

fowl; press the whole close. The skins of the legs should be drawn inwards, that the body of the fowl may be quite smooth. The space between the sides of the crust and fowl may be filled with a fine force meat, if approved.

Bake it in a slow oven, either in a raised crust or dish, with a thick crust ornamented.

528. *Rabbit Pie*.—Cut up two young rabbits; take a pound of fat pork, that has been in pickle a week; cut it into small bits; season it with salt and pepper, and put into a dish. Parboil the livers and brains, and beat them in a mortar with a quarter of a pound of fat bacon or ham; add mace, salt, pepper and sweet herbs, chopped fine. Make this into small balls, and distribute in the dish, with artichoke bottoms, cut in dice. Grate half a small nutmeg over, and add half a pint of port, and the same quantity of water. Cover with a tolerably thick crust, and bake it an hour in a quick oven.

529. *Vegetable Pie*.—Cut young carrots, artichoke bottoms, lettuces, mushrooms, turnips, broad beans, scalded and blanched, onions, celery, parsley, and add peas. Or use any of them you may chance to have. Make them into a stew, with some good veal gravy; season with salt and pepper. Bake a crust over a dish, with some paste over the edge, and a cup turned bottom upwards, to prevent its sinking when baked. Pour the stew into the dish, and lay the crust over it. Winter vegetables may be used in the same way. A cup of cream is a great improvement.

530. *An Herb Pie*.—Take one handful of spinach, two handfuls of parsley, from the stems, some mustard and cress, two lettuces, a few leaves of borage, and white beat leaves. Wash and boil them a little, and then drain out all the water; cut them small; mix, and lay in a dish; sprinkle with some salt; mix a batter with two eggs well beaten, a pint of cream, and half a pint of milk, as much flour as will bring it to a paste not very thick, and pour it on the herbs; cover with a good crust, and bake.

531. *To prepare Venison for Pasty*.—Take the bones out; season and beat the meat; lay it in a stone jar in large pieces; pour upon it some plain drawn beef gravy, rather weak. Put the bones on the top; then set the jar in a saucepan over the fire; simmer between three and four hours. Put it in a cold place until next day. Then remove the cake of fat. Lay the meat in handsome pieces on a dish. Put some of the gravy in, and keep the remainder for the time of serving. Venison thus prepared will require less time in baking, and a thinner crust.

532. *Venison Pasty*.—A boned and skinned shoulder makes a good pasty. It must be beaten and seasoned. Add the fat of a loin of mutton, well hung, as the shoulder is lean. Steep twenty-four hours in equal parts of vinegar and port. Rub the shoulder well with sugar for two or three days, as it is sinewy. Wipe it clean from the sugar and wine when it is used. Either in the shoulder or side the meat must be cut in pieces, and laid with fat between, that it may be proportioned to each person, without breaking up the pasty to find it.

Dust some salt and pepper at the bottom of the dish, put a bit of butter; then the meat, nicely packed, so as not to be hollow. Bake between three and four hours in a slow oven. Take some fine old mutton, and boil with the bones of the venison to make gravy: season it with salt, pepper, and a little mace; put half a pint of this gravy, cold, into the dish; butter the venison; line the sides of the dish with a thick paste; lay a thick crust over the top. Put the remainder of the gravy, hot (when it is baked,) into it, with a funnel, through the hole at the top.

533. *To make a Pasty of Beef or Mutton, to eat as well as Venison*.—Bone a sirloin, or a small rump of beef, or a fat loin of mutton, after hanging several days; beat it well with a rolling-pin; then rub ten pounds of meat with four ounces of sugar; then pour over it a glass of vinegar, and a glass of port wine. Let it lie five days and then wash and wipe the meat very dry, and season it very high with salt, Jamaica pepper, nutmeg, &c. To ten pounds of meat, one pound, or nearly, of butter; spread it over the meat. Lay it in the dish. Put a crust round the edges, rather thick, and cover. It must be baked in a slow oven. Put the bones in a pan in the oven, with no more water than will cover them, and one glass of port wine, a little salt and pepper, in order that you may have a little rich gravy to add to the pasty when baked. Put it in the pie, through a funnel, at the top of the pasty. Sugar gives shortness and better flavour to meat than salt (too great a quantity of salt hardens it,) and is quite as good a preservative, except from flies.

534. *Apple Pie*.—Wipe the outside of some apples, pare, and core them; boil the parings and cores in a little water till it tastes well; strain, and put a bit of bruised lemon, a little sugar and cinnamon, and simmer again. Put a paste round the edge of the dish; place the apples in it; when one layer is made, sprinkle half the sugar, shred lemon peel, and squeeze some juice, or a glass of cider. Put in the liquor that you have boiled. Cover with paste. Add butter when cut, if hot. To flavour the pie you may add quince, marmalade, orange paste, or cloves, to flavour.

535. *Cherry Pie* should have a mixture of currants or raspberries, or both.

