

MODERN COOKERY.

CHAPTER I.

SOUPS.

INTRODUCTORY REMARKS.

THE art of preparing good, wholesome, palatable soups, *without great expense*, which is so well understood in France, and in other countries where they form part of the daily food of all classes of the people, has hitherto been very much neglected in England and America: it is one, therefore, to which we would particularly direct the attention of the cook, who will find, we think, on a careful perusal of the present chapter, that it presents no difficulties which a common degree of care and skill will not easily overcome. The reader, who may be desirous to excel in it, should study the instructions given under the article *Bouillon*, where the principles of this branch of cookery are fully explained.

The spices and other condiments used to give flavour to soups and gravies should be so nicely proportioned that none predominate nor overpower the rest; and this delicate *blending of savours* is perhaps the most difficult part of a cook's task: it is an art, moreover, not easily acquired, except by long experience, unless great attention be combined with some natural refinement of the palate.

A zealous servant will take all possible pains on her first entrance into a family, to ascertain the particular tastes of the individuals she serves; and will be guided entirely by them in the preparation of her dishes, however much they may be opposed to her own ideas, or to her previous practice.

Exceeding cleanliness, both in her personal habits and appearance, and in every department of her work, is so essential in a cook, that no degree of skill, nor any other good qualities which she may possess, can ever atone for the want of it. The very idea of a *dirty cook* is so revolting, that few people will be induced to tolerate the reality; and we would therefore most strongly urge all* employed in the culinary department of a household, who may be anxious for their own success

* An active, cleanly, and attentive kitchen-maid will generally become an admirable cook.

in life, or solicitous to obtain the respect and approbation of their employers, to strive to the utmost against any tendency to slovenliness of which they may be conscious, or which may be pointed out to them by others.



Modern Copper Soup or Stock-Pot.

A FEW DIRECTIONS TO THE COOK.

In whatever vessel soup is boiled, see that it be perfectly clean, and let the inside of the cover and the rim be equally so. Wash the meat, and prepare the vegetables with great nicety before they are laid into it; and be careful to keep it always closely shut when it is on the fire. Never, on any account, set the soup by in it, but strain it off at once into a clean pan; and fill the stock-pot immediately with water: pursue the same plan with all stewpans and saucepans directly they are emptied.

Skim the soup thoroughly when it *first* begins to boil, or it can never afterwards be rendered clear; throw in some salt, which will assist to bring the scum to the surface, and when it has all been taken off, add the herbs and vegetables; for if not long stewed in the soup, their flavour will prevail too strongly. Remember, that the trimmings, and especially the *bones* of fresh meat, the necks of poultry, the liquor in which a joint has been boiled, and the shank-bones of mutton, are all excellent additions to the stock-pot, and should be carefully reserved for it.

Let the soup heat gradually over a moderate fire, and after it has been well skimmed, draw it to the side of the stove and keep it *simmering softly*, but without ceasing, until it is done; for on this, as will hereafter be shown, its excellence principally depends. Every good cook understands perfectly the difference produced by the fast boiling, or the *gentle stewing* of soups and gravies, and will adhere strictly to the latter method.

Pour boiling water, in small quantities at first, to the meat and vegetables of which the soup is to be made when they have been fried or browned; but otherwise, add *cold* water to the meat.

Unless precise orders to the contrary have been given, onions, eschallots, and garlic, should be used for seasoning with great moderation always; for not only are they very offensive to many eaters, but to persons of delicate habit their effects are sometimes extremely prejudicial; and it is only in coarse cookery that their flavour is allowed ever strongly to prevail.

A small proportion of sugar, about an ounce to the gallon, will very much improve the flavour of gravy-stock, and of all rich brown soups; it may be added also to some others with advantage; and for this, directions will be given in the proper places.

Two ounces of salt may be allowed for each gallon of soup or broth in which large quantities of vegetables are stewed; but an ounce and a half will be sufficient for such as contain few or none; it is always easy to add more if needful, but oversalting in the first instance is a fault for which there is no remedy but that of increasing the proportions of all the other ingredients, and stewing the whole afresh, which occasions needless trouble and expense, even when time will admit of its being done.

As no particle of fat should be seen floating on your soups when they are sent to table, it is desirable that the stock should be made the day before it is wanted, that it may become quite cold, when the fat may be entirely cleared off without difficulty.

