

tatoes raised by artificial means—may be valued as great rarities, but for nothing else. We may assert the same thing of nearly all other vegetables. Sea kale and early rhubarb are, perhaps, exceptions. All vegetables should be ripe; that is, ripe as vegetables; otherwise, like fruits, they are bad tasted and unwholesome. To eat peas or potatoes in perfection, you must eat them not much before Midsummer.

402. With regard to the quality of vegetables, the middle size are to be preferred to the very large. Green vegetables, such as savoys, cabbages, cauliflowers, &c., should be eaten fresh, before the *life* is out of them. When once dead, they are good for nothing but the dunghill. This description of vegetables will live a long time after they are cut, but the fresher they are the better. Any one may easily see if they have been kept too long. There are two ways of sending peas to market; the one is, by packing them in sacks, where they frequently become heated, and, of course, in a great measure spoil. The other is, by sending them in sieves, which is by far the best way, but, being somewhat more expensive, sieve peas fetch a higher price than sack peas.

403. Greens, roots, salads, &c. &c., when they have lost their freshness by long keeping, may be refreshed a little by putting them in cold spring water for an hour or two before they are dressed; but this process will not make them equal to those which are gathered just before they are boiled.

404. The following remarks, by a writer in the *Edin. Encyclo.* on this subject, are very just, and well worth the perusal:—"Most vegetables, being more or less succulent, require their full proportion of fluids for retaining that state of crispness and plumpness which they have when growing. On being cut or gathered, the exhalation from their surface continues, while, from the open vessels of the cut surface, there is often great exudation or evaporation, and thus their natural moisture is diminished, the tender leaves become flaccid, and the thicker masses, or roots, lose their plumpness. This is not only less pleasant to the eye, but is a real injury to the nutritious powers of the vegetable; for in this flaccid and shrivelled state its fibres are less divided in chewing, and the water which exists in vegetable substances in the form of their respective natural juices, is directly nutritious. The first care, therefore, in the preservation of succulent vegetables is, to prevent them from losing their natural moisture."

405. To preserve colour, or give colour, in cookery, many good dishes are spoiled. This is a great folly. Taste, nourishment, and digestibility, ought to be the only considerations in the dressing of food.

406. When vegetables are quite fresh gathered, they require much less boiling than those that have been kept. According to *Kitchener*, fresh vegetables are done in one-third less time than stale.

407. Strong-scented vegetables, we need scarcely say, ought to be kept apart. If onions, leeks, and celery, are laid amongst succulent things as cauliflowers, they will spoil in a very short time.

408. Succulent vegetables, such as cabbages, and all sorts of greens, are best preserved in a cool, damp, and shady place. Potatoes, turnips, carrots, and similar roots, intended to be stored up, should never, on any account, be cleaned from the earth adhering to them, till they are to be dressed. Never buy washed potatoes, &c. from your shopkeeper; have them with the soil about them, and wash them just before they are boiled.

409. As the action of frost destroys the life of vegetables, and causes them speedily to rot, and as the air also injures them, all roots should be protected by laying them in heaps, burying them in sand or earth, and covering them with straw or mats. There are, however, some sorts of winter greens, such as savoys, &c., which are made much better and more tender by frost.

#### PARTICULAR DIRECTIONS FOR DRESSING VEGETABLES.

410. *Cauliflowers*.—Take off the outer leaves; round such as are young, leave just one leaf; put them with some salt into boiling water; boil according to size, from fifteen to twenty minutes; try the stalk with a fork; when the stalk feels tender, and the fork is easily withdrawn, the flower is done; take up instantly, with a wire ladle. Both brocoli and cauliflower, unless boiled till they are tender, are neither pleasant to the taste, nor wholesome to the body; but over-boiling will break and spoil them. Sauce, melted butter.

411. *Brocoli*.—Choose close firm heads, nearly of a size. Put them into boiling water with salt; allow them plenty of room in boiling, or they will break; and boil them fast, or they will lose their colour. They will take from ten minutes to half an hour, according to the size of the heads. When the stalks are tender, which you can know by putting a fork up the middle of the stalk, they are done. Take them up with a wire ladle, that the water may run off without bruising the heads. Serve on a buttered toast. Sauce, melted butter.

412. *Cabbage*.—Large full-grown cabbage and savoys will take half an hour or more in boiling. Strip all the outside leaves till you come to the white quick grown ones; then shave the stocks of the leaves that are left on, and score the stalk a little way up. Drain them carefully when boiled, and serve them on a drainer.

