

from fifteen to twenty minutes, and turn them when half done; lift them out, and dish them carefully; stir a teaspoonful of made-mustard to the sauce, give it a boil, and pour it over the fish. When more convenient, substitute port wine and a little lemon-juice, for the claret.

Mackerel, 2; flour, 1 teaspoonful; butter, 2 ozs.; seasoning of salt, mace, and cayenne; claret, 3 glassesful; made-mustard, 1 teaspoonful: 15 to 20 minutes.

FILLETS OF MACKEREL STEWED IN WINE; (*excellent.*)

Raise the flesh entire from the bones on either side of the mackerel, and divide it once, if the fish be small, but cut the whole into six parts of equal size should they be large. Mix with flour, and dissolve the butter as in the preceding receipt, and when it has simmered for a minute throw in the spice, a little salt, and the thinly pared rind of half a small fresh lemon; lay in the fillets of fish, shake them over a gentle fire from four to five minutes, and turn them once in the time; then pour to them in small portions a couple of large glassesful of port wine, a tablespoonful of Harvey's sauce, should it be at hand, a teaspoonful of soy, and one of lemon-juice; stew the mackerel very softly until the thinner parts begin to break, lift them out with care, dish and serve them in their sauce as hot as possible. We can recommend the dish to our readers as a very excellent one. A garnish of fried sippets can be placed round the fish at will. A teaspoonful of made-mustard should be stirred to the sauce before it is poured over the fish.

Mackerel, 2; butter, 2 ozs.; flour, 1 teaspoonful; rind of $\frac{1}{2}$ lemon; salt, cayenne, pounded mace: 2 minutes. Fish, 4 to 5 minutes. Port wine, 2 large glassesful; Harvey's sauce, 1 tablespoonful; soy and lemon-juice each, 1 teaspoonful: 4 to 6 minutes. Mustard, 1 teaspoonful.

Obs.—Trout may be dressed by this receipt.

TO BOIL HADDOCKS.

In the best season in October, November, and December.

Scrape the outsides very clean, open the fish, empty them, wash the insides thoroughly, take out the gills, curl the haddocks round, fasten the tails to the mouths, arrange them on a fish-plate, and lay them into warm water salted as for mackerel, with a very small bit of saltpetre to render them firm. Skim the water, and simmer them from seven to ten minutes, according to their size. Send them very hot to table, with a tureen of melted butter, and one of anchovy sauce.

7 to 10 minutes.

BAKED HADDOCKS.

After they have been cleaned, dry them thoroughly, then bake them, as directed in the common receipt for pike, or fill them with oyster-forcemeat, or with No. 1 of Chapter IV., if more convenient, and proceed as for baked mackerel.

20 to 30 minutes; longer if very large.

TO BOIL PLAICE OR FLOUNDERS.

Plaice in season from May to January; flounders in September, October, and November.

After having emptied and well cleaned the fish, make an incision in the back as directed for turbot; lay them into cold spring water; add salt, and saltpetre in the same proportion as for cod fish, and let them

just simmer for four or five minutes after the water first begins to boil, or longer, should their size require it, but guard against their being broken. Serve them with plain melted butter.

4 to 5 minutes: longer if needful.

TO FRY PLAICE OR FLOUNDERS.

Sprinkle them with salt, and let them lie for two or three hours before they are dressed. Wash and clean them thoroughly, wipe them very dry, flour them well, and wipe them again with a clean cloth; dip them into egg, and fine bread-crumbs, and fry them in plenty of lard. If the fish be large, raise the flesh in handsome fillets from the bones, and finish them as directed for fillets of soles.

Obs.—Plaice is said to be rendered less watery by beating it gently with a paste-roller before it is cooked. It is very sweet and pleasant in flavour while it is in the best season, which is from the end of May to about September.

TO ROAST, BAKE, OR BROIL RED MULLET.

In best season through the summer: may be had all the year.

First wash, and then dry the fish thoroughly in a cloth, but neither scale nor open it; wrap it closely in a sheet of thickly-buttered paper, tie this securely at the ends, and over the mullet with packthread, and roast it in a Dutch oven, or broil it over a clear and gentle fire, or bake it in a moderate oven: from twenty to thirty minutes will be sufficient generally to dress it in either way, if it be only of moderate size. For sauce, put into a little good melted butter the liquor which has flowed from fish, a small dessertspoonful of essence of anchovies, some cayenne, a glass of port wine, or claret, and a little lemon-juice. Remove the packthread, and send the mullet to table in the paper case. This is the usual mode of serving it; but it is dished without the paper, for dinners of high taste.