When cayenne pepper is not mixed with rice-flour, or with any other thickening, grind it down with the back of a spoon, and stir a little liquid to it before it is thrown into the stewpan, as it is apt to remain in lumps, and to occasion great irritation of the throat when swallowed so.

Serve. not only soups and sauces, but all your dishes, *as hot as possible*.

TO THICKEN SOUPS.

Except for white soups, to which arrow-root is, we think, more appropriate, we prefer, to all other ingredients generally used for this purpose, the finest and freshest rice-flour, which after being passed through a lawn-sieve, should be thoroughly blended with the salt, pounded spices, catsup, or wine, required to finish the flavouring of the soup. Sufficient liquid should be added to it very gradually to render it of the consistency of batter, and it should also be perfectly smooth; to keep it so, it should be moistened sparingly at first, and beaten with the back of a spoon until every lump has disappeared. The soup should boil quickly when the thickening is stirred into it, and be simmered for ten minutes afterwards. From an ounce and a half to two ounces of rice-flour will thicken sufficiently a quart of soup.

Instead of this, arrow-root or the condiment known by the name of *tous les mois*, which greatly resembles it, or potato-flour, or the French thickening called *roux* (see page 92) may be used in the following proportions:—Two and a half ounces of either of the first three, to four pints and a half of soup; to be mixed gradually with a little cold stock or water, stirred into the boiling soup, and simmered for a minute.

Six ounces of flour with seven of butter,* will be required to thicken a tureen of soup; as much as half a pound is sometimes used; these must be added by degrees and carefully stirred round in the soup until smoothly blended with it, or they will remain in lumps.

All the ingredients used for soups should be fresh, and of good quality, particularly Italian pastes of every kind (maccaroni, vermicelli, &c.),

* We would recommend any other thickening in preference to this unwholesome mixture.

as they contract, by long keeping, a peculiarly unpleasant, musty flavour.

Onions, freed from the outer skin, dried gradually to a deep brown, in a slow oven, and flattened, will keep for almost any length of time, and are extremely useful for heightening the colour and flavour of broths and gravies.*

TO FRY BREAD TO SERVE WITH SOUP.

Cut some slices a quarter-inch thick, from a stale loaf; pare off the crust, and divide the bread into dice, or cut it with a deep paste-cutter into any other form. For half a pound of bread put two ounces of the best butter into a frying-pan, and when it is quite melted, add the bread; keep it turned, over a gentle fire, until it is equally coloured to a very pale brown, then drain it from the butter, and dry it on a soft cloth, or a sheet of paper placed before a clear fire, upon a dish, or on a sieve reversed.

SIPPETS A LA REINE.

Having cut the bread as for common sippets, spread it on a dish, and pour over it a few spoonful of thin cream, or of good milk; let it soak for an hour, then fry it in fresh butter of a delicate brown, drain, and serve the sippets hot.

TO MAKE NOUILLES; (*an elegant substitute for Vermicelli.*)

Wet, with the yolks of four eggs, as much fine, dry, sifted flour, as will make them into a firm, but very smooth paste. Roll it out as thin as possible, and cut it into bands of about an inch and a quarter in width. Dust them lightly with flour, and place four of them one upon the other. Cut them obliquely in the finest possible strips; separate them with the point of a knife, and spread them on writing paper, so that they may dry a little before they are used. Drop them gradually into the boiling soup, and in ten minutes they will be done.

Various other forms may be given to this paste at will. It may be divided into a sort of riband macaroni; or stamped with small confectionary cutters into different shapes.

VEGETABLE VERMICELLI; (*vegetables cut very fine for Soups.*)

Cut the carrots into inch lengths, then pare them round and round in ribbons of equal thickness, till the inside is reached; next cut these ribands into straws, or very small strips; celery is prepared in the same way; and turnips also are first pared into ribands, then sliced into strips: these last require less boiling than the carrots, and attention must be paid to this, for if broken, the whole would have a bad appearance in soup. The safer plan is to boil each vegetable separately, till tolerably tender, in a little pale broth (in water, if this be not at hand), to drain them well, and put them into the soup, which should be clear, only a few minutes before it is dished. For cutting them small, in other forms, the proper instruments will be found at the hardware-shops.

* The fourth part of one of these dried onions (*des oignons brûlés*), of moderate size is sufficient for a tureen of soup.

BOUILLON, (*the Common Soup of France; Cheap, and very Wholesome.*)



French Pot-au-Feu; or, Earthen Soup-Pot.

