

at the same time, it is better to add wine only to so much as will be required for immediate consumption, or if it cannot conveniently be divided; to heat the wine in a small saucepan with a little of the soup, to turn it into the tureen, and then to mix it with the remainder by stirring the whole gently after the tureen is filled. Some persons simply put in the cold wine just before the soup is dished, but this is not so well.

Whole calf's head with skin on, boiled  $1\frac{1}{2}$  hour. Stock: neck of beef, browned in butter, 8 lbs.; lean of ham,  $\frac{1}{2}$  to  $\frac{3}{4}$  lb. (or a knuckle); onions, 4; large carrots, 3; heads of celery, 3; large bunch sweet herbs; salt, 2 ozs. (as much more to be added when the soup is made as will season it sufficiently); thin rind, 1 lemon; peppercorns, 1 dessertspoonful; bones and trimmings of head: 8 hours. Soup: stock, 4 to 5 quarts; flour and butter for thickening, of each 4 ozs.; pounded mace, half-teaspoonful; cayenne, third as much (more of each as needed); sherry, half pint: 2 to 3 minutes. Flesh of head and tongue, nearly or quite, 2 lbs.:  $1\frac{1}{2}$  to  $1\frac{1}{4}$  hour. Force-meat-balls, 36; the brain cut and fried; egg-balls, 16 to 24.

*Obs.*—When the brain is not blanched it must be cut thinner in the form of small cakes, or it will not be done through by the time it has taken enough colour: it may be altogether omitted without much detriment to the soup, and will make an excellent corner dish, if gently stewed in white gravy for half an hour, and served with it thickened with cream and arrow-root, to the consistency of good white sauce, then rather highly seasoned, and mixed with plenty of chopped parsley, and some lemon-juice.

#### GOOD CALF'S HEAD SOUP; (not expensive.)

Boil down from six to seven pounds of the thick part of a shin of beef with a little lean ham, or a slice of hung beef trimmed free from the smoky edges, should either of these last be at hand, in five quarts of water, till reduced nearly half, with the addition, when it first begins to stew, of an ounce of salt, a large bunch of savoury herbs, one large onion, a head of celery, three carrots, two or three turnips, two small blades of mace, eight or ten cloves, and a few white or black peppercorns. Let it boil gently, that it may not be too much reduced, for six or seven hours, then strain it into a clean pan and set it by for use. Take out the bone from half a calf's head with the skin on (the butcher will do this if desired,) wash, roll and bind it with a bit of tape or twine, and lay it into a stewpot, with the bones and tongue; cover the whole with the beef stock, and stew it for an hour and a half; then lift it into a deep earthen pan and let it cool in the liquor, as this will prevent the edges from being dry or discoloured. Take it out before it is quite cold; strain, and skim all the fat carefully from the stock: heat five pints in a large clean saucepan, with the head cut into small thick slices or into inch-squares. As quite the whole will not be needed, leave a portion of the fat, but add every morsel of the skin to the soup, and of the tongue also. Should the first of these not be perfectly tender, it must be simmered gently till it is so; then stir into the soup from six to eight ounces of fine rice-flour mixed with a quarter-teaspoonful of cayenne, twice as much freshly pounded mace, half a wine-glassful of mushroom catsup, and sufficient cold broth or water to render it of the consistency of batter; boil the whole from eight to ten minutes;

take off the scum, and throw in two glasses of sherry; dish the soup and slip into the tureen some delicately fried, and well dried forcemeat-balls made by the receipt No. 1, 2, or 3 of Chapter VI. A small quantity of lemon-juice or other acid can be added at pleasure. The wine and forcemeat-balls may be omitted, and the other seasonings of the soup a little heightened. As much salt as may be required should be added to the stock when the head first begins to boil in it: the cook must regulate also by the taste the exact proportion of cayenne, mace, and catsup, which will flavour the soup agreeably. The fragments of the head, with the bones and the residue of the beef used for stock, if stewed down together with some water and a few fresh vegetables, will afford some excellent broth, such as would be highly acceptable, especially if well thickened with rice, to many a poor family during the winter months.

Stock: shin of beef, 6 to 7 lbs.; water, 5 quarts: stewed down (with vegetables, &c.) till reduced nearly half. Boned half-head with skin on stewed in stock,  $1\frac{1}{2}$  hour. Soup: stock, 5 pints; tongue, skin of head, and part of flesh: 15 to 40 minutes, or more if not quite tender. Rice-flour, 6 to 8 ozs.; cayenne, quarter-teaspoonful; mace, twice as much; mushroom catsup,  $\frac{1}{2}$  wineglassful: 10 minutes. Sherry, 2 wineglassful, forcemeat-balls, 20 to 30.