413. *Young Coleworts and Sprouts*.—Do not be too saving in trimming sprouts, as harsh or bad leaves will spoil a whole dish. They will take from ten minutes to a quarter of an hour in boiling. Be careful in draining, so as not to spoil the shape of the heads.

Cold cabbage may be fried and served with fried beef. It will require a little bit of butter, a little good gravy, and a little pepper and salt. Shake it about well, and let it remain no longer in the pan than is necessary to make it hot through.

414. *Red Cabbage*.—This is sometimes stewed, for eating with bouilli beef. Take a small red firm cabbage; wash, pick, and cut it

in slices half an inch thick; then pick it to pieces leaf by leaf. Make half a pint of melted butter, in a saucepan large enough to contain the whole. Shake the cabbage from the water that hangs about it, and put it to the melted butter, with a tea-cup full of good gravy, an onion, sliced, and pepper, salt, and cayenne. Let it stew half an hour or more, keeping the saucepan close shut. When quite tender, add a glass of vinegar; let it just boil up; then serve.

415. *Spinach*.—Pick leaf by leaf, wash it in three waters, put a little salt in the boiling water, boil it very quickly, and keep it under the water; seven or eight minutes will be sufficient to boil it; strain it on the back of a sieve, and press it as dry as possible between two plates; spread it on a dish, and score it crossways, in squares of an inch and a half, or two inches. Spinach is often served with poached eggs and buttered toast, or slices of fried bread. It is sometimes stewed in the following manner:—When it has boiled five minutes, strain and press it, and put it in a small stew-pan, the bottom just covered with rich boiling gravy; add a bit of butter, a little pepper, salt and nutmeg, and two table-spoonful of cream; stew it five minutes.

416. *Vegetable Marrow or Gourd*.—Gather the fruit when the size of an egg; put it into boiling water, with a little salt; boil it until it is tender, which will be in about half an hour; cut it in slices half an inch thick; lay it on buttered toast; sprinkle it with pepper and salt; pour melted butter over it. If the fruit has seeds in it, the seedy part must be scooped out, but they are not so good in this state. The fruit may be cut in slices raw, and fried in butter, and served with melted butter and vinegar.

417. *Turnips*.—Put them into boiling water, with a little salt; when tender, take them up and drain the water from them; they will take from half an hour to an hour boiling. If for mashing, boil them a little longer. If they are lumpy or stringy, rub them through a colander, then put them into the saucepan, with an ounce of butter, a spoonful of cream, a little pepper and salt; stir them well till the butter is melted, and the whole well mixed.

418. *Green Peas*.—Peas do not require much water to boil them in. Before you put the peas into the boiling water, throw in a lump of sugar and a little salt; boil a few tops of mint with them. If they are young and fresh, they will not take more than ten minutes to a quarter of an hour; if not very young, they will require from twenty minutes to half an hour. Chop up the mint to garnish; stir a lump of butter with them in the dish, and a little pepper and salt.

419. *To stew Peas*.—Young peas are best for this purpose; but stewing is the best way of preparing old ones. To a quart of peas allow a quart of gravy; put them in when the gravy boils, with three lumps of sugar, and a little pepper and salt; stew till the peas are quite tender, then thicken with a piece of butter rolled in flour. They may be stewed without gravy; thus, to a quart of peas allow a lettuce, two or three tops of mint, and an onion, cut up and washed; the water that hangs round the lettuce will be sufficient; add pepper,

salt, and sugar, as above; stew very gently for two hours; then beat up an egg, and stir in with an ounce of butter.

420. *Carrots*.—Wash them well before you put them into the pot. They are best boiled with meat which they do not injure. If they are young they will boil in twenty minutes or half an hour; large old ones will take two hours to boil them tender; do not quarter carrots to boil—it renders them tasteless. If they are young, leave on a little of the top, and rub them with a coarse cloth; old ones are best rubbed after they are boiled; the skin comes from them more easily. Never scrape carrots—if they are rough, brush them. Sauce, melted butter.

421. *Windsor Beans*.—Young beans are best when the eyes are of a green colour; when the eyes are dark, they are old and eat strong; young beans will boil from twenty minutes to half an hour. Put them into plenty of boiling water, and a spoonful of salt; if you boil them after they become tender, the skins will shrivel; boil a large bunch of parsley with them; chop some for parsley and butter. Stir a lump of butter with them, and put a little parsley in the dish for garnish.

422. *French or Kidney Beans*.—The smooth or dwarf beans come in earliest, but the scarlet runners are considered the best; choose them young and nearly of a size, top and tail them, slit them down the middle and cut across. If they are old, take the skin from each side; put them in boiling water with some salt; boil them fast from ten minutes to a quarter of an hour; stir with them a lump of butter. Sauce, melted butter.