This soup, or *broth*, as we should perhaps designate it in England, is made once or twice in the week, in every family of respectability in France; and by the poorer classes as often as their means will enable them to substitute it for the vegetable or *maigre* soups, on which they are more commonly obliged to subsist. It is served usually on the first day, with slices of untoasted bread soaked in it; on the second, it is generally varied with vermicelli, rice, or semolina. The ingredients are, of course, often otherwise proportioned than as we have given them, and more or less meat is allowed, according to the taste or circumstances of the persons for whom the bouillon is prepared; but the process of making it is always the same, and is thus described (rather learnedly) by one of the most skilful cooks in Europe: "The stock or soup-pot of the French artizan," says Monsieur Carême, "supplies his principal nourishment; and it is thus managed by his wife, who, without the slightest knowledge of chemistry, conducts the process in a truly scientific manner. She first lays the meat into her earthen stock-pot, and pours cold water to it in the proportion of about two quarts to three pounds of the beef;* she then places it by the side of the fire, where it slowly becomes hot; and as it does so, the heat enlarges the fibre of the meat, dissolves the gelatinous substances which it contains, allows the albumen (or the muscular part which produces the scum) to disengage itself, and rise to the surface, and the *osmazome* (*which is the most savoury part of the meat*) to be diffused through the broth. Thus, from the simple circumstance of boiling it in the gentlest manner, a relishing and nutritious soup will be obtained, and a dish of tender and palatable meat; but if the pot be placed and kept over a quick fire, the *albumen* will coagulate, harden the meat, prevent the water from penetrating it, and the *osmazome* from disengaging itself; the result will be a broth without flavour or goodness, and a tough, dry bit of meat."

It must be observed in addition, that as the meat of which the *bouillon* is made, is almost invariably sent to table, a part of the rump, the mouse-buttock, or the leg-of-mutton piece of beef, should be selected for it; and the simmering should be continued only until this is perfectly tender. When the object is simply to make good, pure-flavoured beef broth, part of the shin, or leg, with a pound or two of the neck, will best answer the purpose. When the *bouilli* (that is to say, the beef which is boiled in the soup) is to be served, bind it into a good shape, add to it a calf's foot, if easily procurable, as this much improves the quality of the *bouillon*; pour cold water to it in the proportion mentioned above, and proceed as Monsieur Carême directs, to heat the soup *slowly* by the side of the fire; remove carefully the head of scum,

* This is a large proportion of meat for the family of a French artizan; a pound to the quart would be nearer the reality; but it is not the refuse-meat which would be purchased by persons of the same rank in England for making broth.

which will gather on the surface, before the boiling commences, and continue the skimming at intervals, for about twenty minutes longer, pouring in once or twice a little cold water. Next, add salt in the proportion of two ounces to the gallon; this will cause a little more scum to rise,—clear it quite off, and throw in three or four turnips, as many carrots, half a head of celery, four or five young leeks, an onion stuck with six or eight cloves, a large half tea-spoonful of pepper-corns, and a bunch of savoury herbs. Let the whole stew **VERY** softly, without ceasing, from four hours and a half to six hours, according to the quantity: the beef in that time will be extremely tender, but not overdone. It will be excellent eating, if properly managed, and might often, we think, be substituted with great advantage for the hard, half-boiled, salted beef, so often seen at an English table. It should be served with a couple of cabbages, which have been first boiled in the usual way, then pressed very dry, and stewed for about ten minutes in a little of the broth, and seasoned with pepper and salt. The other vegetables from the bouillon may be laid round it or not, at choice. The soup, if served on the same day, must be strained, well cleared from fat, and sent to table with fried or toasted bread, unless the continental mode of putting slices or crusts of *untoasted* bread into the tureen, and soaking them for ten minutes in a ladleful or two of the bouillon, be, from custom, preferred.

Beef, 8 to 9 lbs.; water, 6 quarts; salt, 3 ozs. (more if needed); carrots, 4 to 6; turnips, 4 or 5; celery, one small head; leeks, 4 to 6; one onion, stuck with 6 cloves; pepper-corns, one small tea-spoonful; large bunch of savoury herbs: (calf's foot, if convenient) to *simmer* five to six hours.

Obs. 1.—This broth forms in France the foundation of all richer soups and gravies. Poured on fresh meat (a portion of which should be veal), instead of water, it makes at once an excellent *consommée*, or strong jellied stock. If properly managed, it is very clear and pale; and with an additional weight of beef, and some spoonful of glaze, may easily be converted into an amber-coloured gravy-soup, suited to modern taste.