20 to 30 minutes.

TO BOIL GREY MULLET.

This fish varies so much in size and quality, that it is difficult to give exact directions for the time of cooking it. When quite young and small, it may be boiled by the receipt for whittings, haddocks, and other fish of about their size: but at its finest growth it must be laid into cold water, and managed like larger fish. We have ourselves partaken of one which was caught upon our eastern coast, that weighed ten pounds, of which the flesh was quite equal to that of salmon, but its weight was, we believe, an unusual one. Anchovy, or caper fish sauce, with melted butter, may be sent to table with grey mullet.

TO FRY SMELTS AND OTHER SMALL FISH.

In season from beginning of November to May.

Smelts when quite fresh have a perfume resembling that of a cucumber, and a peculiarly delicate and agreeable flavour when dressed. Draw them at the gills, as they must not be opened; wash and dry them thoroughly in a cloth; dip them into beaten egg-yolk, and then into the finest bread-crumbs, mixed with a small quantity of flour; fry them of a clear golden brown, and serve them very crisp and dry, with good melted butter in a tureen. They are sometimes dipped into batter and then fried; when this is done, we would recommend for them the French batter of Chapter IV.

3 to 4 minutes.

[TO BAKE A SHAD.]

Empty and wash the fish with care, but do not open it more than is necessary, and keep on the head and fins. Then stuff it with forcemeat No. 2, of Chapter VI. Sew it up, or fasten it with fine skewers, and rub the fish over with the yolk of egg and a little of the stuffing.

Put into the pan in which the fish is to be baked about a gill of wine, or the same quantity of water mixed with a tablespoonful of cayenne vinegar, or common vinegar will do. Baked in a moderate oven 1½ or 2 hours, according to its size.

TO BROIL SHAD.

This delicate and delicious fish is excellent broiled. Clean, wash, and split the shad, wipe it dry, and sprinkle it with pepper and salt—broil it like mackerel.]

SHAD, TOURAINÉ FASHION; (*Alose à la mode de Touraine.*)

In season in April, May, and early part of June.

Empty and wash the fish with care, but do not open it more than is needful; fill it either with the forcemeat No. 1, or No. 2 of Chapter VI., and its own roe; then sew it up, or fasten it securely with very fine skewers, wrap it in a thickly-buttered paper, and broil it gently for an hour over a charcoal fire. Serve it with caper sauce, or with cayenne vinegar and melted butter.

We are indebted for this receipt to a friend who has been long resident in Touraine, at whose table the fish is constantly served, thus dressed, and is considered excellent. It is likewise often gently stewed in the light white wine of the country, and served covered with a rich bechamel. Many fish more common with us than the shad might be advantageously prepared in the same manner. The charcoal fire is not indispensable: any that is entirely free from smoke will answer. We would suggest as an improvement, that oyster-forcemeat should be substituted for that which we have indicated, until the oyster season ends.

Broiled gently, 1 hour, more or less, according to its size.

STEWED TROUT; (*good common receipt.*)

In season from May to August.

Melt three ounces of butter in a broad stewpan, or well tinned iron saucepan, stir to it a tablespoonful of flour, some mace, cayenne, and nutmeg; lay in the fish after it has been emptied, washed very clean, and wiped perfectly dry; shake it in the pan, that it may not stick, and when lightly browned on both sides, pour in three quarters of a pint of good veal stock, add a small bunch of parsley, one bay leaf, a roll of lemon-peel, and a little salt: stew the fish *very gently* from half to three quarters of an hour, or more, should it be unusually fine. Dish the trout, skim the fat from the gravy, and pass it through a hot strainer over the fish, which should be served immediately. A little acid can be added to the sauce at pleasure, and a glass of wine when it is considered an improvement. This receipt is for one large, or for two middling-sized fish. We can recommend it as a good one, from our own experience.

Butter, 3 ozs.; flour, 1 tablespoonful; seasoning of mace, cayenne, and nutmeg; trout, 1 large, or 2 moderate sized; veal stock, ¾ pint; parsley, *small* faggot; 1 bay-leaf; roll of lemon-rind; little salt: ¾ hour.

Obs.—Trout may be stewed in equal parts of strong veal gravy, and of red or white wine, without having been previously browned; the sauce should then be thickened, and agreeably flavoured with lemon-juice, and the usual store-sauces, before it is poured over the fish. They are also good when wrapped in buttered paper and baked or broiled: if very small, the better mode of cooking them is to fry them whole. They should never be plain boiled, as, though a naturally delicious fish, they are then very insipid.