#### WHITE OYSTER SOUP; (or, Oyster Soup a la Reine.)

When the oysters are small, from two to three dozens for each pint of soup should be prepared, but this number can, of course, be diminished or increased at pleasure. Let the fish (which should be finely conditioned natives) be opened carefully; pour the liquor from them, and strain it; rinse them in it well, and beard them; strain the liquor a second time through a lawn-sieve or folded muslin, and pour it again over the oysters. Take a portion from two quarts of the palest veal stock, and simmer the beards in it from twenty to thirty minutes. Heat the soup, flavour it well with mace and cayenne, and strain the stock from the oyster-beards into it. Plump the fish in their own liquor, but do not let them boil; pour the liquor to the soup, and add to it a pint of boiling cream; put the oysters into the tureen, dish the soup, and send it to table quickly. Should any thickening be required, stir briskly to the stock an ounce and a half of arrow-root, ground very smooth in a mortar, and carefully mixed with a little milk or cream; or, in lieu of this, when a rich soup is liked, thicken it with four ounces of fresh butter well blended with three of flour.

Oysters, 8 to 12 dozens; pale veal stock, 2 quarts; cream, 1 pint; thickening,  $1\frac{1}{2}$  oz. arrow-root, or butter, 4 ozs., flour, 3 ozs.

#### BROWN RABBIT SOUP.

Cut down into joints, flour, and fry lightly, two full grown, or three young rabbits; add to them three onions of moderate size, also fried to a clear brown; on these pour gradually seven pints of boiling water, throw in a large teaspoonful of salt, clear off all the scum with care as it rises, and then put to the soup a faggot of parsley, four not very large carrots, and a small teaspoonful of peppercorns; boil the whole very softly from five hours to five and a half; add more salt if needed, strain off the soup, let it cool sufficiently for the fat to be skimmed clean from it, heat it afresh, and send it to table with sippets of fried bread. Spice,

with a thickening of rice-flour, or of wheaten flour browned in the oven, and mixed with a spoonful or two of very good mushroom catsup, or of Harvey's sauce, can be added at pleasure to the above, with a few drops of eschalot-wine, or vinegar; but the simple receipt will be found extremely good without them.

Rabbits, 2 full grown, or 3 small; onions fried, 3, middling-sized; water, 7 pints; salt, 1 large teaspoonful or more; carrots, 4; faggot of parsley; peppercorns, 1 small teaspoonful; 5 to 5½ hours.

#### [PIGEON SOUP.]

Take eight pigeons, cut down two of the oldest, and put them with the necks, pinions, livers, and gizzards of the others, into four quarts of water; let it boil till the substance is extracted, and strain it; season the pigeons with mixed spices and salt, and truss them as for stewing; pick and wash clean a handful of parsley, chives or young onions, and a good deal of spinach, chop them; put in a frying-pan a quarter of a pound of butter, and when it boils, mix in a handful of bread crumbs, keep stirring them with a knife till of a fine brown; boil the whole pigeons till they become tender in the soup, with the herbs, and fried bread. If the soup be not sufficiently high seasoned, add more mixed spices and salt.]

#### PHEASANT OR CHICKEN SOUP.

Half roast a brace of well-kept pheasants, and flour them rather thickly when they are first laid to the fire. As soon as they are nearly cold take all the flesh from the breasts, put it aside, and keep it covered from the air; carve down the remainder of the birds into joints, bruise the bodies thoroughly, and stew the whole gently from two to three hours in five pints of strong beef broth; then strain off the soup, and press as much of it as possible from the pheasants. Let it cool, and in the mean time strip the skin from the breasts, mince them small, and pound them to the finest paste, with half as much fresh butter, and half of dry crumbs of bread; season these well with cayenne, sufficiently with salt, and moderately with pounded mace, and grated nutmeg, and add, when their flavour is liked, three or four eschalots, previously boiled tender in a little of the soup, left till cold, and minced before they are put into the mortar; moisten the mixture with the yolks of two or three eggs, roll it into small balls of equal size, dust a little flour upon them, skim all the fat from the soup, heat it in a clean stewpan, and when it boils throw them in and poach them from ten to twelve minutes, but first ascertain that the soup is properly seasoned with salt and cayenne. Mincéd savoury herbs, and even grated lemon-rind, would, perhaps, improve the forcemeat, as well as a small portion of lean ham, a thick slice of which might be stewed in the soup for the purpose. We have recommended that the birds should be partially roasted before they are put into the soup-pot, because their flavour is much finer when this is done than when they are simply stewed; they should be placed rather near to a brisk fire that they be quickly browned on the surface, without losing any of their juices, and the basting should be constant. A slight thickening of rice-flour or arrow-root can be added to the soup at pleasure, and the forcemeat-balls may be fried and slipped into the tureen when they are preferred so. Half a dozen eschalots lightly browned in butter, and a small head of celery may also be thrown

in after the birds begin to stew, but nothing should be allowed to prevail over the natural flavour of the game itself; and this should be observed equally with other kinds, as partridges, grouse, and venison.