Obs. 2.—It is a common practice abroad to boil poultry, pigeons, and even game in the *pot-au-feu*, or soup-pot. They should be properly trussed, stewed in the broth just long enough to render them tender, and served immediately, when ready, with a *good* sauce. A small ham, if well soaked, washed exceedingly clean, and freed entirely from any rusty, or blackened parts, laid with the beef when the water is first added to it, and boiled from three hours and a half to four hours, in the bouillon, is very superior in flavour to those cooked in water only, and infinitely improves the soup, which cannot, however, so well be eaten, until the following day, when all the fat can easily be taken from it: it would, of course, require no salt.

CLEAR, PALE, GRAVY-SOUP OR STOCK.

Rub a deep stewpan or soup-pot with butter, and lay into it three quarters of a pound of ham freed entirely from fat, skin, and rust, four pounds of leg or neck of veal, and the same weight of lean beef, all cut into thick slices; set it over a clear and rather brisk fire, until the meat is of a fine amber-colour: it must be often moved, and closely

watched, that it may not stick to the pan, nor burn. When it is equally browned, lay the bones upon it, and pour in gradually four quarts of boiling water. Take off the scum carefully as it rises, and throw in a pint of cold water at intervals, to bring it quickly to the surface. When no more appears, add two ounces of salt, two onions, two large carrots, two turnips, one head of celery, a two-ounce faggot of savoury herbs, a dozen cloves, half a tea-spoonful of whole white pepper, and two large blades of mace. Let the soup boil gently from five hours and a half, to six hours and a half; then strain it through a very clean, fine cloth, laid in a hair sieve. When it is perfectly cold, remove every particle of fat from the top; and, in taking out the soup, leave the sediment untouched; heat in a clean pan the quantity required for table, add salt to it if needed, and a few drops of Chili or of cayenne vinegar. Harvey's sauce, or very fine mushroom catsup, may be substituted for these. When thus prepared, the soup is ready to serve: it should be accompanied by pale sippets of fried bread, or sippets *à la reine*. Rice, macaroni in lengths or rings, vermicelli, or nouilles, may in turn be used, to vary it; but they must always be boiled apart till tender, in broth, or water, and well drained before they are slipped into it. The addition of young vegetables, too, and especially of asparagus, will convert it into an elegant spring-soup; but they, likewise, must be separately cooked.

ANOTHER RECEIPT FOR GRAVY-SOUP.

Instead of browning the meat in its own juices, put it with the onions and carrots, into a deep stewpan, with a quarter-pint of bouillon; set it over a brisk fire at first, and when the broth is somewhat reduced, let it boil gently until it has taken a fine colour and forms a glaze (or jelly) at the bottom of the stewpan; then pour to it the proper quantity of water, and finish the soup by the preceding receipt.*

Obs.—A rich, old-fashioned English brown gravy-soup may be made with beef only. It should be cut from the bones, dredged with flour, seasoned with pepper and salt, and fried a clear brown; then stewed for six hours, if the quantity be large, with a pint of water to each pound of meat, and vegetables as above, except onions, of which four moderate-sized ones, also fried, are to be added to every three quarts of the soup, which, after it has been strained, and cleared from fat, may be thickened with six ounces of fresh butter, worked up very smoothly with five of flour. In twenty minutes afterwards, a table-spoonful of the best soy, half a pint of sherry, and a little cayenne, may be added to the soup, which will then be ready to serve.

* The juices of meat, drawn out with a small portion of liquid, as directed here, may easily be reduced to the consistency in which they form what is called *glaze*; for particulars of this, see Chapter III. The best method, though perhaps not the easiest, of making the clear, amber-coloured stock, is to pour a ladleful or two of pale, but strong beef-broth to the veal, and to boil it briskly until well reduced, thrusting a knife, when this is done, into the meat, to let the juices escape; then to proceed more slowly and cautiously as the liquid approaches the state in which it would burn. It must be allowed to take a dark amber-colour only, and the meat must be turned, and often moved in it. When the desired point is reached, pour in more boiling broth, and let the pan remain off the fire for a few minutes, to detach and melt the glaze; then shake it *well* round before the boiling is continued. A certain quantity of deeply coloured glaze, made apart, and stirred into strong, clear, pale stock, would produce the desired effect of this, with much less trouble.