423. *Harricot Beans* are the seeds of French beans, full grown; they are sometimes called colly beans. Stew them in gravy, thickened with flour and cream, or they may be fried in butter; stir in a lump of butter when in the dish, a little pepper, salt, and nutmeg, then put in some gravy.

424. *Jerusalem Artichokes*.—Scrub them clean, and put them into the pot with cold water; throw in a handful of salt, do not let them be covered with water, and leave off the lid; they take about the same time boiling as potatoes. When they are tender they are done; drain them and peel them. Keep them as hot as possible; they may be kept hot by putting them in a dish over another dish in which is hot water. Sauce, melted butter and vinegar, or good thick gravy.

425. *Asparagus*.—Scrape the stalks clean; tie them in bundles with bass, put them in boiling water with a little salt in it; a tin saucepan is best. If they are fresh, they will be done in ten or twelve minutes; if they are not fresh, they will take a little longer. Take up the moment they are tender, otherwise the heads will be broken, the flavour spoilt, and the colour spoilt; take them up very carefully with a slice, cut the bass, just dip some toasted bread in the liquor in which the asparagus has been boiled, put it on a drainer with a little melted butter, and the heads of the asparagus should be laid inwards round the dish; or they may be laid on a buttered toast.

426. *Artichokes*.—Soak in cold water; put them into plenty of

boiling water, throw in a handful of salt. They require an hour and a half or two hours in boiling. Try them by pulling a leaf; if it draw out easily, they are done; drain them on a sieve, or serve on a vegetable drainer. Sauce, melted butter and vinegar.

427. *Red Beet-root*.—Boil them whole, put them in boiling water; they require from an hour and a half to three hours in boiling. If for garnish, leave them whole till wanted for use, then scrape and cut up into slices. If for salads, scrape and cut in slices hot, and pour cold vinegar over them.

For stewing, boil them an hour or more, then skin and slice them; season them with pepper and salt, and stew till tender, with young onions, in good gravy: when nearly done, stir in a bit of butter rolled in flour and cream: this is a pleasant and nourishing dish. They may be baked dry in the same manner as potatoes, and eaten with cold butter, salt, and pepper.

428. *White Beet-root*.—This useful and wholesome plant affords two very pleasing varieties. The leaves stripped from their large fibrous stalks resemble spinach. Put in boiling water and boil them very fast; they take but a few minutes; drain, and press them very dry. Sauce, melted butter. The stalks tie in bundles, dress as asparagus. Sauce, melted butter and vinegar.

429. *Herbs to fry to eat with liver, or with rashers and eggs*.—Clean and drain four handfuls of young spinach, and two of young lettuce leaves, two handfuls of parsley and one of young onions chopped small; set them over the fire in a stew-pan; put one ounce of butter and some pepper and salt; close the pan up and shake it well, and when it boils, set it on the hob or stove to simmer slowly till the herbs are tender. Serve them on a dish with the liver, or rashers and eggs; lay them on the herbs.

430. *Kale, Sea and Scotch*.—This last kale is a favourite sort of greens for winter and spring; the heads should not be gathered before November. These will take a quarter of an hour or twenty minutes fast boiling; put them into boiling water. The sprouts, which in spring are very abundant, will boil in a few minutes. Sauce, melted butter.

*Sea Kale* is boiled tied up in bunches, like asparagus. It is eaten with rich gravy, or thick melted butter, and may be served on toasted bread.

431. *Celery* makes an excellent addition to salads; it also gives an agreeable flavour to soups and sauce, and is sometimes stewed as an accompaniment to boiled or stewed meat. Wash six or eight heads, and take off the outer leaves; cut the heads up in bits three or four inches long. Stew them till tender in half a pint of veal broth, or white gravy; then add two spoonfuls of cream and an ounce of butter rolled in flour, season with pepper, salt, and nutmeg, and simmer the whole together. The leaves will do to flavour soup that is to be strained.

432. *Mushrooms*.—The large flap mushrooms are excellent broiled. Have a very clear fire; make the bars of the gridiron very clean, and

rub them with mutton suet to prevent them from sticking; a few minutes will broil them. When they steam out, sprinkle them with pepper and salt; have ready a very hot dish, and when they are taken up, lay a bit or two of butter under and over each. To stew them, put them in a small saucepan with pepper and salt, a bit of butter and a spoonful or two of gravy of roast meat or cream; shake them about, and when they boil they are done.