Pheasants 2: roasted 20 to 30 minutes. Strong beef broth, or stock, 5 pints: 2 to 3 hours. Forcemeat-balls: breasts of pheasants, half as much of dry bread-crumbs and of butter, salt, mace, cayenne; yolks of 2 or 3 eggs (and at choice 3 or 4 boiled eschalots).

*Obs.*—The stock may be made of six pounds of shin of beef, and four quarts of water reduced to within a pint of half. An onion, a large carrot, a bunch of savoury herbs, and some salt and spice should be added to it: one pound of neck of veal or of beef will improve it.

#### PARTRIDGE SOUP.

This is, we think, superior in flavour to the pheasant soup. It should be made in precisely the same manner, but three birds allowed for it instead of two. Grouse and partridges together will make a still finer one: the remains of roast grouse even, added to a brace of partridges, will produce a very good effect.

#### MULLAGATAWNY SOUP.

Slice, and fry gently in some good butter three or four large onions, and when they are of a fine equal amber-colour, lift them out with a slice, and put them into a deep stewpot, or large thick sancepan; throw a little more butter into the pan, and then brown lightly in it a young rabbit, or the prime joints of two, or a fowl cut down small, and floured. When the meat is sufficiently browned, lay it upon the onions, pour gradually to them a quart of good boiling stock, and stew it gently from three quarters of an hour to an hour; then take it out, and press the stock and onions through a fine sieve or strainer. Add to them two pints and a half more of stock, pour the whole into a clean pan, and when it boils stir it two heaped table-spoonsful of currie-powder mixed with nearly as much of browned flour, and a little cold water or broth; put it in the meat, and simmer it for twenty minutes or longer should it not be perfectly tender, add the juice of a small lemon just before it is dished, serve it very hot, and send boiled rice to table with it. Part of a pickled mango is sometimes stewed in this soup, and is much recommended by persons who have been long resident in India. We have given here the sort of receipt commonly used in England for mullagatawny, but a much finer soup may be made by departing from it in some respects. The onions, of which the proportion may be increased or diminished to the taste, after being fried slowly, and with care, that no part should be overdone, may be stewed for an hour in the first quart of stock with three or four ounces of grated cocoa-nut, which will impart a rich mellow flavour to the whole. After all of this that can be rubbed through the sieve has been added to as much stock as will be required for the soup, and the currie-powder and thickening have boiled in it for twenty minutes, the flesh of part of a calf's head previously stewed almost sufficiently, and cut as for mock turtle, with a sweetbread also stewed or boiled in broth tolerably tender, and divided into inch-squares, will make an admirable mullagatawny, if simmered in the stock until they have taken the flavour of the currie-seasoning. The flesh of a couple of calves' feet, with a sweetbread or two, may, when more convenient, be substituted for the head. A large cupful of thick

cream, first mixed and boiled with a teaspoonful of flour or arrow-root to prevent its curdling, and stirred into the soup before the lemon-juice, will enrich and improve it much.

Rabbit, 1, or the best joints of two, or fowl, 1; large onions, 4 to 6; stock, 1 quart:  $\frac{3}{4}$  to 1 hour.  $2\frac{1}{2}$  pints more of stock; currie-powder, 2 heaped tablespoonsful, with 2 of browned flour; meat and all simmered together 20 minutes or more; juice of lemon, 1 small; or part of pickled mango stewed in the soup.

Or,—onions, 3 to 6; cocoa-nut, 3 to 4 ozs.; stock, 1 quart: stewed, 1 hour. Stock, 3 pints, (in addition to the first quart); currie-powder and thickening each, 2 large tablespoonsful: 20 minutes. Flesh of part of calf's head and sweetbread, 15 minutes, or more. Thick cream, 1 cupful; flour, or arrow-root, 1 teaspoonful: boiled two minutes, and stirred to the soup. Chili vinegar, 1 tablespoonful, or lemon-juice, 2 table-spoonsful.