536. *Currant Pie*.—With or without raspberries.

537. *Mince Pies*.—Of scraped beef or tongue, free from skin and string, two pounds, four pounds of beef suet chopped fine, two pounds of jar raisins stoned and chopped, six pounds of currants nicely cleaned, perfectly dry, of chopped apples three pounds, the peel and juice of two lemons, a pint of sweet wine, a quarter of a pint of brandy, a nutmeg, a quarter of an ounce of cloves, the same of mace, the same of pimento, in fine powders. Press the whole into a deep pan when well mixed, and keep it covered in a cool place. Have orange, and lemon peel, and citron, ready, and put some of each in the pies when made. Half, or a quarter of the quantity may be made, unless for a very large family.

538. *Tarte de Moie*.—Put a light paste into a dish, then layers of

all kinds of sweetmeats, biscuits, marrow, and butter. Add a moderately rich custard, not very sweet, and seasoned with orange flower water; give it a scald, and pour over the whole. It will take half an hour to bake. Turn it out. It is good hot or cold.

539. *Rhubarb Tart*.—Take the skin off the rhubarb, and cut the stalks in lengths of four or five inches. Make a syrup for a quart basin. Take a pound of common lump sugar; boil it in nearly half a pint of water to a thin syrup; skim it, and put in the rhubarb, and as it simmers shake the pan over the fire. It will turn yellow at first, but keep it very gently simmering till it greens, and then take it off. When cold, put in a tart dish, with as much syrup as will make it very moist. Put a light crust over, and when that is done, the tart will be sufficiently baked. Quarter the crust, and fill the dish with custard or cream.

540. *To prepare Cranberries for Tarts*.—Simmer them in moist sugar, without breaking, twenty minutes; and let them become cold before used; a pint will require nearly three ounces of sugar. The Russian and American sorts are larger and better flavoured than those of England. The juice, when pressed from the baked fruit and sweetened, makes a fine drink in fevers. Stewed with sugar, they eat exceedingly nice with bread.

541. *Lemon Tart*.—Take the rind of four lemons, pared rather thick, boil it in water till tender, and beat fine. Add to it four ounces of lump sugar, four ounces of blanched almonds cut thin, the juice of the lemon, and a little grated peel. Simmer to a syrup; when cold turn it into a shallow tin, lined with a thin rich puff paste, and lay bars of the same over. As soon as the paste is baked, take it out.

542. *Orange Tartlets or Puffs*.—Line patty-pans; when baked, put in orange marmalade made with apple jelly.

543. *Fried Patties*.—Mince a bit of cold veal and six oysters with a few crumbs of bread, nutmeg, pepper, salt, and a small bit of lemon peel; add the liquor of the oysters; warm all in the tosser, but do not boil it; let it get cold. Make a good puff paste, roll thin, and cut it in round or square bits; put the meat between two of them, pinch the edge to keep in the gravy, and fry them of a fine brown. This is a very good thing—and baked, is a fashionable dish. Wash all patties over with egg before baking.

544. *Oyster Patties*.—Put a fine puff paste into small patty-pans; put a bit of bread in each, and cover with paste; bake them; and in the mean time make ready the oysters. Take off the beards of the oysters; cut the other parts in small bits, put them in a small tosser, with a grate of nutmeg, a little white pepper and salt, a bit of lemon chopped very fine, a little cream, and a little of the oyster liquor; take the bread out of the patties, and fill them, after simmering them a few minutes. Observe to put a bit of bread into all the patties, to keep them hollow while baking.

545. *Beef Patties*.—Cut very fine some underdone beef with a little fat, season with pepper, salt, and a little onion or eschalot. Make plain paste, thin, in an oval shape; fill it with mince, pinch

the edges, and fry them of a fine brown. The paste should be made with a small quantity of butter, egg, and milk.

546. *A good Mince for Patties*.—Two ounces of ham, four of chicken or veal, one egg boiled hard, a blade of mace, salt, and pepper, three cloves in powder. Just before you serve, warm it with four spoonfuls of rich gravy, four spoonfuls of cream, and an ounce of butter: fill as usual.

547. *Apple Puffs*.—Pare and core the fruit, and either stew them in a stone jar, or bake them. When cold, mix the pulp of the apple with sugar and lemon peel shred fine, taking as little of the apple juice as you can. Bake them in a thin paste, in a quick oven; a quarter of an hour will do them, if small. Orange or quince marmalade is a great improvement; cinnamon pounded, or orange flower water, in change.

548. *Lemon Puffs*.—Beat and sift a pound and a quarter of double refined sugar, grate the rind of two large lemons and mix it with the sugar; then beat the whites of three new-laid eggs a long time, add them to the sugar and peel, and beat them for an hour. Make it up in any shape you please, and bake them on paper; put on tin plates, in a moderate oven. Do not remove the paper till cold. Oiling the paper will make it come off with ease.