[TO FRY TROUT.]

Clean and dry them thoroughly in a cloth, fry them plain in hot butter; or beat the white of egg on a plate, dip the trout in the egg and then in very fine bread-crumbs, which have been rubbed through a sieve—biscuit powder is better. Fry them till of a delicate brown; it takes but a few minutes, if the trout be small—serve with crisp parsley and plain melted butter.]

TO BAKE PIKE, OR TROUT; (*common receipt.*)

Pour warm water over the outside of the fish, and wipe it very clean with a coarse cloth drawn from the head downwards, that the scales may not be disturbed; then wash it well in cold water, empty, and clean the inside with the greatest nicety, fill it either with the common forcemeat, No. 1, or with No. 4, of Chapter VI., sew it up, fasten the tail to the mouth, give it a slight dredging of flour, stick small bits of butter thickly over it, and bake it from half to three quarters of an hour, should it be of moderate size, and upwards of an hour, if it be large. Should there not be sufficient sauce with it in the dish, plain melted butter, and a lemon, or anchovy sauce may be sent to table with it. When more convenient, the forcemeat may be omitted, and a little fine salt and cayenne, with some bits of butter, put into the inside of the fish, which will then require rather less baking. A buttered paper should always be laid over it in the oven, should the outside appear likely to become too highly coloured, or too dry, before the fish is done; and it is better to wrap quite small pike in buttered paper at once, before they are sent to the oven.

Moderate-sized pike, 30 to 45 minutes; large pike, 1 to 1½ hour.

TO BOIL PERCH.

First wipe or wash off the slime, then scrape off the scales, which adheres rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel: from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with curled parsley, and serve melted butter with them, or *Maitre d'Hotel sauce maigre*.

Very good French cooks put them at once into boiling water, and keep them over a brisk fire for about fifteen minutes. They dress them also without taking off the scales or fins until they are ready to serve, when they strip the whole of the skin off carefully, and stick the red fins into the middle of the backs; the fish are then covered with the Steward's sauce, thickened with eggs.

In warm water, 8 to 10 minutes, in boiling, 12 to 15.

TO FRY PERCH OR TENCH.

Scale, and clean them perfectly; dry them well, flour and fry them in boiling lard. Serve plenty of fried parsley round them.

TO FRY EELS.

In season all the year, but not so well-conditioned in April and May as in other months.

First kill, then skin, empty, and wash them as clean as possible; cut them into four-inch lengths, and dry them well in a soft cloth. Season them with fine salt, and white pepper, or cayenne, flour them thickly, and fry them a fine brown in boiling lard; drain and dry them as directed for soles, and send them to table with plain melted butter and a lemon, or the sauce-cruets. Eels are sometimes dipped into batter and then fried; or into egg and fine bread-crumbs (mixed with minced parsley or not, at pleasure), and served with plenty of crisped parsley round, and on them.

It is an improvement for these modes of dressing the fish to open them entirely and remove the bones: the smaller parts should be thrown into the pan a minute or two later than the thicker portions of the bodies, or they will not be equally done.

BOILED EELS; (*German receipt.*)

Pare a fine lemon, and strip from it entirely the white inner rind, slice it, and remove the pips with care, put it with a blade of mace, a small half-teaspoonful of white pepper-corns, nearly twice as much of salt, and a moderate-sized bunch of parsley, into three pints of cold water, bring them gently to boil, and simmer them for twenty minutes; let them become quite cold, then put in three pounds of eels skinned, and cleaned with great nicety, and cut into lengths of three or four inches; simmer them very softly from ten to fifteen minutes, lift them with a slice into a very hot dish, and serve them with a good Dutch sauce, or with parsley and butter acidulated with lemon-juice, or with vinegar.

EELS; (*Cornish receipt.*)

Skin, empty, and wash as clean as possible, two or three fine eels, cut them into short lengths, and just cover them with cold water; add sufficient salt and cayenne to season them, and stew them very softly indeed from fifteen to twenty minutes, or longer should they require it. When they are nearly done, strew over them a tablespoonful of minced parsley, thicken the sauce with a teaspoonful of flour mixed with a slice of butter, and add a quarter-pint or more of clotted cream. Give the whole a boil, lift the fish into a hot dish, and stir briskly the juice of half a lemon into the sauce; pour it upon the eels, and serve them immediately. Very sweet thick cream is, we think, preferable to clotted cream for this dish. The sauce should be of a good consistence, and a dessertspoonful of flour will be needed for a large dish of the stew, and from one and a half to two ounces of butter. The size of the fish must determine the precise quantity of liquid and of seasoning which they will require.