*Obs. 1.*—The brain of the calf's head stewed for twenty minutes in a little of the stock, then rubbed through a sieve, diluted gradually with more of the stock, and added as thickening to the soup, will be found an admirable substitute for part of the flour.

*Obs. 2.*—Three or four pounds of a breast of veal, or an equal weight of mutton, free from bone and fat, may take the place of rabbits or fowls in this soup, for a plain dinner. The veal should be cut into squares of an inch and a half, or into strips of an inch in width, and two in length; and the mutton should be trimmed down in the same way, or into very small cutlets.

*Obs. 3.*—For an elegant table, the joints of rabbit or of fowl should always be boned before they are added to the soup, for which, in this case, a couple of each will be needed for a single tureen, as all the inferior joints must be rejected.

#### TO BOIL RICE FOR MULLAGATAWNY SOUPS, OR FOR CURRIES.

The Patna, or small-grained rice, which is not so good as the Carolina for the general purposes of cookery, is the sort which ought to be served with currie. First take out the unhusked grains, then wash the rice in two or three different waters, and put it into a large quantity of cold; bring it gently to boil, keeping it uncovered, and boil it softly for fifteen minutes, when it will be perfectly tender, and every grain will remain distinct. Throw it into a *large* cullender, and let it drain for ten minutes near the fire; should it not then appear *quite* dry, turn it into a dish, and set it for a short time into a gentle oven, or let it steam in a clean saucepan near the fire. It should neither be stirred, except just at first, to prevent its lumping while it is still quite hard, nor touched with either fork or spoon; the stewpan may be shaken occasionally, should the rice seem to require it, and it should be thrown lightly from the cullender upon the dish. A couple of minutes before it is done, throw in some salt, and from the time of its beginning to boil, remove the scum as it rises.

Patna rice,  $\frac{1}{2}$  lb.; cold water, 2 quarts: boiled slowly, 15 minutes. Salt, 1 large teaspoonful.

*Obs.*—This, of all the modes of boiling rice, which we have tried, and they have been very numerous, is indisputably the best. The Carolina rice even answers, well dressed, in this way. One or two minutes, more or less, will, sometimes, from the varying quality of the grain, be requisite to render it tender.

#### ANOTHER RECEIPT FOR BOILING RICE; (*not so good as the preceding one.*)

Wash the rice thoroughly in several waters, and soak it for an hour; drain and throw it into a large quantity of fast-boiling water. Leave it uncovered, take off the scum, and add salt when it is nearly done. When it has boiled from fifteen to eighteen minutes, drain it well, heap it lightly in a dish, and place it in a gentle oven to dry.

*Obs.*—Rice is of far better flavour when cooked in so much water only as it will absorb; but it cannot then so easily be rendered dry enough to serve with currie, or with curried soups. One pint of rice, washed and soaked for a few minutes, then wiped very dry, and dropped by degrees into five half pints of water, which should boil quickly, and continue to do so, while the rice is being added, and for a minute afterwards, and then placed over the fire, that it may stew very softly for half an hour, or until it is tender, and as dry as it will become without being burned, will be found very good. The addition of a couple of ounces of fresh butter, when it is nearly done, will convert it into a very palatable dish of itself.

#### AN EXCELLENT GREEN PEAS SOUP.

Take at their fullest size, but before they are of bad colour or worm-eaten, three pints of fine large peas, and boil them as for table (see Chapter XV.) with half a teaspoonful of carbonate of soda in the water, that they may be very green. When they are quite tender, drain them well, and put them into a couple of quarts of boiling, pale, but *good* beef or veal stock, and stew them in it gently for half an hour, then work the whole through a fine hair-sieve; put it into a clean pan and bring it to the point of boiling; add salt, should it be needed, and a small teaspoonful of pounded sugar, clear off the scum entirely, and serve the soup as hot as possible, with small pale sippets of fried bread. An elegant variety of it is made by adding a half pint more of stock to the peas, and about three quarters of a pint of asparagus points, boiled apart, and well drained before they are thrown into it, which should be done only the instant before it is sent to table: the fried bread will not then be needed.

Green peas, 3 pints: boiled 25 to 30 minutes, or more. Veal or beef stock, 2 quarts (with peas:)  $\frac{1}{2}$  an hour. Sugar, one small teaspoonful; salt, if needed.

*Obs.*—When there is no stock at hand, four or five pounds of shin of beef, boiled slowly down with three quarts of water to two, and well seasoned with savoury herbs, young carrots, and onions, will serve instead quite well. A thick slice of lean, undressed ham would improve it.

