery, a bunch of sweet herbs, and two blades of bruised mace; pour in warm water enough to cover them about an inch; cover the pot close, and let it stew very gently for a couple of hours; strain it, and then thicken it with flour and butter; put in a spoonful of catsup, a glass of wine, and juice of half a lemon; give it a boil up, and strain into a clean stew-pan; put in the meat, make it hot, and serve up. If celery is not to be had, use a carrot instead, or flavour it with celery seed.

362. *Scotch Collops.*—The veal must be cut the same as for cutlets, in pieces about as big as a crown piece; flour them well, and fry them of a light brown, in fresh butter; lay them in a stew-pan; dredge them over with flour, and then put in as much boiling water as will cover the veal, pour this in by degrees, shaking the stew-pan, and set it on the fire; when it comes to a boil, take off the scum, put in an onion, a blade of mace, and let it simmer very gently for three-quarters of an hour; lay them on a dish, and pour the gravy through a sieve over them. Lemon juice and peel, wine, catsup, are sometimes added. Add curry powder, and you have curry collops.

363. *Slices of Ham or Bacon.*—Ham or bacon may be fried, or broiled on a gridiron over a clear fire, or toasted with a fork; take care to slice it of the same thickness in every part. If you wish it curled, cut it in slices about two inches long (if longer, the outside will be done too much before the inside is done enough); roll it up, and put a little wooden skewer through it; put it in a cheese-toaster, or dutch oven, for eight or ten minutes, turning it as it gets crisp. This is considered the handsomest way of dressing bacon; but we like it best uncurled, because it is crisper and more equally done. Slices of ham or bacon should not be more than half a quarter of an inch thick, and will eat much more mellow if soaked in hot water for a quarter of an hour, and then dried in a cloth before they are broiled. If you have any cold bacon, you may make a very nice dish of it, by cutting it into slices of about a quarter of an inch thick; grate some crusts of bread, as directed for ham, and powder them well with it on both sides; lay the rashers in a cheese-toaster—they will be brown on one side in about three minutes—turn them, and do the other. These are delicious accompaniments to poached or fried eggs. The

bacon having been boiled first, is tender and mellow. They are an excellent garnish round veal cutlets, or sweetbread, or calf's head hash, or green peas, or beans, &c.

364. *A Devil*.—The gizzard and rump, or legs, &c., of a dressed turkey, capon, or goose, or mutton or veal kidney, scored, peppered, salted, and broiled, sent up for a relish, being made very hot, has obtained the name of a "Devil."

365. *Marrow Bones*.—Saw the bones even, so that they will stand steady; put a piece of paste into the ends; set them upright in a saucepan, and boil till they are done enough; a beef marrow bone will require from an hour and a half to two hours; serve fresh toasted bread with them.

366. *Ragoût of Duck, or any other kind of Poultry or Game*.—Partly roast, then divide into joints, or pieces of a suitable size for helping at table. Set it on in a stew-pan, with a pint and a half of broth, or, if you have no broth, water, with any little trimmings of meat to enrich it; a large onion stuck with cloves, a dozen berries each of allspice and black pepper, and the rind of half a lemon shaved thin. When it boils skim it very clean, and then let it simmer gently, with the lid close, for an hour and a half. Then strain off the liquor, and take out the limbs, which keep hot in a basin or deep dish. Rinse the stew-pan, or use a clean one, in which put two ounces of butter, and as much flour or other thickening as will bring it to a stiff paste add to it the gravy by degrees. Let it boil up, then add a glass of port wine, a little lemon juice, and a tea-spoonful of salt; simmer a few minutes. Put the meat in a deep dish, strain the gravy over, and garnish with sippets of toasted bread. The flavour may be varied at pleasure, by adding catsup, curry powder, or any of the flavouring tinctures, or vinegar.

ARTIFICIAL PREPARATIONS OF MEAT, FISH, &c., FOR DRESSING, SALTING, DRYING, &c.

By the phrase "artificial preparations of meat," we allude to those things which, before dressing, have to undergo the processes of salting, drying, smoking, pickling, &c. Before these meats can be cooked they must be prepared, and we, therefore, think it right (if for nothing else but the sake of order), to deviate from the line of proceeding of our predecessors, and to give directions for such preparations previous to the recipes for cooking them. It is impossible, for instance, to dress salt meat before it is salted.

SALTING.