549. *Excellent light Puffs*.—Mix two spoonfuls of flour, half a spoonful of brandy, one egg, a little grated lemon peel, a little loaf-sugar, some nutmeg; then fry, but not brown; beat it in a mortar with five eggs; put a quantity of lard in a frying-pan, and when quite hot, drop a dessert spoonful of batter at a time; turn as they brown. Serve them immediately with sweet sauce.

550. *Cheese Puffs*.—Strain cheese curd from the whey, and beat half a pint of it fine in a mortar, with three eggs, a spoonful and a half of flour, only one white of the eggs, a quarter of a nutmeg, orange flower water, and sugar to make it sweet. Put a little of this paste in very small round cakes on a tin plate. A quarter of an hour will bake them, if the oven is hot. Serve with pudding sauce.

## PUDDINGS, CHEESECAKES, &amp;c.

The first thing to be learnt, with regard to making puddings, is the composition of the batter. Without good batter, you cannot have good pudding; and without good eggs, flour, and milk, you cannot have either. For all kinds of puddings and pastry, it is of great importance that your flour should be of the very best quality. Your milk too should be good. The goodness or badness of milk depends much on the kind of food upon which the cow is fed; but cows fed upon the same food do not yield milk of the same quality. A cow that gives a large quantity of milk does not always produce a proportionate quantity of cream, and of course poor milk will not make so good a pudding as rich. Flour is not the better for being fresh ground, as Dr. Kitchiner intimates, but on the contrary. It should, however, be perfectly sweet. The goodness of well-manufactured

flour depends upon the quality of the wheat from which it is made. Without good wheat you can have no good flour. In one word, to ensure a good pudding, your eggs must be new laid, your butter rich and fresh, your flour of the first quality, and all your ingredients of the same character. In the making of a pudding—a *good* pudding—the cook must observe the utmost cleanliness, both as respects herself and the utensils which she uses. The eggs directed to be used in the following receipts are full-sized hen eggs; if pullet eggs are used, two will be required for one hen egg. There is no substitute, that we know of, for eggs in pudding making. We have heard *male* and *female* old women talk about using, as substitutes for eggs, *snow* and *small beer*. Dr. Kitchiner says, truly, “that they will no more answer this purpose than as substitutes for sugar or brandy.” Batter puddings in all their varieties are composed of milk, eggs, and flour. As has been properly observed, “the proportions may vary, and other articles may be added, by which the name is changed, but the great matter is to know how to mix eggs, flour, and milk, and then you may easily adopt any variety that is directed.” In using eggs, you should always break them, one by one, into separate cups, or at any rate take care not to spoil all your eggs by the admission of one that is bad into the mass. Let the eggs be well beaten, and then add the flour, with a pinch of salt, and a little nutmeg, and mix the eggs and flour thoroughly before any milk is added; then by degrees put in as much milk as will bring the batter to the consistency you wish. It ought, indeed it *must* be, well stirred immediately before being put into the basin or dish.

The vessel in which a batter pudding is to be dressed must be well buttered. Dripping, or lard, will answer as well for a baked pudding. The cloth tied over the basin must be buttered, or dipped in boiling water, wrung out, and dredged with flour, but buttering is best.

The pudding will break in boiling, if the batter do not exactly fill the vessel. In baking, the pudding is sure to swell considerably, and therefore the batter should not fill the vessel by about an inch. Before putting the pudding into the pot, take care that the water boils rapidly, and afterwards make the water boil as soon as possible, which must be kept up till the pudding is done. Just after putting the pudding into the pot, it should be shook two or three times to prevent it settling.

The length of time that a pudding requires to be boiled depends upon its size, and, in some degree, upon the material of which it is made. The less flour, the shorter time is required for boiling. A one-egg pudding, not exceeding three parts of half a pint in quantity, in a tea-cup, will require about twenty or twenty-five minutes boiling; or with three eggs about half an hour; and so on in proportion. But the best way of ascertaining when a pudding is done, is to run your fork into the middle of it, and if the fork comes out *clear*, the pudding is done.

551. *To make Pudding Paste.*—Beat one egg, mix it with half a

pound of suet, well chopped, add one pound of flour; well mix, then add as much cold water as is requisite to bring it to a stiff paste; flour the pie-board and rolling-pin, and beat the paste till it puffs up; roll it out to the size desired, and put in the fruit. If boiled in a basin, it should be well buttered, and the cloth well floured before tying it over. This paste is used for all kind of fresh fruit. A very small quantity of sugar should be put in with the fruit to draw the juice, but not much, or it will become so juicy as to burst the crust. A fruit pudding is lighter boiled in a cloth, but it should be well secured to prevent the juice from escaping. An hour and a half will boil a pudding of this size, if boiled in a cloth; if in a basin, allow another quarter of an hour or twenty minutes. The same paste will do for a roll pudding and meat puddings.