VERMICELLI SOUP; (*Potage au Vermicelle.*)

Drop very lightly, and by degrees, six ounces of vermicelli, broken rather small, into three quarts of boiling bouillon, or clear gravy soup; let it simmer half an hour* over a gentle fire, and stir it often. This is the common French mode of making vermicelli soup, and we can recommend it as a particularly good one for family use. In England it is customary to soak, or to blanch the vermicelli, then to drain it well, and to stew it for a shorter time in the soup: the quantity, also, must be reduced quite two ounces, to suit modern taste.

Bouillon, or gravy-soup, 3 quarts; vermicelli, 6 ozs.; 30 minutes. Or, soup, 3 quarts; vermicelli, 4 ozs.; blanched in boiling water, 5 minutes; stewed in soup, 10 to 15 minutes.

SEMOULINA SOUP; (*Soupe à la Sémoule.*)

Semouline is used in the same way as the vermicelli. It should be dropped very lightly and by degrees into the boiling soup, which should be stirred all the time it is being added, and very frequently afterwards; indeed, it should scarcely be quitted for a moment until it is ready for table. Skim it carefully, and let it simmer from twenty to five and twenty minutes. This, when the semouline can be procured good and fresh, is, to our taste, an excellent soup.

Soup, 3 quarts; semouline, 6 ozs.: nearly, or quite 25 minutes.

MACCARONI SOUP.

Throw four ounces of fine fresh† mellow macaroni into a pan of fast-boiling water, with about an ounce of fresh butter, and a small onion stuck with three or four cloves.‡ When it has swelled to its full size, and become tender, drain it well, and slip it into a couple of quarts of clear gravy-soup; let it simmer for a few minutes, when it will be ready for table. Observe, that the macaroni should be boiled quite tender; but it should by no means be allowed to burst, nor to become pulpy. Serve grated Parmesan cheese with it.

Macaroni, 4 ozs.; butter, 1 oz.; 1 small onion; 5 cloves; three-quarters of an hour or more. In soup, 5 to 10 minutes.

Obs.—The macaroni for soups should always be either broken into short lengths before it is boiled, or sliced quickly afterwards into small rings not more than the sixth of an inch thick, unless the *cut* macaroni be used; this requires but ten minutes boiling, and should be dropped into the soup in the same way as vermicelli. Four ounces of it will be sufficient for two quarts of stock. It may be added to white soup after having been previously boiled in water or veal-broth, and well drained from it: it has a rather elegant appearance in clear gravy-soup, but should have a boil in water before it is thrown into it.

* When of very fine quality, the vermicelli will usually require less boiling than this.

† We must here repeat our warning against the use of long-kept macaroni, vermicelli, or semouline; as when stale, they will render any dish into which they are introduced, quite unfit for table.

‡ For White Soups, omit the onion.

POTAGE AUX NOUILLES, OR TAILLERINE SOUP.

Make into nouille paste the yolks of four fresh eggs, and when ready cut, drop it gradually into five pints of boiling soup; keep this gently stirred for ten minutes, skim it well, and serve it quickly. This is a less common, and a more delicately flavoured soup than the vermicelli, provided always that the nouilles be made with really fresh eggs. The same paste may be cut into very small diamond squares, stars, or any other form, then left to dry a little, and boiled in the soup until swelled to its full size, and tender.

Nouille paste of four eggs; soup, 5 pints: 10 minutes.

SAGO SOUP.

Wash in several waters, and float off the dirt from six ounces of sago; put it into three quarts of good cold gravy-stock, and let it stew gently from half to three quarters of an hour; stir it occasionally, that it may not burn nor stick to the stew-pan. A quarter-ounce more of sago to each pint of liquid, will thicken it to the consistency of peas-soup. It may be flavoured with half a wineglassful of Harvey's sauce, as much cayenne as it may need, the juice of half a lemon, an ounce of sugar, and two glasses of sherry; or these may be omitted, and good beef-broth may be substituted for the gravy-soup, for a simple family dinner, or for an invalid.

Sago, 6 ozs.; soup, 3 quarts: 30 to 45 minutes.

TAPIOCA SOUP.

This is made in the same manner, and with the same proportions as the preceding soup, but it must be simmered from fifty to sixty minutes.

RICE SOUP.