By substituting pale veal gravy for water, and thin strips of lemon-rind for the parsley, this may be converted into a white fricassee of eels: a flavouring of mace must then be added to it, and the beaten yolks of two or three eggs, mixed with a couple of spoonsful of cream, must be

stirred into the sauce before the lemon-juice, but it must on no account be allowed to boil afterwards. Rich brown gravy and port wine highly spiced, with acid as above, will give another variety of stewed eels. For this dish the fish are sometimes fried before they are laid into the sauce.

TO BOIL LOBSTERS.

In season from April to October.

Choose them by the directions which we have already given at the commencement of this chapter, and throw them into plenty of *fast-boiling* salt and water, that life may be destroyed in an instant. A moderate-sized lobster will be done in from fifteen to twenty-five minutes: a large one in from half an hour to forty minutes; before they are sent to table, the large claws should be taken off, and the shells cracked across the joints without disfiguring them; the tail should be separated from the body and split quite through the middle; the whole neatly dished upon a napkin, and garnished with curled parsley or not, at choice. A good remoulade, or any other sauce of the kind that may be preferred, should be sent to table with it; or oil and vinegar, when better liked.

To 1 gallon water 5 ozs. salt. Moderate-sized lobster, 15 to 25 minutes. Large lobster, 30 to 40 minutes.

LOBSTER FRICASSEED, OR AU BÉCHAMEL. (ENTRÉE.)

Take the flesh from the claws and tails of two moderate-sized lobsters, cut it into small thick slices or dice; heat it slowly quite through in about three quarters of a pint of good white sauce or béchamel; and serve it when it is at the point of boiling, after having stirred briskly to it a little lemon-juice, just as it is taken from the fire. The coral, pounded and mixed gradually with a few spoonsful of the sauce, should be added previously. Good shin of beef stock, made without vegetables (see page 53), and somewhat reduced by quick boiling, if mixed with an equal proportion of cream, and thickened with arrow-root, will answer extremely well, in a general way, for this dish, which is most excellent, if well made. The sauce should never be thin; nor more than sufficient in quantity to just cover the fish. For a second course dish only as much must be used as will adhere to the fish, which after being heated should be laid evenly into the shells after they have been split quite through the centre of the backs in their entire length, without being broken or divided at the joint, and nicely cleaned. When thus arranged, the lobster may be thickly covered with well-dried, fine, pale, fried crumbs of bread; or with unfried ones, which must then be equally moistened with clarified butter, and browned with a salamander. A small quantity of salt, mace, and cayenne, may be required to finish the flavouring of either of these preparations.

BUTTERED CRAB, OR LOBSTER.

In season during the same time as Lobsters.

Slice quite small, or pull into light flakes with a couple of forks, the flesh of either fish; put it into a saucepan with a few bits of good butter lightly rolled in flour, and heat it slowly over a gentle fire; then pour over and mix thoroughly with it, from one to two teaspoonsful of made-mustard smoothly blended with a tablespoonful or more of common vinegar: add to it a tolerable seasoning of cayenne. Grate in a

little nutmeg, and when the whole is well heated serve it immediately either in the shell of the crab or lobster, or in scollop-shells, and serve it plain, or with bread-crumbs over, as in the preceding receipt. A spoonful or so of good meat jelly is, we think, a great improvement to this dish, for which an ounce and a half of butter will be quite sufficient.

Crabs are boiled like lobsters.

[TO STEW LOBSTERS.]

A middling sized lobster is best: pick all the meat from the shells and mince it fine; season with a little salt, pepper, and grated nutmeg; add three or four spoons of rich gravy and a small bit of butter. If you have no gravy, use more butter, and two spoonsful of vinegar; stew about twenty minutes.

LOBSTER COLD.

It is frequently eaten in this way, with a dressing of vinegar, mustard, sweet oil, and a little salt and cayenne.

The meat of the lobster must be minced very fine.

TO COOK TERRAPINS.