433. *Morels* resemble mushrooms in their growth and many other respects, and are usually dressed in the same manner. It is not possible, however, to make catsup from them, which shows that they do not possess the same qualities as mushrooms. For a stew or *ragout* of morels, take off their stalks; split them, if large, into two or three pieces; wash them and put them into a basin of warm water, and cleanse them from the sand, &c.; then blanch, drain and put them into a stew-pan, with a piece of butter and some lemon juice. Moisten, after a few turns in the stew-pan, with either brown or white sauce. There are various other modes of dressing them, but as morels are not much eaten in this country, the above may suffice. Morels are of a higher and finer flavour in Eastern countries than here.

434. *Truffles*.—These are a very curious description of vegetables; they grow under ground, no part of the plants ever being seen on the surface. It is like the mushroom kind, a species of fungus, and is propagated by seed which is nurtured by the decaying of the old plant. They are found about ten inches below the surface of the earth, dogs being trained to discover them by their scent. The truffle has a very rich, tart, and high flavour when fresh and in season, but loses it when dried, or out of season. They are not very common in America, but they are found in great quantities in France and Italy. A writer in Rees's Cyclopædia informs us, that "truffles are generally in seed about August, when they are of a fine high flavour and agreeable smell; continue good till the beginning of winter, and sometimes as late as March; but those gathered between March and July are small, white, and of a poor flavour. The same authority, in the same article, intimates that truffles are tenderest and best in spring, though easiest found in autumn; the wet swelling them and the thunder and lightning disposing them to throw out their scents: hence by the ancients they were called thunder-roots. Hogs are fond of them; hence the common people call them swine-bread." It is now, the editor may observe, a well-established fact, that truffles are not good after March, or before August. They require a great deal of washing and brushing, in several waters, before they can be applied to culinary purposes. When fresh and fine they are very rich, and are a very delicious addition to some dishes. They may be, and frequently are, stewed like mushrooms, and prepared in other ways, and eaten by themselves.

435. *Cucumbers* may be stewed in the same way as celery, with the addition of some sliced onions; or the cucumbers and onions may

be first floured and fried in butter; then add the gravy, and stew till tender; skim off the fat.

436. *Parsnips*.—Clean and dress just the same as carrots, they require boiling from one hour to two, according to their size and freshness; they should be drained well, and set on the hob in a dry saucepan to steam; they are sometimes mashed with butter, pepper, salt, and cream, or milk, the same as turnips; they are eaten alone, or with salt beef or salt pork. Sauce, melted butter and vinegar.

## POTATOES.

437. In our directions for dressing vegetables, we speak lastly of potatoes—not because the cooking of this every-day food is of the least importance, but because, on the contrary, it is of the greatest. There are few persons, simple as the process may appear to be, who can cook potatoes well with *certainty*. Potatoes from the same ground, and of the same kind, dressed by the same cook, may come to table one day palatable and nutritious, and the next the very reverse of these qualities. How does this happen? The cook acts upon no principle. By accident the potatoes may be boiled well, and by accident they may be boiled bad: in one word, the boiling of potatoes is, with the generality of cooks, all chance work. A friend of ours, Mr. John Barker, the attorney, no mean judge in such matters, always averred, that a woman who could boil potatoes and melt butter *well*, was a good cook; he never requires any other proof of the capabilities of a cook. The fact is, those who thoroughly understand the elements of any art or science, find little or no difficulty in what are called the higher branches. It is for this reason that we have, in our little work, dwelt so much upon elementary principles, in preference to filling it up with long receipts, which every body may obtain, but which do not teach any principle of the art of cookery. Dr. Kitchiner observes, that “the vegetable kingdom affords no food more wholesome, more easily procured, easily prepared, and less expensive, than the potatoe.” This is perfectly true, and yet how few are there that can boil potatoes properly! In Ireland, as every body knows, potatoes constitute almost entirely the food of the great mass of the people; in Ireland, therefore, necessity must have taught the people the best mode of cooking them. Their process is this: the potatoes, unpeeled, that is with their jackets on, after being washed, are put into a cast-iron pot of cold water, which is placed on the fire. When the water boils, a small quantity of cold water is put into the pot to check the boiling; this is once or twice repeated. When the potatoes are done, or nearly done, the water is poured away from the potatoes, which are again subjected to the fire to let the steam evaporate, and make the potatoes mealy. They are then served up in the usual way, (we are speaking of the tables of the middling classes,) and each person takes as many potatoes as he chooses; he peels them, depositing the skins by the side of his plate. In the course of the