In France this soup is served well thickened with the rice, which is stewed in it for upwards of an hour and a half, and makes thus, even with the common bouillon of the country, an excellent winter potage. Pick, and wipe in a dry cloth, eight ounces of the best rice; add it, in small portions, to four quarts of hot soup, of which the boiling should not be checked as it is thrown in. When a clear soup is wanted, wash the rice, give it five minutes' boil in water, drain it well, throw it into as much boiling stock or well-flavoured broth as will keep it covered till done, and simmer it very softly until the grains are tender, but still separate; drain it, slip it into the soup, and let it remain in it a few minutes before it is served, but without simmering. When stewed in the stock, it may be put at once, after being drained, into the tureen, and the clear gravy-soup may be poured to it.

An easy English mode of making rice-soup is this: put the rice into plenty of cold water; when it boils, throw in a small quantity of salt, let it simmer ten minutes, drain it well, throw it into the boiling soup, and simmer it gently from ten to fifteen minutes longer; some rice will be tender in half that time. An extra quantity of stock must be allowed for the reduction of this soup, which is always considerable.

WHITE RICE SOUP.

Throw four ounces of well-washed rice into boiling water, and in five minutes after pour it into a sieve, drain it well, and put it into a

couple of quarts of good white, boiling stock; let it stew till tender; season the soup with salt, cayenne, and pounded mace; stir to it three-quarters of a pint of very rich cream, give it one boil, and serve it quickly.

Rice, 4 ozs.: boiled 5 minutes. Soup, 2 quarts: three-quarters of an hour or more. Seasoning of salt, mace, and cayenne; cream, three-quarters of a pint: 1 minute.

RICE-FLOUR SOUP.

Mix with a little cold broth, eight ounces of fine rice-flour, and pour it into a couple of quarts of fast-boiling broth, or gravy-soup. Add to it mace, and cayenne, with a little salt, if needful. It will require but ten minutes' boiling.

Soup, 2 quarts; rice-flour, 8 ozs.: 10 minutes.

Obs.—Two dessert-spoonful of currie-powder, and the strained juice of half a moderate-sized lemon, will greatly improve this soup: it may also be converted into a good common white soup (if it be made of veal stock), by the addition of three-quarters of a pint of thick cream to the rice.

STOCK FOR WHITE SOUP.

Though a knuckle of veal is usually preferred for this stock, part of the neck will, on an emergency, answer very well. Whichever joint be chosen, let it be thoroughly washed, once or twice divided, and laid into a delicately clean soup-pot, or well-tinned large stout iron sauce-pan, upon a pound of lean ham, freed entirely from skin and fat, and cut into thick slices. Should *very* rich soup be wished for, pour in a pint only of cold water for each pound of meat, but otherwise a pint and a half may be allowed. When the soup has been thoroughly cleared from scum, which should be carefully taken off, from the time of its first beginning to boil, throw in an ounce of salt to the gallon (more can be added afterwards, if needed), two mild onions, a moderate-sized head of celery, two carrots, a small tea-spoonful of whole white pepper, and two blades of mace; and let the soup stew very softly from five to six hours, if the quantity be large: it should simmer until the meat falls from the bones. The skin of a calf's-head, a calf's-foot, or an old fowl, may always be added to this stock, with good effect. Strain it into a clean deep pan, and keep it in a cool place till wanted for use.

Lean ham, 1 lb.; veal, 7 lbs.; water, 4 to 6 quarts; salt, 1½ oz. (more, if needed); onions, 2; celery, 1 head; carrots, 2; pepper-corns, 1 tea-spoonful; mace, 2 blades: five to six hours.

MUTTON-STOCK FOR SOUPS.

Equal parts of beef and mutton, with the addition of a small portion of ham, or of very lean bacon, make excellent stock, especially for winter-soups. The necks of fowls, the bones of an undressed calf's-head, or of any uncooked joint, may be added to it with advantage. According to the quality of soup desired, pour from a pint to a pint and a half of cold water to each pound of meat; and after the liquor has been well-skimmed on its beginning to boil, throw in an ounce and a half of salt to the gallon, two small heads of celery, three mild, middling-sized onions, three well-flavoured turnips, as many carrots, a faggot of thyme and parsley, half a tea-spoonful of white pepper-corns, twelve cloves,

and a large blade of mace. Draw the soup-pot to the side of the fire, and boil the stock as gently as possible for about six hours; then strain, and set it by for use. Be particularly careful to clear it *entirely* from fat before it is prepared for table. One-third of beef or *veal*, with two of mutton, will make very good soup; or mutton only will answer the purpose quite well upon occasion.