367. There are many methods recommended for carrying this operation into effect. The following in our opinion are the best:—Before salting, particularly in the summer, all the kernels, pipes, and veins, should be taken out of the meat, or all your salting will be in vain. The meat will not keep. The salt should be rubbed thoroughly

and equally into every part of the meat, and great care should be taken to fill the holes with salt, where the kernels have been taken out, and where the butcher's skewers have been stuck. It is also necessary, directly meat comes into the house for salting, to wipe away any slime or blood that may appear. In very hot weather meat will not hang a single day without being liable to fly-blows; if once tainted, it will not take the salt. In winter it is best to let it hang for two or three days, but take care that it does not get frost-bitten. The salt should be heated in very cold weather before it is applied to the meat.

368. It is a good plan to slightly sprinkle meat with salt a day or two before finally salting; this will draw out the blood. But the first brine should be thrown away, as it is apt to injure butcher's meat, and always has a tendency to make bacon rusty. The meat should be wiped thoroughly clean after the preparatory salting.

369. Different quantities of salt are recommended; a pound of salt is sufficient for a middling sized joint; for a round of beef of twenty-five pounds, a pound and a half should be rubbed in all at once, though others rub in a little at a time for two or three days; but at any rate it requires to be turned and rubbed every day with the brine. The less salt used the better, providing you use enough to preserve the meat. Too much salt extracts the juices of the meat and makes it tough. Coarse sugar or treacle and bay salt are used by some in the following proportions: Two ounces of bay salt, two ounces of sugar, add three-quarters of a pound of common salt. A little saltpetre rubbed in will make the meat red, but is apt to harden it.

370. Meat should not be kept in salt any longer than is necessary to thoroughly cure it. In the course of four or five days it will be ready for dressing; but if intended to be eaten cold, two or three days more will make it keep longer and improve its flavour. Some people let meat lie in salt for a fortnight, and perhaps this is necessary for large hams and thick pieces of beef, but much depends upon the quantity of brine. If this be sufficient to cover the one-half of the meat, every time it is turned, less time will be required.

371. *Hasty salting* is sometimes necessary. When this is the case, rub half the quantity of salt to be used into the meat, which put in a warm place till the time of dressing. Before putting it into the pot, flour a coarse cloth and pack the meat in it; put it into the water when boiling. After it has boiled half of the usual time, that is, when it is half done, take it up, rub in the remainder of the salt and again pack it in a floured cloth: it should boil a little longer than when salted in the usual manner. Some persons simply boil it in very salt water, but the above plan is the best.

372. *Flavoured salt meat* may be made by pounding some sweet herbs, onions, &c., with salt, and it may be rendered still more relishing by the addition of a little zest, or savoury spice.

373. *Pickling meat* is effected as follows: there are other plans, but we prefer the method given in the Encyclopædia Britannica:—Six pounds of salt, one pound of sugar, and four ounces of saltpetre,

boiled in four gallons of water, skimmed and allowed to cool, forms a very strong pickle, which will preserve any meat completely immersed in it. To effect this complete immersion, which is essential, either a flat stone or heavy board must be laid on the meat. The same pickle may be used repeatedly, provided it be boiled up occasionally with additional salt to restore its strength, diminished by the combination of part of the salt with the meat, and by the detection of the pickle by the juices of the meat extracted. By boiling, the albumen (which would cause the pickle to spoil) is coagulated, and rises in the form of scum, which must be carefully removed. Albumen is so called because it resembles in appearance the white of an egg, and of whose nature it also partakes. It is a constituent in all meat. Pickled meat gains in weight; salted in the common way, that is, not immersed or covered with brine, it loses about one and a half in sixteen.

374. *Jerked beef* is made by cutting it into thin pieces, or slices, and dipping them into sea or salt water, and then drying them quickly in the sun. In the West Indies, where they can scarcely cure meat in the ordinary way on account of the excessive heat, they adopt the above method of preserving beef.

375. *Curing bacon* is effected by various methods: some use common salt only, which answers the purpose very well, but others consider a mixture of salt and sugar or molasses to be preferable. The proportions are, common salt, bay salt, and coarse sugar, or molasses, two pounds each, saltpetre six ounces. The quantity used must depend upon the size of the hog to be cured. The blood should be thoroughly drawn out of the meat by common salt before finally dressed for curing, and the dirty brine thrown away. Finely powder and dry the salt, and let it be well rubbed in; the heavier the hand employed, the sooner the bacon will be cured. The flitches must be always kept with the rind downwards. The top flitch must be put every day for a month at the bottom—thus changing them all round. Some use bay salt only, others rub in a little saltpetre, for the purpose of reddening the lean of the bacon (see *Drying*, No. 381.)