dinner the potatoes on the table will become cold, when a fresh supply is ordered, and when furnished, the host calls out to his guest, “a hot potatoe, Sir.” Before the dinner is finished, you will have two or three supplies of hot potatoes, and the last, though all from the same pot, are to our taste better than the first. They are all the time kept on the fire; the action of the heat completely evaporates the moisture from the potatoes, and those at the bottom of the iron pot become partially roasted. Such is the Irish mode of dressing potatoes, and if we could reconcile ourselves to the “*bother*” of peeling them, and to the disagreeable appearance of a table-cloth nearly covered with potatoe skins, there is no doubt that we should consider the Irish way of dressing and serving potatoes the best. The generality of modern cookery books recommend the dressing of potatoes with their skins on, like the Irish, but direct that they should be peeled before sent to the table; this mode spoils the potatoes by cooling them; when so dressed, they should be eaten hot. We recommend that potatoes, excepting when young, for the table, should be always pared, *carefully* pared, before they are boiled: that they should be put into cold water with salt, and boiled quickly, till they are nearly done; that then the water should be poured off, and the potatoes again subjected to the fire, covered with a close lid, till they are quite done, when the lid ought to be removed, and the moisture evaporated. They may be then mashed, or served whole. The cook should take care to have potatoes pretty much of an equal size, or, if this be not practicable, she should divide the large ones. We ought, however, to add, with regard to peeling potatoes, that most people very fond of this root insist upon it, that you do not get the true flavour if you do not dress it with the skin on. Let it be always remembered, that potatoes differ very much in quality, and that no cook can dress a bad potatoe into a good one.

This brings us to the choice of potatoes. We can lay down no rule, notwithstanding what former writers have said, for the choice of potatoes. As it is with pudding, so it is with potatoes—the proof is in the eating. The dealers in nuts say, “Crack and try before you buy,” and we say as regards potatoes, Boil and try before you buy; the expenditure of one half-penny will enable you to do this. Dr. Kitchiner says, that “reddish coloured potatoes are better than the white, but the yellowish ones are the best.” The colour of a potatoe is no criterion of its goodness or badness; there are good of all colours, and there are bad of all colours. You should never buy washed potatoes; they should never be washed till they are to be used, and as little as possible exposed to the open air. When frost-bitten, they are good for nothing as regards culinary purposes. There are various directions given by writers for dressing potatoes, some of which we subjoin. Kitchiner says, that “most boiled things are spoiled by having too little water; but potatoes are often spoiled by too much.” It is sufficient to just cover them with water. Potatoes may be boiled well according to either of the subjoined methods; but after trying all, we prefer our own.

438. *Potatoes to boil.*—To boil, choose them all of a size, that they may be all done together; put them on with cold water, and a spoonful of salt, in a saucepan larger than they require, without the lid, and with not quite water enough to cover them. When they boil, put in a little cold water; do this twice or three times as they come to boil. When a fork will easily go into them, strain off, and put the saucepan on the hob for two minutes, for the steam to evaporate. If done too soon, fold a coarse cloth and cover them up immediately, to keep them hot and mealy; but they are best served immediately they are done.

*Another Method.* The best method in the opinion of some, is to wash the potatoes quite clean and put them in the saucepan with a large table-spoonful of salt, and cover them with water; but when they boil up, pour three parts of the water away, put the lid on the saucepan, and set them where they will boil, but not very fast. Observe if the skins are cracked; if not, carefully crack them with a fork to let the watery matter contained in the potatoe out; this you cannot do until they are nearly done. When they are boiled sufficiently, drain all the water away; take off the lid, and hold them over the fire for a minute, giving them a gentle shake. They are best served immediately, while they are dry and hot. This method is good in a small family, but where there are a great many to dine it would be best to pare them, and take out all the eyes with the point of your knife; wash them, put them in the saucepan with a large table-spoonful of salt, cover them with water, and when they boil, pour three parts of the water off, close the saucepan, and let them boil gently; when done, dry them over the fire. As potatoes should be always served hot, by this method you lose no time in taking off the skins.

439. *Potatoes to steam.*—Let the potatoes be washed, and put into the steamer, when the water boils in the saucepan beneath; they will take about three-quarters of an hour to steam, and should be taken up as soon as done, or they become watery.

440. *To roast.*—Wash and dry potatoes all of a size; put them in a dutch oven, or cheese toaster, or in the oven by the side of the fire; take care that the heat is not too great, or they will burn before they are baked through. They may be parboiled first; in that case they will take less time in baking.

441. *Potatoes mashed.*—When the potatoes are thoroughly boiled or steamed, drain them dry, pick out every speck, and while hot rub them through a colander into a clean saucepan, in which warm them, stirring in half an ounce or an ounce of butter, and a table-spoonful of milk, with a little pepper and salt; do not make them too wet; then put them into the scallop shells, or pudding shells buttered, the tops washed over with the yolk of an egg, and browned in an oven by the side of the fire; but best in a dutch oven. Some people consider a mixture of boiled onions an improvement.