Beef, 4 lbs.; mutton, 4 lbs. (or, beef or veal, from 2 to 3 lbs.; mutton, from 5 to 6 lbs.); water, 1 gallon, to 1½; salt, 1½ oz.; mild turnips, 1 lb.; onions, 6 ozs.; carrots, ¼ lb.; celery, 6 to 8 ozs.; 1 bunch of herbs; pepper-corns, ½ tea-spoonful; cloves, 12; mace, 1 large blade: six hours.

Obs.—Salt should be used sparingly at first for stock in which any portion of ham is boiled; allowance should also be made for its reduction, in case of its being required for gravy.

COMMON CARROT SOUP.

The easiest way of making this soup is to boil some carrots very tender in water slightly salted; then to pound them extremely fine, and to mix gradually with them boiling gravy-soup (or bouillon), in the proportion of a quart to twelve ounces of the carrot. The soup should then be passed through a strainer, seasoned with salt and cayenne, and served *very* hot, with fried bread in a separate dish. If only the red outsides of the carrot be used, the colour of the soup will be very bright: they should be weighed after they are pounded. Turnip-soup may also be made in the same manner.

Soup, 2 quarts; pounded carrot, 1½ lb.; salt, cayenne: 5 minutes.

COMMON TURNIP SOUP.

Wash and wipe the turnips, pare and weigh them; allow a pound and a half for every quart of soup. Cut them in slices about a quarter of an inch thick. Melt four ounces of butter in a clean stew-pan, and put in the turnips before it begins to boil; stew them gently for three quarters of an hour, taking care that they shall not brown. Then have the proper quantity of soup ready boiling, pour it to them, and let them simmer in it for three quarters of an hour. Pulp the whole through a coarse sieve or soup-strainer, put it again on the fire, keep it stirred until it has boiled three minutes, take off the scum, add salt and pepper, if required, and serve it very hot.

Turnips, 3 lbs.; butter, 4 ozs.: ¾ hour. Soup, 2 quarts: ¾ hour. Last time: 3 minutes.

A QUICKLY MADE TURNIP SOUP.

Pare and slice into three pints of veal or mutton-stock, or of good broth, three pounds of young mild turnips; stew them gently from twenty-five to thirty minutes, or until they can be reduced quite to pulp; press the whole through a sieve, add to it another quart of stock, a seasoning of salt, white pepper, and one lump of sugar; simmer it a minute or two, skim, and serve it. A large white onion, when the flavour is liked, may be sliced and stewed with the turnips. A little cream improves much the colour of this soup.

Turnips, 3 lbs.; soup, 5 pints: 25 to 30 minutes.

POTATO SOUP.

Mash to a smooth paste three pounds of good mealy potatoes, that have been steamed, or boiled very dry; mix with them by degrees, two quarts of boiling broth, pass the soup through a strainer, set it again on the fire, add pepper and salt, and let it boil five minutes. Take off entirely the black scum that will rise upon it, and serve it very hot with fried or toasted bread. Where the flavour is approved, two ounces of onions, minced and fried a light brown, may be added to the soup, and stewed in it for ten minutes before it is sent to table.

Potatoes, 3 lbs.; broth, 2 quarts: 5 minutes. (With onions, 2 ozs.) 10 minutes.

APPLE SOUP; (*Soupe à la Bourguignon.*)

Clear the fat from five pints of good mutton-broth, *bouillon*, or shin of beef stock, and strain it through a fine sieve; add to it, when it boils, a pound and a half of good pudding apples, and stew them down in it very softly, to a smooth pulp; press the whole through a strainer, add a small teaspoonful of powdered ginger, and plenty of pepper, simmer the soup for a couple of minutes, skim, and serve it very hot, accompanied by a dish of rice, boiled as for curries.

Broth, 5 pints; apples, 1½ lb.: 25 to 40 minutes. Ginger, 1 teaspoonful; pepper, ½ teaspoonful: 2 minutes.

[VEAL SOUP.]

Take four pounds of a knuckle of veal, break, and cut it small, put it into a stew-pan with two gallons of water; when it boils, skim it, and let it simmer till reduced to two quarts; strain, and season it with white pepper, salt, a little mace, a dessertspoonful of lemon juice, and return it to the pot, adding two onions finely minced, a head of celery, and a turnip cut in small pieces. Let it simmer about half an hour longer, thicken it with a large tablespoonful of flour kneaded with an ounce of butter.]