552. *Plum Pudding.*—To make a rich plum pudding take a pound of marrow, or suet, well chopped, a pound of fine flour dried, eight or ten eggs beaten well; half a nutmeg grated; as much mace, cinnamon, and ginger, all powdered very fine; a pinch of salt; mix these well together, and beat up into a batter; then add one pound of currants, one pound of raisins, stoned and chopped a little; the currants should be rubbed in a cloth, and well picked, or well wash and dry them; two ounces of candied citron peel, or part lemon, and orange, cut small; and two ounces of sweet almonds, blanched and cut up in bits; two ounces of loaf-sugar grated; then add these to the batter, and put in a wine-glass of brandy; well mix them together. It may be boiled in a buttered basin or mould; if the batter should be too stiff, put a glass of white wine in it. It will take four or five hours boiling. Strew over it powdered loaf-sugar; garnish with sliced lemon. Sauce, containing half a glass of best brandy, a glass of white wine, a little rind of lemon grated, and a little powdered cinnamon, half an ounce of grated loaf-sugar, mixed with an equal quantity of very thick melted butter. It is a good plan to make and keep by you a little of this sauce, and then it is ready at any time. In a bottle containing a pint of sherry, and half a pint of best brandy, add two ounces of loaf-sugar, a quarter of an ounce of mace, half an ounce of shaved lemon rind, with kernels of apricots, peaches, and nectarines, and steep in a little white wine; when steeped, pour it off clear, and put to the wine and brandy; and add half a quarter of a pint of capillaire. Two table-spoonfuls of this sauce will flavour a boat-full of thick melted butter.

553. *A plain family Plum Pudding.*—Beat up three eggs, six ounces of suet chopped, a pound of flour, a third part of a pound of raisins, and the same weight of currants; one ounce of candied orange or lemon peel, cut small, half a tea-spoonful of ground allspice, a little salt, two ounces of brown sugar; make a stiff batter with water, and mix the fruit and spice well in. If boiled in a basin, allow three hours and a half; if in a cloth, three hours.

554. *A common Plum or Currant Pudding* is nothing more than a suet pudding, with the addition of plums, or currants, and allspice.

555. *Very light Plum Pudding.*—Mix grated bread, suet, and stoned raisins, four ounces each, with two well-beaten eggs three or

four spoonfuls of milk, and a little salt: boil four hours. Sauce, a spoonful of brandy, sugar, and nutmeg, in melted butter.

556. *National Plum Pudding*.—Mix suet, jar raisins, and currants, one pound each, four ounces of crumbs of bread, two table-spoonfuls of sugar, one table-spoonful of grated lemon peel, half a nutmeg, a small blade of mace, a tea-spoonful of ginger, and six well-beaten eggs. Boil it five hours.—*N. B.* If you want to keep plum puddings good for a long time, say some months, hang them in a cold place in the cloth in which they were boiled. When wanted to be used, take them out of the cloth, cover them with a clean one, and warm them through with hot water; they will then be fit for the table.

557. *Potatoe Pudding*.—Boil mealy potatoe in their skins, according to the rule laid down, skin and mash them with a little milk, pepper, and salt: this will make a good pudding to bake under roast meat. With the addition of a bit of butter, an egg, milk, pepper, and salt, it makes an excellent batter for a meat pudding baked. Grease a baking dish; put a layer of potatoe, then a layer of meat cut in bits, and seasoned with pepper, salt, a little allspice, either with or without chopped onions; a little gravy of roast meat is a great improvement: then put another layer of potatoe, then meat, and cover with potatoe. Put a buttered paper over the top to prevent it from being burnt, and bake it an hour or an hour and a half.

558. *Cottage Potatoe Pudding*.—Two pounds of mashed potatoe rubbed through a colander, two or three eggs well beaten, two ounces of moist sugar, three-quarters of a pint of milk, a little nutmeg and salt, three ounces of raisins, or currants. It is very good without the fruit, and will take three-quarters of an hour to bake. Omitting the milk and adding three ounces of butter, it makes a very nice cake.

559. *For a rich sweet Potatoe Pudding*.—Rub a pound of potatoe meal through a colander; add half a pint of cream, nutmeg, cinnamon, and from two to four ounces of loaf-sugar, from two to four ounces of fresh butter or marrow, from three to six eggs, two ounces of sweet almonds, blanched and cut, one ounce of candied citron, cut small, a few dried currants, a spoonful of ratafia or brandy: put a crust round the edge of the dish and entirely line the dish: if baked, put in the batter, bake, and when it is brown, it is done. Only substituting potatoe for flour, a very good family plum pudding may be made, but it should be baked.

560. *Carrot Pudding*.—Grate a raw red carrot; mix with double the weight of bread crumbs, or Naples biscuit, or part of each; to a pound and a half put half a pint of new milk or cream.