442. *Potatoes roasted under meat.*—Parboil large potatoes; peel them, and put them in an earthen dish, or small tin pan, under meat

that is roasting. They will partake of the basting, salting, and flouring, that are put on the meat; when one side is brown, turn and brown the other. They may be baked in the same manner in an oven.

443. *Potatoes fried or broiled.*—Cut cold potatoes into slices a quarter of an inch thick, and fry them brown in a clean dripping-pan. Some people like them shaved in little thin pieces, sprinkled with salt and pepper, and stirred about in the frying-pan till hot through. They are very good fried whole; first dip them in egg and roll them in bread crumbs; they are likewise very good broiled on a gridiron, after being partially boiled. Cold potatoes, which are generally thrown away, are very good when broiled.

444. *Potatoe Balls.*—Mix mashed potatoes with a beaten egg, roll them in balls and fry them, either with or without crumbs.

445. *Potatoe Snow.*—Wash very clean some potatoes of a white mealy sort; set them on in cold water, and boil them according to the first direction; when done, strain the water from them, crack the skins, put them by the fire until they are quite dry and fall to pieces; then rub them through a wire sieve on the dish they are to be served on, and do not disturb them.

## SALADS.

446. Among the principal salad herbs we may reckon lettuce, of which the white cos in summer, and in winter the brown Dutch cos and brown cos, are the best; endive, of which the curled leaf is preferred; corn-salad and water-cress, both of which are preferred when the leaves have a brownish cast; mustard and cress, or small salad-ing, of which a succession may be kept up through the spring months; celery, young, crisp, and well blanched. All or any of these may be united in the composition of a salad. Cucumbers, either sliced by themselves, or mixed with other articles. Radishes give a lively appearance, by way of garnish, to a salad, but are not themselves improved by dressing. Red-beet also is much in request for winter salads, especially mixed with endive. Young onions or escalions are liked by many people, but much disliked by others; therefore they should not be mixed in the bowl, but sent up on a small dish by themselves. Sorrel gives a pleasing acid taste; and pimpernel, or burnet, gives a flavour resembling that of cucumber. Dandelion, if well grown and well blanched with a tile or slate (in the same manner as endive), is equally good and wholesome.

Let the ingredients of the salad be well picked, and washed and dried; but do not add the dressing till just before eating, as it is apt to make the salad flabby. The most simple way of dressing a salad is, perhaps, the best; certainly the most wholesome; merely salt, oil, and vinegar, to taste; one table-spoonful of the best olive oil to three of vinegar, is a good proportion. For those who do not like oil, or when it is not at hand, the following may be used as a substitute: The gravy that has dropped from roasted meat, good sweet thick cream, a bit of fresh butter rubbed up with fine moist sugar, or just

melted, without either flour or water; great care must be taken in thus melting the butter, or it will be apt to oil or curdle; it must be shaken one way only, and kept near the fire no longer than is necessary to dissolve the lumps—on no account suffered to boil. Eggs boiled for salads require ten or twelve minutes boiling, and should immediately be plunged into cold water.

In the more complicated preparation of a salad, great care must be taken that every additional ingredient is thoroughly well blended before proceeding to add another.

Prepare the dressings in the bowl, and add the herbs; after stirring them in, take care that all the various colours are displayed. The coral of a lobster or a crab makes a beautiful variety with a lettuce, onion, radish, beet, and white of egg. The following are the ordinary proportions, but various tastes will suggest variety: The yolks of two eggs rubbed very smooth with a very rich cream; if perfectly rubbed and quite cold, they will form a smooth paste without straining; a tea-spoonful each of thick mustard, salt, and powdered loaf-sugar, or a little cayenne instead of mustard, less than half of the mustard; when these are well rubbed in, add two table-spoonfuls of oil (or whichever of its substitutes is adopted), and then four spoonfuls of the best white wine vinegar; then lay the herbs lightly on.

*Cucumbers* are only to be pared and sliced, with slices of onion, which correct their crudity, and render them less unwholesome; the pickle for them consists of pepper, salt, oil, and vinegar.

#### VINEGARS FLAVOURED.

Vinegar is employed in extracting flavours as well as spirits and wine. But such extracts are principally used with salads, or as relishes to cold meats, and in a few instances to flavour sauces and soups; but, in English cookery, flavours extracted by sherry wine are preferred for soup.