Should a common English peas soup be wished for, make it somewhat thinner than the one above, and add to it, just before it is dished, from half to three quarters of a pint of young peas boiled tender, and well drained.

#### GREEN PEAS SOUP, WITHOUT MEAT.

Boil tender, in three quarts of water, with the proportions of salt and soda directed for them in Chapter XV., one quart of large, full grown peas; drain and pound them in a mortar, mix with them gradually five pints of the liquor in which they were boiled, put the whole again over the fire, and stew it gently for a quarter of an hour; then press it through a hair-sieve. In the mean time, simmer, in from three to four

ounces of butter,\* three large, or four small cucumbers, pared and sliced, the hearts of three or four lettuces shred small, from one to four onions, according to the taste, cut thin, a few small sprigs of parsley, and, when the flavour is liked, a dozen leaves or more of mint, roughly chopped: keep these stirred over a gentle fire for nearly or quite an hour, and strew over them a half-teaspoonful of salt, and a good seasoning of white pepper or cayenne. When they are partially done, drain them from the butter, put them into the strained stock, and let the whole boil gently until all the butter has been thrown to the surface, and been entirely cleared from it; then throw in from half to three-quarters of a pint of young peas, boiled as for eating, and serve the soup immediately.

When more convenient, the peas, with a portion of the liquor, may be pressed through a sieve, instead of being crushed in a mortar; and when the colour of the soup is not so much a consideration as the flavour, they may be slowly stewed until perfectly tender in four ounces of good butter, instead of being boiled: a few green onions, and some branches of parsley may then be added to them.

Green peas, 1 quart; water, 5 pints; cucumbers, 3 to 6; lettuces, 3 or 4; onions, 1 to 4; little parsley; mint (if liked), 12 to 20 leaves; butter, 3 to 4 ozs.; salt, half-teaspoonful; seasoning of white pepper or cayenne: 50 to 60 minutes. Young peas,  $\frac{1}{2}$  to  $\frac{3}{4}$  of a pint.

*Obs.*—We must repeat that the peas for these soups must not be *old*, as when they are so, their fine sweet flavour is entirely lost, and the dried ones would have almost as good an effect; nor should they be of inferior kinds. Freshly gathered marrowfats, taken at nearly, or quite their full growth, will give the best quality of soup. We are credibly informed, but cannot assert it on our own authority, that it is often made for expensive tables in early spring, with the young tender plants or halms of the peas, when they are about a foot in height. They are cut off close to the ground, like small salad, then boiled and pressed through a strainer, and mixed with the stock. The flavour is affirmed to be excellent.

#### A CHEAP GREEN PEAS SOUP.

Wash very clean, and throw into an equal quantity of boiling water, salted as for peas, three quarts of the shells, and in from twenty to thirty minutes, when they will be quite tender, turn the whole into a large strainer, and press the pods strongly with a wooden spoon. Measure the liquor, put two quarts of it into a clean, deep saucepan, and when it boils add to it a quart of full grown peas, two, or even three large cucumbers, as many moderate-sized lettuces freed from the coarser leaves, and cut small, one large onion (or more if liked,) sliced extremely thin and stewed for half an hour in a morsel of butter before it is added to the soup, or gently fried without being allowed to brown; a branch or two of parsley, and, when the flavour is liked, a dozen leaves of mint. Stew these softly for an hour, with the addition of a small teaspoonful, or a larger quantity if required, of salt, and a good seasoning of fine white pepper, or of cayenne; then press the whole of the vegetables with the soup through a hair-sieve, heat it afresh, and

\* Some persons prefer the vegetables slowly fried to a fine brown, then drained on a sieve, and well dried before the fire; but though more savoury so, they do not improve the colour of the soup.

send it to table with a dish of small fried sippets. The colour will not be so bright as that of the more expensive soups which precede it, but it will be excellent in flavour.

Pea-shells, 3 quarts; water, 3 quarts: 20 to 30 minutes. Liquor from these, 2 quarts; full-sized green peas, 1 quart; large cucumbers, 2 or 3; lettuces, 3; onion, 1 (or more); little parsley; mint, 12 leaves; seasoning of salt and pepper or cayenne: stewed 1 hour.

*Obs.*—The cucumbers should be pared, quartered, and freed from the seeds before they are added to the soup. The peas, as we have said already more than once, should not be *old*, but taken at their full growth, before they lose their colour: the youngest of the shells ought to be selected for the liquor.