376. *Hams*.—The modes of curing hams are various in different parts of the country, and by different people. We give the following: For three hams about twenty pounds each, take common salt and coarse sugar two pounds each, bay salt and saltpetre six ounces each, black pepper four ounces, juniper berries two ounces; mix together, and grind or pound, and dry before the fire; rub this mixture, while warm, into the hams, and then add as much common salt as will entirely cover them. In two or three days pour over the hams a pound of molasses; baste them with the pickle every day for a month, putting each day the top ham to the bottom; drain and smoke (see *Drying and Smoking*); or, take two quarts of water, two pounds of salt, four ounces of saltpetre, one pound of bay salt, two pounds of molasses; boil all together, and when cold pour the mixture over the ham, but do not rub them. To give a smoky flavour, some persons recommend a pint of tar water to be poured into the brine! This

pickles is sufficient for two moderately sized hams, they will require to be about three weeks in pickle, when they must be drained, and sewed up separately in coarse hessens wrappers, and hung to dry in a kitchen of moderate temperature, or laid upon a bacon rack.

377. *Yorkshire hams* are completely covered with the following pickle, in quantities according to the meat to be cured: Common salt, a peck; bay salt, five pounds; saltpetre and sal prunel, of each two ounces, all pounded together. Having thoroughly cleansed your hands, rub thoroughly in this mixture, and lay the rest over them; after lying three days, take out the meat and boil the pickle in two gallons of water; put in as much common salt as will make the pickle bear an egg; skim and strain: when cold, pour it over the meat, and let it lie a fortnight. Yorkshire hams are not smoked.

378. *Tongues, chines, chops, &c.*—The pickle first given in 376 will answer for tongues, &c. A neat's tongue will take a fortnight to pickle, a calf's or hog's tongue eight or ten days, a small chine ten days, or not more than a fortnight; a large one, nearly three weeks.

379. *Mutton hams*.—The following is a good pickle for mutton hams and tongues of all kinds. Take equal parts of common salt, bay salt, and coarse sugar; to every pound of this mixture add of saltpetre and sal prunel one ounce each, and of black pepper, allspice, juniper berries, and coriander seed, half an ounce each; bruise or grind altogether, and dry before the fire; apply this mixture hot.

380. *Hung or Dutch beef*.—Hang a fine tender round of beef, or the silver part only, for three or four days, or as long as the weather will allow; then rub it well with the coarsest sugar (about a pound will do,) two or three times a day, for three or four days. The sugar having thoroughly penetrated the meat, wipe it dry, and apply the following mixture: Four ounces each of common salt and bay salt, two ounces each of saltpetre and sal prunel, one ounce each of black pepper and allspice. Rub them well in every day for a fortnight; then roll up the beef tight, and bind or sew it in a coarse cloth, and smoke it. (See 381, &c.) Boil a part as it may be wanted, press it with a heavy weight till cold, when it may be grated for sandwiches. It will keep a long time.

DRYING, SMOKING, &c.

381. *Drying* may be effected by simply draining your salted or pickled meat, and hanging it within the warmth of a fire in a dry kitchen, but smoked dried meat is preferred by most persons, and certainly deserves the preference. The fuel employed for this purpose must be wood; sawdust (not deal or fir sawdust) is generally employed. Care must be taken not to melt or scorch the meat; if dried in a common kitchen chimney, it must be hung high enough. The fire must be kept in a smothering state, which may be easily done with sawdust, and in a place set apart for smoking; it is or ought to be kept burning slowly night and day. The best way is to send your meat to persons who make a business of smoking—(not tobacco.) Do

not dry your meat in a bakehouse, or strew it with bran when drained for drying; both will render the meat liable to be infested with those voracious little wretches called weevils. Drying meat by a malthouse kiln generally causes it to rust. After smoking, the wrappers should be removed and replaced with clean ones. It is not a bad plan to whitewash hams two or three times, when they are required to keep a long time.

382. *Dried or kippered salmon* is prepared by cleaning (without washing,) and scaling the fish; split and remove the bone; pickle for two or three days with equal parts of salt and sugar, and a little black pepper and saltpetre; keep it well pressed down; when cured, stretch each fish with a piece of stick, and dry it either with smoke or otherwise.

383. *Herrings, &c.* must be wiped clean; salted as above; in twenty-four hours take them out of the salt, run a stick through the eyes, and hang them in rows over an old cask half filled with dry sawdust, in the midst of which thrust a red-hot iron.

384. *Haddock, cod, and ling, &c.* are usually split down the middle for salting let them lie two or three days in equal parts of salt and sugar; then stretch on sticks, and dry in the sun or artificially.