447. *Vinegar for Salads.*—Take three ounces each of tarragon, chives, eschalots, savoury, a handful of the tops of balm and mint, all dry and pounded; put these into a wide-mouthed bottle, with a gallon of the best vinegar, cork it close and set it in the sun, and in a fortnight strain it off, and press the herbs to get out all the juice; let it stand a day to settle, and then strain it through a filtering bag.

448. *Basil Vinegar or Wine.*—Sweet basil is in perfection about the middle of August; gather the fresh green leaves, quite free from stalk, and before it flowers; fill a wide-mouthed bottle with them, fill it with vinegar or wine, and steep them ten days; if you want a very strong essence, strain the liquor, put it on some fresh leaves, and let them steep fourteen days more; strain it and bottle, cork it close; it is a very agreeable addition to cold meat, soups, sauces, and to the mixture generally made for salads. A table-spoonful, when the soup is ready, impregnates a tureen-full with the basil and acid flavours at a very little expense, when fresh basil and lemons are very dear.

The flavour of other sweet or savoury herbs may be preserved in the same manner, by infusing them in wine or vinegar.

449. *Burnet Vinegar* is made exactly in the same way as the above, and imparts the flavour of cucumbers so exactly, when steeped in vinegar, that the nicest palate could not distinguish it from the fruit itself. This is a nice relish to cold meat, salads, &c. Burnet is best in season from Midsummer to Michaelmas.

450. *Cress or Celery Vinegar.*—Pour over a quart of the best vinegar to an ounce of celery or cress seeds, when dried and pounded; let them steep ten days, shake it every day, then strain and bottle in small bottles.

451. *Horse-radish Vinegar.*—Pour a quart of best vinegar on three ounces of scraped horse-radish, one drachm of cayenne, and an ounce of shred eschalot; let it stand a week. This is very cheap, and you have an excellent relish for cold beef, salads, &c. Horse-radish is in perfection in November.

452. *Garlic, Onion, or Eschalot Vinegar.*—Put and chop two ounces of the root, pour over them a quart of the best vinegar, in a bottle, shake it well every day for ten days; then pour off the clear liquor into half-pint bottles. A few drops of the garlic will flavour a pint of gravy, as it is very powerful.

453. *Tarragon Vinegar.*—Fill a wide-mouthed bottle with fresh gathered tarragon leaves. They should be gathered on a dry day, just before it flowers, between Midsummer and Michaelmas. Pick the leaves off the stalks, and dry them a little before the fire; cover them with the best vinegar, and let them steep fourteen days; then strain them through a flannel jelly-bag till it is fine, then pour it into half-pint bottles, cork them tight, and keep them in a dry place.

454. *Elder Flower Vinegar* is prepared in the same manner as above, and other herbs also.

455. *Green Mint Vinegar* is made exactly the same way, and the same proportions, as basil vinegar. In housed lamb season, green mint is sometimes not to be got, it is then a welcome substitute.

456. *Camp Vinegar.*—Take four table-spoonfuls of soy, a quarter of an ounce of cayenne pepper, six anchovies, bruised and chopped, walnut pickle a quarter of a pint, a clove of garlic shred fine; steep the whole for a month in a quart of the best vinegar, shake it four or five times a week, strain it through a tamis, and put it in half-pint bottles, close corked and sealed, or dipped in bottle cement.

457. *Capsicum, Cayenne, or Chili Vinegar.*—Pound fifty fresh red chillies, or capsicums, or a quarter of an ounce of cayenne pepper; steep in a pint of the best vinegar for a fortnight.

#### CATSUPS.

These rank high, and deservedly so, amongst the lists of flavourings, particularly mushroom catsup, with the directions for the making of which we have been at considerable pains. You cannot be certain of having it good, unless you make it yourself, for no article is

more adulterated and diluted than this most delicious and useful flavourer.

458. *Walnut Catsup*.—Take three half sieves of walnut shells, put them into a tub, mix them up well with common salt, about a pound and a half. Let them stand six days, frequently beating and washing them; by this time the shells become soft and pulpy; then by banking them up on one side of the tub, raising the tub on the same side, the liquor will run clear off to the other; then take that liquor out. The mashing and banking may be repeated as long as any liquor runs. The quantity will be about three quarts. Simmer it in an iron pot as long as any scum rises; then add two ounces of allspice, two ounces of ginger, bruised, one ounce of long pepper, one ounce of cloves, with the above articles; let it boil slowly for half an hour; when bottled, take care that an equal quantity of spice goes into each bottle; let the bottles be quite filled up, cork them tight, and seal them over. Put them into a cool and dry place, for one year before they are used.