561. *A Black-cap Pudding*.—Rub three table-spoonfuls of flour smooth by degrees into a pint of milk, strain it, and simmer it over the fire until it thickens; stir in two ounces of butter; when cold, add the yolks of four eggs well beaten and strained, and half a pound of currants rubbed and picked; put the latter into a cloth well buttered, tie it tight, and plunge it into boiling water; keep it in motion for five minutes, that it may be well mixed.

562. *Sago Pudding*.—Boil a pint and a half of new milk with four spoonfuls of sago nicely washed and picked, lemon peel, cinnamon, nutmeg; sweeten to taste, then mix four eggs; put a paste round the dish, and bake slowly.

563. *A very good Pudding*.—Mix one pound and a half of suet, cut small, and free from skin, with two pounds of flour, a pound of currants picked and rubbed in a coarse cloth, six eggs well beaten, a table-spoonful of infusion of saffron, a glass of brandy, a little grated ginger, a pinch of salt, and a pint of milk; put it into a basin that will just hold it, tie a floured cloth tight over it, and put it into a pot of boiling water. Boil it four hours.

564. *Bread and Butter Pudding*.—Slice bread, and butter it, and lay it in a dish with currants between each layer, and sliced citron, orange, or lemon peel; pour over an unboiled custard of milk, two or three eggs beaten, a little grated nutmeg, a little ratafia; two hours at least before it is baked, to soak the bread.

565. *Almond Pudding*.—Beat half a pound of sweet and a few bitter almonds with a spoonful of water, then mix four eggs, four ounces of butter, two spoonfuls of cream put warm to the butter, one spoonful of brandy, a little nutmeg and sugar to taste. Butter some cups, half fill, and bake the puddings. Serve with pudding sauce.—Or, beat fine, four ounces of almonds, four or five bitter almonds, with a little wine, yolks of six eggs beaten, peel of two lemons grated, six ounces of melted butter, nearly a quart of cream, and juice of one lemon. When well mixed, bake it half an hour, with paste round the dish.

566. *Kitchiner's Pudding*.—Beat up three eggs, strain them through a sieve, and gradually add to them a quarter of a pint of new milk; stir them well together; rub together in a mortar two ounces of moist sugar, and as much nutmeg as will lie on a sixpence; stir these to the eggs and milk, then add four ounces of flour, and beat it to a smooth batter (the only way of doing this is, by adding a little of the milk, &c., and mixing that to a smooth paste, then gradually thinning it). Stir to it by degrees seven ounces of suet chopped fine, and three ounces of bread crumbs; mix the whole half an hour or more before boiling; well butter a mould or basin, tie over a pudding cloth very tight, and boil it three hours. Half a pound of muscatel raisins, cut in half, and a little grated lemon peel, will make the above a good plum pudding: or without the plums, by adding half a pint more milk, it bakes well under meat as a Yorkshire pudding; or it may be baked in saucers or tin patty-pans, and served with wine sauce. An hour will bake it the size of a saucer.—Or, simmer for ten minutes half a pint of milk with a roll of lemon peel, and two blades of mace; strain it into a basin, and put it away to cool; beat three eggs with three ounces of loaf-sugar, the third part of a nutmeg, and three ounces of flour; mix well with the eggs, add the milk by degrees; then three ounces of butter broken in bits, three ounces of bread crumbs, three ounces of currants rubbed and picked, three ounces of raisins stoned and chopped; mix all well together

butter & mould, tie a cloth tightly over and boil it two hours and a half. Serve with melted butter, two table-spoonfuls of brandy, and a little loaf-sugar.

567. *A Dutch Rice Pudding*.—Soak four ounces of rice in warm water half an hour, then drain the water from it, and throw the rice into a stew-pan, with half a pint of milk, half a stick of cinnamon, and simmer till tender; when cold, put four whole eggs, well beaten, two ounces of butter melted in a tea-cup full of cream (or milk where cream is scarce or dear), and put three ounces of sugar, a quarter of a nutmeg, and a good piece of lemon peel. Put a light puff paste in a mould or dish, or grated tops and bottoms, and bake in a quick oven.

568. *Rice Puddings*.—It will be well to make a few observations on rice before we enter upon rice puddings. Large long corn which is quite white and clear is the best; though this may cost a little more money, it will be found the cheapest. Bad rice has a dingy red and yellow appearance, and is dusty; in this state it is almost sure to turn the milk with which it is used. The best rice takes less sugar to sweeten it, and the flavour of it is much superior to the inferior sort. Good rice will soon become tender and swell, and when this is the case it is done. Inferior rice may be used for broths, or stews, as thickeners, but it is not so wholesome as the best. Rice should be kept in a vessel closely shut, and in a dry place. It does not keep well after grinding; it is almost sure to become sour. It should be ground as it is wanted.