WESTERFIELD WHITE SOUP.

Break the bone of a knuckle of veal in one or two places, and put it on to stew, with three quarts of cold water to five pounds of meat; when it has been quite cleared from scum, add to it an ounce and a half of salt, two ounces and a half of onions, twenty corns of white pepper, and two or three blades of mace, with a *little* cayenne pepper. When the soup is reduced one-third by slow simmering, strain it off, and set it by till cold; then free it carefully from the fat and sediment, and heat it again in a very clean stew-pan. Mix with it when it boils, a pint of thick cream smoothly blended with an ounce of good arrow-root, two ounces of very fresh vermicelli previously boiled tender in water slightly salted and *well drained* from it, and an ounce and a half of almonds blanched, and cut in strips;* give it one minute's simmer, and serve it immediately, with a French roll in the tureen.

* We have given this receipt without any variation from the original, as the soup made exactly by it was much approved by the guests of the hospitable country gentleman, at whose elegant table it was served often for many years; but we would rather recommend that the almonds should be pounded, or merely blanched, cut in spikes, stuck into the crumb of a French roll, and put into the tureen, simply to give flavour to the soup.

Veal, 5 lbs.; water, 3 quarts; salt, 1½ oz.; onions, 2½ ozs.; 20 corns white pepper; 2 large blades of mace: 5 hours or *more*. Cream, 1 pint; almonds, 1½ oz.; vermicelli, 1 oz.: 1 minute. Little thickening, if needed.

Obs.—Cream should always be boiled for a few minutes before it is added to any soup. The yolks of two or three very fresh eggs beaten well, and mixed with half a pint of the boiling soup, may be stirred into the whole, after it is taken from the fire. Some persons put the eggs into the tureen, and add the soup to them by degrees; but this is not so well. If a superior white soup to this be wanted, put three quarts of water to seven pounds of veal, and half a pound of the lean part of a ham; or, instead of water, use very clear, weak, veal broth. Grated Parmesan cheese should be handed round the table when white or macaroni soup is served.

MOCK TURTLE, OR CALF'S HEAD SOUP.

After having taken out the brain and washed and soaked the head well, pour to it nine quarts of cold water, bring it gently to boil, skim it very clean, boil it, if large, an hour and a half, lit it out, and put into the liquor eight pounds of neck of beef, lightly browned in a little fresh butter, with three or four thick slices, or a knuckle of lean ham, four large onions sliced, three heads of celery, three large carrots, a large bunch of sweet herbs, the rind of a lemon pared very thin, a desertspoonful of pepper-corns, two ounces of salt, and after the meat has been taken from the head, all the bones and fragments. Stew these gently from seven to eight hours, then strain off the stock, and set it into a very cool place, that the fat may become firm enough on the top to be cleared off easily. The skin and fat of the head should be taken off together and divided into strips of two or three inches in length, and one in width; the tongue may be cut in the same manner, or into dice. Put the stock, of which there ought to be between four and five quarts, into a large soup or stew pot; thicken it when it boils with four ounces of fresh butter* mixed with an equal weight of fine dry flour, a half-teaspoonful of pounded mace, and a third as much of cayenne (it is better to use these sparingly at first, and to add more should the soup require it, after it has boiled some little time); pour in half a pint of sherry, stir the whole together until it has simmered for a minute or two, then put in the head, and let it stew gently from an hour and a quarter to an hour and a half; stir it often, and clear it perfectly from scum. Slip into it, just before it is ready for table, three dozens of small forcemeat-balls; the brain cut into dice (after having been well soaked, scalded,† and freed from the film), dipped into beaten yolk of egg, then into the finest crumbs mixed with salt, white pepper, a little grated nutmeg, fine lemon-rind, and chopped parsley fried a fine brown, well drained and dried; and as many egg-balls, the size of a small marble, as the yolks of four eggs will supply. (See Chapter VI.) This quantity will be sufficient for two large tureens of soup; when the whole is not wanted for table

* When the butter is considered unobjectionable, the flour, without it, may be mixed to the smoothest batter possible, with a little cold stock or water, and stirred briskly into the boiling soup: the spices should be blended with it.

† The brain should be blanched, that is, thrown into boiling water with a little salt in it, and boiled from five to eight minutes; then lifted out, and laid into cold water for a quarter of an hour; it must be wiped very dry before it is fried.