459. *Oyster Catsup*.—Take fine large fresh oysters, open them carefully, and wash them in their own liquor, to take any particle of shell that may remain, strain the liquor after. Pound the oysters in a mortar, add the liquor, and to every pint put a pint of sherry, boil it up and skim, then add two anchovies, pounded, an ounce of common salt, two drachms of pounded mace, and one of cayenne. Let it boil up, skim it, and rub it through a sieve. Bottle it when cold, and seal it. What remains in the sieve will do for oyster sauce.

460. *Cockle and Muscle Catsup*.—The same way as oyster catsup.

461. *Mushroom Catsup*.—The juice of mushrooms approaches the nature and flavour of gravy meat more than other vegetable juices. Dr. Kitchiner sets a high value, and not without reason, upon good mushroom catsup, "a couple of quarts of which," he says, "will save some score pounds of meat, besides a vast deal of time and trouble." The best method of extracting the essence of mushrooms, is that which leaves behind the least quantity of water. In all essences, it is quality, not quantity, to which we ought to look. An excess of aqueous fluid in essences renders them less capable of keeping; while in flavouring sauces, &c. a small quantity is sufficient, so that by this means you do not interfere with the thickness or consistency of the thing flavoured. Mushrooms, that is, field mushrooms, begin to come in about September. There are several varieties of these fungi, and they differ very much, both in their wholesomeness and flavour. The best and finest flavoured mushrooms are those which grow spontaneously upon rich, dry, old pasture land. The following is the mode of making good mushroom catsup, or, as Dr. Kitchiner calls it, "double catsup."

Take mushrooms of the right sort, fresh gathered and full grown, but not maggoty or putrescent; put a layer of these at the bottom of a deep earthen pan, and sprinkle them with salt; then put another layer of mushrooms, sprinkle more salt on them, and so on alternately, mushroom and salt. Let them remain two or three hours, by which

time the salt will have penetrated the mushrooms, and have made them easy to break; then pound them in a mortar, or break them well with your hands; then let them remain in this state for two days, not more, mashing them well once or twice a day; then pour them into a stone jar, and to each quart add an ounce and a half of whole black pepper, and half an ounce of allspice; stop the jar very close, and set it in a saucepan or stew-pan of boiling water, and keep it boiling for two hours at least. Take out the jar, and pour the juice clear from the settlings, through a hair sieve into a clean stew-pan. Let it boil very gently for half an hour; but to make good or double catsup, it should boil gently till the mushroom juice is reduced to half the quantity, or, in other words, till the more aqueous part is evaporated; then skim it well, and pour it into a clean dry jar or jug; cover it close, and let it stand in a cool place till next day, then pour it off as gently as possible (so as not to disturb the settlings at the bottom of the jug,) through a tamis, or thick flannel bag, till it is perfectly clear; add a table-spoonful of good unflavoured spirits (brandy is dear and not a whit better than common spirits of wine of equal strength) to each pint of catsup, and let it stand as before. A fresh sediment will be deposited, from which the catsup is to be poured off gently, and bottled in half pints, washed with spirit. Small bottles are best, as they are sooner used, and the catsup, if uncorked often, is apt to spoil. The cork of each bottle ought to be sealed or dipped in bottle cement. Keep it in a dry cool place; it will soon spoil if kept damp. If any pellicle or skin should appear upon it when in the bottle, boil it up again with a few peppercorns. It is a question with us, whether it would not be best to dispense with the spice altogether, and give an addition of spirits. When a number of articles are added to the catsup, such as different spices, garlic, eschalot, anchovy, &c. &c., the flavour of the mushroom is overpowered, and it ceases to be, properly speaking, mushroom catsup.

462. *Mushroom Catsup without Spice* is made thus:—Sprinkle a little salt over your mushrooms. Three hours after, mash them; next day, strain off the liquor, and boil it till it is reduced to half. It will not keep long, but an artificial mushroom bed will supply sufficient for this, the very best of mushroom catsup, all the year round.

463. *Mushroom Powder* may be made of the refuse of the mushrooms, after they have been squeezed, by drying them well in a dutch oven, or otherwise, and then reducing them to powder. If the mushrooms themselves are dried and pounded, the powder will be much stronger. Tincture or essence of mushrooms, we apprehend, might be made, by steeping dried mushrooms in spirits.

## CLARIFYING.

464. *Clarified Butter*.—Put the butter in a clean saucepan over a very clear, slow fire, and when it is melted, carefully skim off the butter-milk, which will swim on the top; let it stand for a minute or two for the impurities to sink to the bottom, then pour the clear butter