CURING, &c. WITH PYROLIGNEOUS ACID.

385. Mr. Lockett, according to Dr. Wilkinson, in the Philosophical Magazine, 1821, was the first person who applied pyroligneous acid in the curing of meat. Mr. S. ascertained, that if a ham had the reduced quantity of salt usually employed for smoke-dried hams, and was then exposed, putrefaction soon took place where pyroligneous acid was not used; even one-half of this reduced portion of salt is sufficient when it is used, being applied cold, and the ham is then effectually cured without any loss of weight, and retaining more animal juices. In fact, pyroligneous acid, or acid of burnt wood, communicates the same quality to the meat as the process of smoking.

386. In using this acid for curing hams, mix about two table-spoonfuls in the pickle for a ham of ten or twelve pounds, and when taken out of the pickle, previous to being hung up, paint the ham over with the acid by means of a brush; a little more acid is required for neat's tongues. Dried salmons brushed twice with the acid, will be more effectually cured than by smoking them for two months.

387. This acid will preserve meat for many weeks without salt. Mr. Lockett kept some beef-steaks perfectly sweet above six weeks. He covered the bottom of the plate with the acid, and turned the steaks every day.

388. Hams and beef cured in this way, require no previous soaking in water to being boiled, and when boiled, they swell in size and are extremely succulent; the flavour is increased, and the meat rendered more nutritious. Two table-spoonfuls of acid added to the pickle for Westphalia ham is required, and when the ham is removed

from the pickle, it must be well washed in cold spring water and dried, and then some of the acid applied over it by means of a brush, and this repeated two or three times at about a week's interval.

389. To cure herrings, cod, haddock, and other fish, with pyroligneous acid, salt them a little for a day or two—not more—less may do; then dry them well with a coarse cloth, then dip them into the acid, and dry in the air; when dry, repeat the process a few times, suspending them like the manufacturer of candles. The red colour in dried salmons and herrings is generally attributed to nitre (saltpetre;) very frequently tobacco dissolved in a fluid not very agreeable (urine) is employed for the purpose of reddening, in Holland. Pyroligneous acid will not answer for pickling, being too strong when diluted with water it loses its virtue. The vinegar of the shops may be advantageously improved by the addition of this acid.

KEEPING FRESH MEAT.

390. All kinds of meat should be hung till they are tender, but not till they are putrescent; or, at any rate, not a moment longer than when you can perceive a slight degree of putrescency in them. Some things, such as venison, hares, &c., require to be hung longer than others, and some persons require meat to be high, or partly putrescent, before it is dressed, and these we fear must have their palates pleased whatever may be the consequence to their stomachs. Dr. Kitchiner says, "Although we strongly recommend that animal food should be hung up in the open air, till its fibres have lost some degree of their toughness, yet let us be clearly understood also to warn you, that if kept till it loses its natural sweetness, it is as detrimental to health as it is disagreeable to the smell and taste." Meat should be hung in a draught of air, and in the shade, particularly in the summer months; and it should be dried twice a day to keep it from being rendered musty by the damp. The time meat should be hung to be tender depends upon the dampness or dryness of the air, and the degree of heat. In damp warm weather it is exceedingly liable to become putrescent; in cold dry weather, not.

391. If you find that your meat will not keep till it is wanted, it is a good plan to slightly roast it, or boil it, which will enable you to keep it a day, or even two or three days longer; but we repeat it must be very slightly roasted or boiled, or it will eat like meat done a second time.

392. Boerhave says, that the best method of keeping flesh in summer, is to steep it in Rhenish wine, with a little sea salt, by which means it may be preserved a whole season.

393. According to Dr. Franklin, as quoted by Dr. Kitchiner, game or poultry killed by electricity becomes tender in the twinkling of an eye; and if it be dressed, will be delicately tender. We have no doubt, indeed it is an established fact, that if they are killed by the operation of cold lead, the twisting of the neck, or any other of the ordinary modes of destroying animal life, the same result will take

place, provided they are dressed before they are cold, that is, before the sinews and muscles have become set; once set, they must be suffered to relax by keeping, before the animal, whether game or poultry, or any other creature, is fit for dressing. Take a fowl, kill it, put it into an oven, or amongst hot ashes, while it is still warm with life, without picking off the feathers or taking out the entrails, and it will be delicately tender eating, and perfectly sweet. The feathers will be burnt away, and the entrails are taken out in the shape of a ball; the gypsies understand this mode of cooking. A military friend of ours partook of part of a calf roasted alive in the burning of the buildings of a farm-yard, in an enemy's country; he was not particularly hungry, but he says he never ate meat more delicious and tender. We mention these things merely to illustrate a principle, not as an example to be followed. In this country it is impracticable to dress butcher's meat while still warm with life; in hot countries it is nearly always done.