#### RICH PEAS SOUP.

Soak a quart of fine yellow split peas for a night, drain them well, and put them into a large soup-pot with five quarts of good brown gravy stock; and when they have boiled gently for half an hour, add to the soup three onions, as many carrots, and a turnip or two, all sliced and fried carefully in butter; stew the whole softly till the peas are reduced to pulp, then add as much salt and cayenne as may be needed to season it well, give it two or three minutes' boil, and pass it through a sieve, pressing the vegetables with it. Put into a clean saucepan as much as may be required for table, add a little fresh stock to it should it be too thick, and reduce it by quick boiling if too thin; throw in the white part of some fresh celery sliced a quarter of an inch thick, and when this is tender send the soup quickly to table with a dish of small fried sippets. A dessertspoonful or more of currie-powder greatly improves pea soup: it should be smoothly mixed with a few spoonfuls of it, and poured to the remainder when this first begins to boil after having been strained.

Split peas, 1 quart: soaked one night. Good brown gravy soup 5 quarts: 30 minutes. Onions and carrots browned in butter, 3 of each; turnips, 2:  $2\frac{1}{2}$  to  $3\frac{1}{2}$  hours. Cayenne and salt as needed. Soup, 5 pints; celery sliced, 1 large or 2 small heads: 20 minutes.

*Obs.*—When more convenient, six pounds of neck of beef well scored and equally, but carefully browned, may be boiled gently with the peas and fried vegetables in a gallon of water (which should be poured to them boiling) for four or five hours.

#### COMMON PEAS SOUP.

Wash well a quart of good split peas, and float off such as remain on the surface of the water; soak them for one night, and boil them with a bit of soda the size of a filbert in just sufficient water to allow them to break to a mash. Put them into from three to four quarts of good beef broth, and stew them in it gently for an hour; then work the whole through a sieve, heat afresh as much as may be required for table, season it with salt and cayenne or common pepper, clear it perfectly from scum, and send it to table with fried or toasted bread. Celery sliced and stewed in it as directed for the rich peas soup, will be found a great improvement to this.

Peas, 1 quart: soaked 1 night; boiled in two quarts or rather more of water, 2 to  $2\frac{1}{2}$  hours. Beef broth, 3 to 4 quarts: 1 hour. Salt and cayenne or pepper as needed: 3 minutes.

## PEAS SOUP WITHOUT MEAT.

To a pint of peas, freed from all that are worm-eaten, and well washed, put five pints of cold water, and boil them tolerably tender; then add a couple of onions (more or less according to the taste), a couple of fine carrots grated, one large or two moderate-sized turnips sliced, all gently fried brown in butter; half a teaspoonful of black pepper, and three times as much of salt. Stew these softly, keeping them often stirred, until the vegetables are sufficiently tender to press through a sieve; then rub the whole through one, put it into a clean pan, and when it boils throw in a sliced head of celery, heighten the seasoning if needful, and in twenty minutes serve the soup as hot as possible, with a dish of fried or toasted bread cut into dice. A little Chili vinegar can be added when liked: a larger proportion of vegetables also may be boiled down with the peas at pleasure. Weak broth, or the liquor in which a joint has been boiled, can, when at hand, be substituted for water, but the soup is very palatable as we have given the receipt for it. Some persons like it flavoured with a little mushroom catsup.

Split peas, 1 pint; water, 5 pints: 2 hours or more. Onions, 2; carrots, 2; large turnip, 1; pepper,  $\frac{1}{2}$  teaspoonful; salt,  $1\frac{1}{2}$  teaspoonful: 1 to  $1\frac{1}{2}$  hour. Celery, 1 head: 20 minutes.

## OX-TAIL SOUP.

An inexpensive and very nutritious soup may be made of ox-tails, but it will be insipid in flavour without the addition of a little ham, knuckle of bacon, or a pound or two of other meat. Wash and soak three tails, pour on them a gallon of cold water, let them be brought gradually to boil, throw in an ounce and a half of salt, and clear off the scum carefully as soon as it forms upon the surface; when it ceases to rise, add four moderate-sized carrots, from two to four onions, according to the taste, a large faggot of savoury herbs, a head of celery, a couple of turnips, six or eight cloves, and a half-teaspoonful of peppercorns. Stew these gently from three hours to three and a half, if the tails be very large; lift them out, strain the liquor, and skim off all the fat; cut the meat from the tails (or serve them, if preferred, divided into joints), and put it into a couple of quarts or rather more of the stock; stir in, when these begin to boil, a thickening of arrow-root or of rice-flour (see page 39), mixed with as much cayenne and salt as may be required to flavour the soup well, and serve it very hot. If stewed down until the flesh falls away from the bones, the ox-tails will make stock which will be quite a firm jelly when cold; and this, strained, thickened, and well flavoured with spices, catsup, or a little wine, would, to many tastes, be a superior soup to the above. A richer one still may be made by pouring good beef broth instead of water to the meat in the first instance.