This is a favourite dish for suppers and parties; and, when well cooked, they are certainly very delicious. Many persons in Philadelphia have made themselves famous for cooking this article alone. Mrs. Rubicam, who during her lifetime always stood first in that way, prepared them as follows:—Put the terrapins alive in a pot of boiling water, where they must remain until they are quite dead. You then divest them of their outer skin and toe-nails; and, after washing them in warm water, boil them again until they become quite tender, adding a handful of salt to the water. Having satisfied yourself of their being perfectly tender, take off the shells and clean the terrapins very carefully, removing the sand-bag and gall without breaking them. Then cut the meat and entrails into small pieces, and put into a saucepan, adding the juice which has been given out in cutting them up, but *no water*, and season with salt, cayenne, and black pepper, to your taste; adding a quarter of a pound of good butter to each terrapin, and a handful of flour for thickening. After stirring a short time, add four or five tablespoonsful of cream, and a half pint of good Madeira to every four terrapins, and serve hot in a deep dish. Our own cook has been in the habit of putting in a very little mace, a large tablespoonful of mustard, and *ten drops of the gall*; and, just before serving, adding the yolks of four hard boiled eggs. During the stewing, particular attention must be paid to stirring the preparation frequently; and it must be borne in mind, that terrapins cannot possibly be too hot.—*Sanderson.*]

OYSTERS.

In season from September to April.

The old-fashioned plan of *feeding* oysters with a sprinkling of oat-meal or flour, in addition to the salt and water to which they were committed, has long been rejected by all genuine amateurs of these nutritious and excellent fish, who consider the plumpness which the oysters are supposed to gain from the process but poor compensation for the flavour which they are sure to lose. To cleanse them when they first come up from the beds, and to keep them in good condition for four or

five days, they only require to be covered with cold water, with five ounces of salt to the gallon dissolved in it before it is poured on them: this should be changed with regularity every twenty-four hours. By following this plan with exactness they may be kept alive from a week to ten days, but will remain in perfect condition scarcely more than half that time. Oysters should be eaten always the instant they are opened. They are served often before the soup, in the first course of a dinner, left upon their shells, and arranged usually in as many plates as there are guests at table.

TO STEW OYSTERS.

A pint of small plump oysters will be sufficient for quite a moderate-sized dish, but twice as many will be required for a large one. Let them be very carefully opened, and not mangled in the slightest degree; wash them free from grit in their own *strained* liquor, lay them into a very clean stewpan or well-tinned saucepan, strain the liquor a second time, pour it on them, and heat them slowly in it. When they are just beginning to simmer, lift them out with a slice or a bored wooden spoon, and take off the beards; add to the liquor a quarter-pint of good cream, a seasoning of pounded mace and cayenne, and a little salt, and when it boils, stir in from one to two ounces of good butter, smoothly mixed with a large teaspoonful of flour; continue to stir the sauce until these are perfectly blended with it, then put in the oysters and let them remain by the side of the fire until they are very hot: they require so little cooking, that if kept for four or five minutes nearly simmering, they will be ready for table, and they are quickly hardened by being allowed to boil, or by too much stewing. Serve them garnished with pale fried sippets. Fried bread, see Chapter IV.

Small plump oysters, 1 pint: their own liquor: brought slowly to the point of simmering. Cream, $\frac{1}{4}$ pint; seasoning of pounded mace and cayenne; salt as needed; butter, 1 to 2 ounces; flour, 1 large teaspoonful.

Obs.—A little lemon-juice should be stirred quickly into the stew just as it is taken from the fire. Another mode of preparing this dish is to add the strained liquor of the oysters to about an equal quantity of rich bechamel, with a little additional thickening; then to heat them in it, after having prepared and plumped them properly. Or, the beards of the fish may be stewed for half an hour in a little pale veal gravy, and this, when strained and mixed with the oyster-liquor, may be brought to the consistency of cream with the French thickening of Chapter VI., or, with flour and butter, then seasoned with spice as above: the process should be quite the same in all of these receipts, though the composition of the sauce is varied. Essence of anchovies, or yolks of eggs can be added to the taste.

TO SCALLOP OYSTERS.

Large coarse oysters should never be dressed in this way. Select small plump ones for the purpose, let them be opened carefully, give them a scald in their own liquor, wash them in it free from grit, and beard them neatly. Butter the scallop shells and shake some fine bread-crumbs over them; fill them with alternate layers of oysters, crumbs of bread, and fresh butter cut into small bits; pour in the oyster-liquor, after it has been strained, put a thick, smooth layer of bread-crumbs on

the top, moisten them with clarified butter, place the shells in a Dutch oven before a clear fire, and turn them often till the tops are equally and lightly browned: send them immediately to table.

Some persons like a little white pepper or cayenne, and a flavouring of nutmeg added to the oysters; others prefer pounded mace. French cooks recommend with them a mixture of minced mushrooms stewed in butter till quite tender, and sweet herbs finely chopped. The fish is sometimes laid into the shells after having been bearded only.