394. For keeping meat from becoming putrescent, recipes, of which the following is the substance, were published some years ago, and sold at the enormous price of seven shillings and sixpence: Take a quart of the best vinegar, two ounces of lump sugar, two ounces of salt; boil these ingredients together for a few minutes, and when cold, anoint with a brush the meat to be preserved. For fish, the mixture is directed to be applied inside; for poultry, inside and out. Of course both fish and poultry are to be cleansed.

395. Pyroligneous acid, either with or without the sugar and salt, would be much more effectual; besides, it possesses, to a certain extent, the property of not only preventing putrescency, but of curing it when commenced.

ON THE USE OF ACIDS IN DRESSING FOOD.

On perusing our work previous to going to press, we do not think that we have dealt sufficiently on the use of vinegar in dressing food. Of pyroligneous acid in the preservation and curing of meats, we have treated pretty largely. In all stews, and most made dishes, the flavour is much improved, and we think the food rendered more digestible, by the moderate use of vinegar: we recommend, however, none but the best vinegar, which ought to be applied to the meat previous to its being put in the stew-pan. We will give for example the following receipt for

396. *Brazilian Stew*.—Take shin or leg of beef; cut it into slices or pieces of two or three ounces each; dip it in good vinegar, and, with or without onions, or any other flavouring or vegetable substances, put it in a stew-pan, and *without water*; let it stand on a stew-herth, or by a slow fire, for two three, or four hours, when it will be thoroughly done, will have yielded plenty of gravy, and be as "tender as a chicken." Great care must be taken that the heat is sufficiently moderate. This is the usual mode of dressing all descriptions of meat in the Brazils. We have recommended leg or shin of

beef, because it in fact makes the richest and most nutritious stew, and may be had at a low price; but any other meat or fish may be so dressed. The only objection to it is, that it is too rich; but this may be remedied by eating less of it, and a greater quantity of potatoes or other vegetables. A pound and a half of leg of beef, without bone, so dressed, and plenty of potatoes, will dine four people luxuriously.

397. *Alamode Beef* of the shops, which, when well dressed, is very delicious, is made by thickening the gravy of beef that has been very slowly stewed as above with vinegar, and flavoured with bay leaves, allspice, &c., according to taste. The following process will be found a good one: cut your beef, mouse buttock, or sticking pieces, or legs (legs are the best), &c., into pieces of two or three ounces each; put into a deep stew-pan some beef dripping, to keep the meat from sticking to the bottom; mince onions, which mix with the beef, previously dipped in vinegar, and put the mixture into a deep stew-pan. When quite hot, flour the meat with a dredger, and continue to do so till you have stirred in enough to thicken it; then cover it with boiling water, which should be put in by degrees, stirring it together with a wooden spoon. Flavour with black pepper, allspice, bay leaves, champignons, truffles, mushrooms, &c., according to taste; but allspice, black pepper, and salt, will answer every useful purpose. Let it stew as slowly as possible for four or five hours. We can testify from experience that our Brazilian stew and beef alamode are cheap and delicious dishes.

COOKING VEGETABLES.

This branch of cookery, though apparently very simple, requires the utmost attention, and no little judgment.

398. You should always boil vegetables in soft water, if you can procure it; if not, put a tea-spoonful or more of carbonate of soda in it to render it so.

399. Take care to wash and cleanse all vegetables from dust and other impurities, before putting them into the pot or pan; they should be thoroughly cleansed; for which purpose it will be necessary to open the leaves of greens, or otherwise you may send to the table some fine, fat, overfed caterpillars, and thus spoil the whole dish.

400. Upon the whole, it is best to boil vegetables in a saucepan by themselves. The quicker they boil, the greener they will be. When they sink, they are generally done enough, if the water has been kept constantly boiling. When done, take them up *immediately*, and thoroughly drain. If vegetables are a minute too long over the fire, they lose all their beauty and flavour. If not thoroughly boiled tender, they are tremendously indigestible; and much more troublesome during their residence in the stomach, than underdone meats.

401. Vegetables are in greatest perfection, when in greatest plenty, and they are only in greatest plenty when in full season. All vegetables are best when they are so cheap as to enable the artisan to eat them. Very early peas, or very early potatoes—that is, peas or po-