Ox-tails, 3; water, 1 gallon; salt,  $1\frac{1}{2}$  oz.; carrots, 4; onions, 2 to 4; turnips, 2; celery, 1 head; cloves, 8; peppercorns,  $\frac{1}{2}$  teaspoonful; faggot of savoury herbs: 3 hours to  $3\frac{1}{2}$ . For a richer soup, 5 to 6 hours. (Ham or gammon of bacon at pleasure, with other flavourings.)

*Obs.*—To increase the savour of this soup when the meat is not served in it, the onions, turnips, and carrots may be gently fried until of a fine light brown, before they are added to it.

## A CHEAP AND GOOD STEW SOUP.

Put from four to five pounds of the gristly part of the shin of beef into three quarts of cold water, and stew it very softly indeed, with the addition of the salt and vegetables directed for bouillon (see page 41), until the whole is very tender; lift out the meat, strain the liquor, and put it into a large clean saucepan, add a thickening of rice-flour or arrow-root, pepper and salt if needed, and a tablespoonful of mushroom catsup. In the mean time, cut all the meat into small, thick slices, add it to the soup, and serve it as soon as it is very hot. The thickening and catsup may be omitted, and all the vegetables, pressed through a strainer, may be stirred into the soup instead, before the meat is put back into it.

## SOUP IN HASTE.

Chop tolerably fine a pound of lean beef, mutton, or veal, and when it is partly done, add to it a small carrot and one small turnip, cut in slices, half an ounce of celery, the white part of a moderate-sized leek, or a quarter-ounce of onion. Mince all these together, and put the whole into a deep saucepan with three pints of cold water. When the soup boils, take off the scum, and add a little salt and pepper. In half an hour it will be ready to serve with or without straining: it may be flavoured at will, with cayenne, catsup, or aught else that is preferred. It may be converted into French spring broth, by passing it through a sieve, and boiling it again for five or six minutes with a handful of young and nicely-picked sorrel.

Meat, 1 lb.; carrot, 2 ozs.; turnip,  $1\frac{1}{2}$  oz.; celery,  $\frac{1}{2}$  oz.; onion,  $\frac{1}{4}$  oz.; water, 3 pints: half an hour. Little pepper and salt.

*Obs.*—Three pounds of beef or mutton, with two or three slices of ham, and vegetables in proportion to the above receipt, all chopped fine, and boiled in three quarts of water for an hour and a half, will make an excellent family soup on an emergency; additional boiling will of course improve it, and a little spice should be added after it has been skimmed, and salted. It may easily be converted into carrot, turnip, or ground-rice soup after it is strained.

## VEAL OR MUTTON BROTH.

To each pound of meat add a quart of cold water, bring it gently to boil, skim it very clean, add salt in the same proportion as for bouillon (see page 41), with spices and vegetables also, unless *unflavoured* broth be required, when a few peppercorns, a blade or two of mace, and a bunch of savoury herbs will be sufficient; though for some purposes even these, with the exception of the salt, are better omitted. Simmer the broth for about four hours, unless the quantity be very small, when from two and a half to three will be sufficient. A little rice boiled down with the meat will both thicken the broth and render it more nutritious. Strain it off when done, and let it stand till quite cold, that the fat may be entirely cleared from it: this is especially needful when it is to be served to an invalid.

Veal or mutton, 4 lbs.; water, 4 quarts; salt. For vegetables, &c., see page 39; rice (if used), 4 ozs.: 4 hours or more.

## MILK SOUP WITH VERMICELLI.

Throw into five pints of boiling milk a small quantity of salt, and

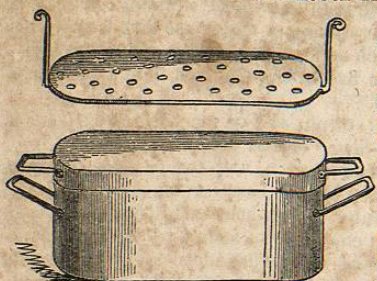
then drop lightly into it five ounces of good fresh vermicelli; keep the milk stirred as this is added, to prevent its gathering into lumps, and continue to stir it very frequently from fifteen to twenty minutes, or until it is perfectly tender. The addition of a little pounded sugar and powdered cinnamon, renders this a very agreeable dish. In Catholic countries, milk soups of various kinds constantly supply the place of those made with meat, on *maigre* days; and with us they are sometimes very acceptable, as giving a change of diet for the nursery or sick room. Rice, semolina, sago, cocoa-nut, and macaroni may all in turn be used for them as directed for other soups in this chapter, but they will be required in rather smaller proportions with the milk.