569. *A Rice Pudding*.—Take two parts of a pound of rice, put it in a cloth or bag that would hold three times the quantity; put it into boiling water, and let it boil an hour. Take it up, and beat two eggs and add to it; mix and beat with the rice a little sugar, nutmeg, and one ounce of suet, or butter, with or without currants; flour a cloth and tie it tight in it, and let it boil half an hour. Sauce, boiled milk with a little sugar and nutmeg, or wine sauce.

570. *A baked Rice Pudding*.—The above may be used, enriched by slices of bread and butter laid at the top, with a little sugar and nutmeg strewed over.—Or, scald the rice in a small quantity of water; when all the water is absorbed by the rice, add a quart of new milk, and let it boil up, with a stick of cinnamon for flavour; beat three or four eggs with fine moist sugar, stir to them gradually the boiling milk and rice; add one ounce of beef suet or butter; when it is in the pan, or dish, which should be buttered before putting in, grate nutmeg over the top; put it in the oven as soon as made, and bake an hour.

571. *Ground Rice Pudding*.—Put on the fire a quart of new milk; put into it five or six young laurel leaves, a stick of cinnamon, a pinch of salt; when it boils, stir into it a quarter of a pound of ground rice, which has been previously wetted with a little cold water; stir

\* Laurel leaves are usually directed; but they are decidedly poisonous, and we strongly disapprove of the use of them.

till it boils and thickens. As it is apt to burn, a double saucepan is the best for this purpose. Take the flavourings out, and stir into it three or four eggs, well beaten, with an ounce of sugar, and a little grated nutmeg: three-quarters of an hour will bake it. This pudding (if desired) can be very much enriched by adding one or two more eggs, two ounces of fresh butter or marrow, a tea-cup full of cream, and a large spoonful of brandy, ratafia, or noyeau.

572. *Rice Snow Balls*.—Pick and wash half a pound of the best rice, boil it in water for ten minutes or a quarter of an hour, drain it quite dry; there should be more water than the rice will take up; after it is well drained through a sieve, divide it into six parcels; take apples as for dumplings, surround each with rice; tie them in a cloth separately, and rather loosely; boil one hour. Sauce, sugar and butter, or wine sauce.

573. *Plain Rice Pudding*.—If you wish to boil it, take half a pound of ground rice, put it into a bag that would hold three times as much, put it into the saucepan containing boiling water; let it boil an hour and a quarter. For baking, take a third part of a pound of rice, put it into a deep dish with two quarts of skim milk; it will take an hour and a half baking. Sauce, cold butter, and sugar and nutmeg, or preserved fruit.

574. *Rice Bignets*.—In a pint of new milk simmer three ounces of rice till it becomes a stiff paste; add half a tea-cup full of thick cream, the grated rind of half a lemon, two ounces of loaf-sugar, and a little powdered cinnamon, mace, and nutmeg, and two eggs well beaten; grate a small tea-cup full of bread crumbs; when the rice is cold, cut it into bits and roll it into small balls, dip each in the egg, roll in the bread crumbs, and fry them quickly. Sauce, wine sauce.

575. *Vermicelli, Sago, Tapioca, and Russian Seed Puddings*.—These are all made in the same way as rice puddings. Arrow-root pudding is made as ground rice pudding. It is generally baked in a dish lined with paste, and turned out.

576. *Yeast Dumplings*.—Procure half a quarter of dough from the baker's. Keep it covered over by the fire till it is wanted. Should it be wished to make the dough at home, set half a quarter, or rather less, of the best flour, with a wine glass full of fresh yeast, stirred into half a tea-cup full of milk, just warm. Let it rise, in a warm place, for about an hour. Then make your dumplings, and boil. Each dumpling should be about the size of an egg. Put them in a large saucepan of boiling water, or in a steamer, which is much better; they should boil or steam twenty minutes. Stick in a fork; if done, the fork will come out clean. Take them up, and they should be eaten directly, as they become hard in their own steam. Tear them apart with your fork; if cut with your knife it will make them close. French baker's dough is always very light, and is much better for dumplings. Sauce, cold butter and sugar, or wine sauce.

577. *Suet Pudding*.—Shred a pound of suet; mix with a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it. Boil it four hours. It eats well the

next day, cut in slices and broiled. The outward fat of loins and necks of mutton, finely shred or chopped, makes a more delicate pudding than suet; and both are far better for the purpose than butter, which causes the pudding to be heavy or close.

578. *Hunter's Pudding*.—Mix a pound of suet, a pound of flour, a pound of currants, a pound of raisins, stoned and a little cut, the rind of half a lemon, shred as fine as possible, six Jamaica peppers, in fine powder, four eggs, a glass of brandy, a little salt, and as little milk as will make it of a proper consistence; boil it in a flannel cloth, or a melon mould, eight or nine hours. Sweet sauce. Add sometimes a spoonful of peach water, for change of flavour. This pudding will keep, after it is boiled, six months, if tied up in the same cloth, and hung up, folded in a sheet of cap paper, to preserve it from dust, being first cold. When used, it must first be boiled a full hour.