SCALLOPED OYSTERS A LA REINE.

Plump and beard the oysters, after having rinsed them well in their own strained liquor; add to this about an equal quantity of very rich white sauce, and thicken it, if needful, with a half-teaspoonful of flour, mixed with a small slice of butter, or with as much arrow-root only; put in the oysters, and keep them at the point of simmering for three or four minutes; lay them into the shells, and cover the tops thickly with crumbs fried a delicate brown and well dried; or heap over them instead, a layer of fine crumbs; pour clarified butter on them, and brown them with a salamander.

OYSTER SAUSAGES.

Beard, rinse well in their strained liquor, and mince, but not finely, three dozens and a half of plump oysters, and mix them with ten ounces of fine bread-crumbs, and ten of beef-suet chopped extremely small; add a saltspoonful of salt, and one of pepper, or less than half the quantity of cayenne, twice as much pounded mace, and the third of a small nutmeg grated; moisten the whole with two unbeaten eggs, or with the yolks only of three, and a dessertspoonful of the whites. When these ingredients have been well worked together, and are perfectly blended, set the mixture in a cool place for two or three hours before it is used; make it into the form of small sausages or sausage-cakes, flour and fry them in butter of a fine light brown; or throw them into boiling water for three minutes, drain, and let them become cold, dip them into egg and bread-crumbs, and broil them gently until they are lightly coloured. A small bit should be cooked and tasted before the whole is put aside, that the seasoning may be heightened if required. The sausages thus made are very good.

Small plump oysters, 3½ dozens; bread-crumbs, 10 ozs.; beef-suet, 10 ozs.; seasoning of salt, cayenne, pounded mace, and nutmeg; unbeaten eggs 2, or yolks of 3.

Obs.—The fingers should be well floured for making up these sausages.

TO FRY OYSTERS.

They should be large for this purpose. Simmer them for a couple of minutes in their own liquor, beard and dry them in a cloth, dredge them lightly with flour, dip them in egg and fine bread-crumbs, and fry them a delicate brown in boiling lard; or make a thick batter with eggs and flour, season it with plenty of mace and white pepper, dip the oysters in and then fry them.

[OYSTERS AU GRATIN.]

Take the best oysters you can find, and dry them on a napkin; you then place them on a silver shell, made expressly for the purpose, or fine, large, deep oyster shells, which should be well cleaned, placing in

them four or six oysters, according to their size; season with salt, pepper, nutmeg, parsley, mushrooms hashed very fine, a small quantity of bread-crumbs, with which the surface of the oysters must be covered, placing on top of all a small piece of the best butter. Then put them in a hot oven, and let them remain until they acquire a golden colour. Serve them hot.

BROILED OYSTERS.

The oysters should be the largest and finest you can get. Prepare your gridiron, which should be a double one made of wire, by rubbing with butter, and having placed your oysters so that they will all receive the heat equally, set them over a brisk fire, and broil both sides without burning them. Let them be served hot, with a small lump of fresh butter, pepper and salt, added to them.]

ANCHOVIES FRIED IN BATTER.

Scrape very clean a dozen or more of fine anchovies, and soak them in plenty of spring water from two to six hours; then wipe them dry, open them, and take out the back-bones, without dividing the fish. Season the insides highly with cayenne, close the anchovies, dip them into the French batter of Chapter VI., or into a light English batter, and fry them a pale amber-colour: in from four to five minutes they will be quite sufficiently done.

CHAPTER III.

GRAVIES.

INTRODUCTORY REMARKS.

GRAVIES are not often required either in great variety, or in abundant quantities, when only a moderate table is kept, and a clever cook will manage to supply, at a trifling cost, all that is generally needed for plain family dinners; while an unskilful or extravagant one will render them sources of unbounded expense.* But however small the proportions in which they are made, their *quality* should be particularly attended to, and they should be well adapted in flavour to the dishes they are to accompany. For some, a high degree of savour is desirable; but for fricassees, and other preparations of delicate white meats, this should be avoided, and a soft, smooth sauce of refined flavour should be used in preference to any of more piquant relish.

Instead of frying the ingredients for brown gravies, which is usually done in common English kitchens, French cooks pour to them at first a



Gravy Kettle.

* We know of an instance of a cook who stewed down two or three pounds of beef to make gravy for a single brace of partridges; and who complained of the *meanness* of her employers (who were by no means affluent) because this was objected to.