Milk, 5 pints; vermicelli, 5 ozs.: 15 to 20 minutes.

## CHAPTER II.

### FISH.

#### TO CHOOSE FISH.



Copper Fish or Ham Kettle.

THE cook should be well acquainted with the signs of freshness and good condition in fish, as many of them are most unwholesome articles of food when stale, or out of season.

The eyes should be bright, the gills of a fine clear red, the body stiff, the flesh firm, yet elastic to the touch, and the smell not disagreeable. When all these marks are reversed, and the eyes are sunken, the gills very dark in hue, the fish itself flabby and of offensive odour, it is bad, and should be avoided.

The chloride of soda, will, it is true, restore it to a tolerably eatable state,\* if it be not very much over-kept, but it will never resemble in quality fish that is fresh from the water.



Small Fish Kettle, called a Mackerel Kettle.

A good turbot is thick, and full fleshed, and the under side is of a pale cream colour or yellowish white; when this is of a bluish tint, and the fish is thin and soft, it should be rejected. The same observations apply equally to soles.

The best salmon and cod fish are known by a small head, very thick shoulders, and a small tail; the scales of the former should be bright, and its flesh of a fine red colour: to be eaten in perfection it should be dressed as soon as it is caught, before the curd (or white substance which lies between the flakes of flesh) has melted

\* We have known this applied very successfully to salmon which from some hours keeping in sultry weather had acquired a slight degree of taint, of which no trace remained after it was dressed.

and rendered the fish oily. In that state it is really *crimp*, but continues so only for a very few hours; and it bears therefore a much higher price in the London market then, than when mellowed by having been kept a day or two.

The flesh of cod fish should be white and clear before it is boiled, whiter still after it is boiled, and firm though tender, sweet and mild in flavour, and separated easily into large flakes. Many persons consider it rather improved than otherwise by having a little salt rubbed along the inside of the back-bone and letting it lie from twenty-four to forty-eight hours before it is dressed. It is sometimes served crimp like salmon, and must then be sliced as soon as it is dead, or within the shortest possible time afterwards.

Herrings, mackerel, and whittings, lose their freshness so rapidly, that unless newly caught they are quite uneatable. The herring may, it is said, be deprived of the strong rank smell which it emits when broiled or fried, by stripping off the skin, under which lies the oil that causes the disagreeable odour. The whiting is a peculiarly pure flavoured and delicate fish, and acceptable generally to invalids from being very light of digestion.

Eels should be alive and brisk in movement when they are purchased, but the "horrid barbarity," as it is truly designated, of skinning and dividing them while they are so, is without excuse, as they are easily destroyed "by piercing the spinal marrow close to the back part of the skull with a sharp pointed knife, or skewer. If this be done in the right place all motion will instantly cease." We quote Doctor Kitchener's assertion on this subject; but we know that the mode of destruction which he recommends is commonly practised by the London fishmongers. Boiling water also will immediately cause vitality to cease, and is perhaps the most humane and ready method of destroying the fish.

Lobsters, prawns, and shrimps are very stiff when freshly boiled, and the tails turn strongly inwards; when these relax, and the fish are soft and watery, they are stale; and the smell will detect their being so instantly even if no other symptoms of it be remarked. If bought alive, lobsters should be chosen by their weight and "liveliness." The hen lobster is preferred for sauce and soups, on account of the coral; but the flesh of the male is generally considered of finer flavour for eating. The vivacity of their leaps will show when prawns and shrimps are fresh from the sea.

Oysters should close forcibly on the knife when they are opened: if the shells are apart ever so little they are losing their condition, and when they remain far open the fish are dead, and fit only to be thrown away. Small plump natives are very preferable to the larger and coarser kinds.

#### TO CLEAN FISH.

Let this be done always with the most scrupulous nicety, for nothing can more effectually destroy the appetite, or *disgrace the cook*, than fish sent to table imperfectly cleaned. Handle it lightly, and never throw it roughly about, so as to bruise it; wash it well, but do not leave it longer in the water than is necessary, for fish, like meat, loses its flavour from being soaked. When the scales are to be removed, lay the fish flat upon its side, and hold it firmly with the left hand, while they are scraped off with the right; turn it, and when both sides are done, pour or pump sufficient water over to float off all the loose scales;