579. *Marlborough Pudding*.—Cover the dish with a thin puff paste; then take candied citron, orange, and lemon peel, each one ounce; slice these sweetmeats very thin, and lay them all over the bottom of the dish; dissolve six ounces of butter, without water, and six ounces of powdered sugar, and the yolks of four eggs, well beaten; stir them over the fire until the mixture boils, then pour it on the sweetmeats, and bake the pudding three-quarters of an hour in a moderate oven.

580. *Custard Pudding*.—Boil a quart of milk until it is reduced to a pint; take from it a few spoonfuls, and let it cool, mixing with it, very perfectly, one spoonful of flour, which add to the boiling milk, and stir until it is quite cool. Beat four yolks and two whites of eggs, strain them, and stir them into the milk, two ounces of sifted sugar, two or three spoonfuls of wine, and a little grated nutmeg. Put it into a basin, tie a cloth over it, and boil it half an hour; untie the cloth, cool the basin a little, lay a dish upon the top of it, and turn it out.

581. *Custard*.—Boil half a pint of new milk, with a piece of lemon peel, and two peach leaves, and eight lumps of white sugar. Should cream be used instead of milk, there will be no occasion to skim it; beat the yolks and whites of three eggs, strain the milk through coarse muslin, or a hair sieve; then mix the eggs and milk very gradually together, simmer it gently on the fire, and stir it till it thickens.

582. *Almond Custard*.—Boil in a pint of milk or cream two or three bitter almonds, and cinnamon, and a piece of lemon peel, pared thin, with eight or ten lumps of sugar; let it simmer to extract the flavour, then strain it, and stir it till cool. Beat the yolks of six eggs, mix them with the milk, and stir the whole over a slow fire, until of a proper thickness, adding one ounce of sweet almonds, beaten fine in rose water.

583. *Rice Custard*.—Take a cup of whole Carolina rice, and seven cups of milk; boil it, by placing the pan in water, which must never be allowed to go off the boil until it thickens; then sweeten it, and add an ounce of sweet almonds pounded.

particularly Ireland, it is almost the exclusive food of the poor. The potatoe contains a great deal of starch.

*Rice*, notwithstanding its rough and dry qualities, as a farinaceous vegetable, is capable of being converted into bread, without the addition of any other substance. The Americans, however, make bread of rice by washing it in water till perfectly clean. They then, after the rice has been sufficiently drained, put it into a mortar, and reduce it while damp into a sort of powder; it is then completely dried, and passed through a hair-sieve. The flour thus obtained, it is said, is then generally mixed with a little Indian corn-meal, and boiled into a thickish consistence, which is sometimes mixed with boiled potatoes, and fermented and baked in tins, or pans, in the usual manner. The bread, we are told, made in this way, is light and wholesome—"pleasing to the eye, and agreeable to the taste."

But a sort of bread may be made from rice, without the addition of any other kind of meal. Let a sufficient quantity of rice-flour be put into a kneading trough, and at the same time let a due proportion of flour be boiled, into which throw a few handfuls of rice in the grain, and boil it till it is broken. This compound will form a thick and viscous substance, which is poured upon the flour, and the whole is kneaded with a mixture of salt and yeast, or other fermenting matter. The dough is then covered with flannel or other cloths to keep it warm, and left to rise. This dough, though firm at first, in the course of fermentation becomes as liquid as soup, and is quite incapable of being worked into loaves, in the usual manner, by the hand. The following is the mode by which this difficulty is surmounted:—The oven is heated while the dough is rising; and it being sufficiently hot, the dough is put into a tin pan, which is covered with a paper, or large leaves. The tin is then placed in the oven, and immediately reversed or turned upside down; the heat prevents the dough from spreading, and, in fact, fixes it in that shape given it by the stewpan or box. This bread is said to be "both beautiful and good;" but when it gets stale, it becomes very much deteriorated—as indeed does all bread in which there is rice.

*Potatoes*, mixed in various proportions with meal, are frequently employed in the making of bread. The London bakers all use them in greater or less quantities—not, as they say, to save flour, but to assist fermentation. There are various ways in which potatoes may be used with meal in the production of bread,—potatoes alone will not make good bread; the potatoe is not of an adhesive quality, and the bread is not only brown and heavy, but crumbles to pieces. M. Parmentier, to render it more adhesive, mixed with the potatoe-meal a decoction of bran, and sometimes honey and water; either of which, he says, much improved it, by rendering it lighter, better coloured, well tasted, and sufficiently consistent.

He obtained also, he adds, well-fermented bread, of a good colour and taste, by mixing some potatoe pulp with meal of wheat, or pota-

toe-meal, with the addition of yeast and salt. After repeated trials, he recommends, in times of scarcity, a mixture of potatoes with the meal of wheat, in preference to the meal of any other grain. Where no flour or grain can be obtained, Parmentier recommends the use of bread made from the amylaceous (partaking of starch) powder of potatoes,—potatoe pulp, mixed and fermented, with the addition of honey. Potatoe-meal, when mixed with water, acquires a gluey consistence, but bread made from this and the flour of wheat is never of a good colour. That, however, which is made of a mixture of the pulp with the flour of wheat, is much whiter. Parmentier, we are informed, made bread very much resembling that of wheat, by mixing four ounces of amylaceous powder of potatoes, one drachm of mucilage, extracted from barley, one drachm of the bran of rye, and one drachm of glutinous matter, dried and pounded into powder.

A German writer upon country affairs, of the name of Khyogg, who has obtained the name of the Rustic Socrates, recommends, that potatoes well boiled and carefully peeled should be put into a kneading-trough, covered with boiling water, and beaten or bruised till they are converted into a kind of soup, throughout of one consistence. This soup may be mixed with the flour of wheat in the proportion of one-fourth, one-third, and even one-half; and if the flour be of good quality, the bread will be found pleasant, nourishing, and wholesome. This is the principal food of the peasantry in German Lorraine, and the people of that country are remarkable for their healthy, robust, and vigorous constitutions; the young men are tall and handsome, and the country is thickly populated.

In Vogstand and in Saxony, potatoes are prepared for bread by peeling them, grating them very fine, and by putting the pulp into a milk-pail, or some other suitable vessel. It is then mixed with cold water, which is allowed to remain upon the pulp twenty-four hours. The water is then drawn off, and other water added, and again drawn till the water comes off quite pure. The potatoe pulp is then drained through a clean cloth, and then spread upon a plate, or some other surface, till dry. After this, it is reduced to a fine powder, mixed with an equal portion of wheat flour, and made into bread by the usual process.

We have thought it right to lay before our readers the various ways in which it has been recommended to employ potatoes in making bread in times of scarcity; but after all, our own opinion is, that the best and most economical mode of using potatoes is simply to boil them as they do in Ireland, where, it is much to be regretted, they stand instead of all other food to the mass of the population.

Many other substances have been employed in making bread other than those of the flour of farinaceous vegetables, such as wheat, barley, rye, Indian-corn, oats, &c. The latter grain makes an excellent unleavened bread, and is much eaten in Scotland, Lancashire, and several of the northern English counties. It is called oat-cake, and is preferred by many persons to wheaten bread.

*Bread made of Roots.*—M. Parmentier, late chief Apothecary in the Hotel des Invalides, whose authority we have before quoted, has published numerous and very curious experiments on the vegetables, which in times of scarcity might be used in the subsistence of animals, as substitutes for those usually employed for that purpose. The result of these experiments in the mind of M. Parmentier was, that starch is the nutritive part of farinaceous vegetables, and that the farina of plants was identical with the starch of wheat. The plants from which he extracted this farina are the bryony, the iris, gladiolus, ranunculus, fumaria, arum, dracunculus, mandragora, colchicum, filipendula, helleborus, and the roots of the gramen caninum arvense, or dog grass of the fields.

The mode employed by M. Parmentier to extract the starch, or farina, from these vegetables, was merely bruising and boiling. The roots were cleansed and scraped, then reduced to a pulp, which being soaked in a considerable quantity of water, a white sediment is deposited, which when properly washed and dried will be found to be pure starch. M. Parmentier converted this starch into bread by mingling it with an equal quantity of potatoes reduced to a pulp, and employing the usual quantity of yeast or other leaven. The bread, we are informed, had no bad taste, and was of excellent quality.

From these experiments of M. Parmentier, it appears, that it is chiefly the amylaceous matter or starch of grain that is nutritious; and, that the nutritive quality of other vegetable substances depends in a great measure on the quantity of that matter which they contain. Starch formed into a jelly, and diffused in water, will keep a long time without change.

*Ragwort.*—Bread has been made in times of scarcity from the roots of this plant. When ragwort root is first taken out of the ground, it is soft and viscous, but becomes hard in a short time, and may be preserved in that state for years without being at all deteriorated, providing it be kept in a dry, airy place. When this root is ground and reduced to flour, which it may easily be, it has an agreeable nut-like taste. It is said to be easily digested when made into bread, and to be more nutritive and “exhilarating,” than wheaten bread. The same properties and effects are attributed to radishes, but we apprehend not truly.

*Turnip Bread*—is made of turnips mixed with equal quantities of wheat flour. The turnips must be first washed clean, then pared and boiled. Mash them and press the water out of them—at least the greater part. Mix with an equal quantity in weight of coarse meal flour—make the dough in the usual manner, and when risen, form it into loaves, and bake it rather more than ordinary bread; when taken from the oven it will be light and sweet, with a little taste of the turnip. “After it has been allowed to stand,” says our authority, “twelve hours, the taste of the turnips is scarcely perceptible, and the smell is quite gone. After an interval of twenty-four hours, it