

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.

small quantity of liquid, which is reduced by rapid boiling to what is technically called *glaze*; particular directions for which will be found in the next receipt to this, and also at pages 43 and 90. When the glaze has acquired the proper colour, boiling broth should be added in small portions, and well shaken round the stewpan to detach it entirely; the meat may then be stewed gently for three or four hours with a few mushrooms, should they be at hand, a bunch of parsley, and some green onions.

A thick slice or two of an unboiled ham is an almost indispensable addition to rich soup or gravy; and to supply it in the most economical manner, a large, highly cured one, or more, not over fatted, should be kept for the purpose, and cut as required. The bones of undressed meat will supply almost, or quite as good gravy-stock as the meat itself, if well boiled down, particularly those of the loin, or neck of veal: and as the flesh of these may be dressed in many ways advantageously without them, the whole joint may be turned to excellent account by so dividing it.

The necks of poultry, with the feet properly skinned, a few herbs, a morsel or two of ham or of lean bacon, and such slight flavourings beside as the spice-box can supply, with a few drops of good mushroom catsup, will of themselves, if well managed, produce sufficient gravy to serve with the birds from which they are taken; and if not wanted for the purpose, they should always be stewed down, or thrown into the stock-pot, for which the shank-bones of legs of mutton, and all trimmings of meat should likewise be reserved. Excellent broth for the sick or for the needy, may also be made of them at little cost, when they are not required for other uses.

To deepen the colour of gravies, the thick mushroom *pressings* of Chapter V., or a little soy (when its flavour is admissible), or cavice, or Harvey's sauce\* may be added to it; and for some dishes, a glass of claret, or of port wine.

Vermicelli, or rasped cocoa-nut, lightly, and *very* gently browned in a small quantity of butter, will both thicken and enrich them, if about an ounce of either to the pint of gravy be stewed gently in it from half an hour to an hour, and then strained out.

All the ingredients indicated at page 39, for giving consistency to soups, will answer equally for gravies, which should not, however, be too much thickened, particularly with the unwholesome mixture of flour and butter, so commonly used for the purpose. Arrow-root, or rice-flour, or common flour gradually browned in a slow oven, are much better suited to a delicate stomach. No particle of fat should ever be perceptible upon them when they are sent to table; and when it cannot be removed by skimming, they should be allowed to become sufficiently cold for it to congeal, and be taken off at once without trouble. It may be cleared from such as have not been thickened, by passing them through a closely woven cloth, which has previously been laid into, and well wrung from, some cold water.

TO HEIGHTEN THE COLOUR AND THE FLAVOUR OF GRAVIES.

This is best done by the directions given for making Espagnole. An

\* *Harvey's sauce, cavice, and soy* are very little known in America; these flavourings, when named, may be dispensed with, or pepper sauce or tomato sauce substituted instead.

ounce or two of the lean of unboiled ham, cut into dice and coloured slowly in a small stewpan, or smoothly tinned iron saucepan, with less than an ounce of butter, a blade of mace, two or three cloves, a bay-leaf, a few small sprigs of savoury herbs, and an eschalot or two, or about a teaspoonful of minced onion, and a little young parsley root, when it can be had, will convert common shin of beef stock, or even strong broth, into an excellent gravy, if it be gradually added to them after they have stewed slowly for quite half an hour, and then boiled with them for twenty minutes or more. The liquid should not be mixed with the other ingredients until the side of the stewpan is coloured of a reddish brown; and should any thickening be required, a teaspoonful of flour should be stirred in well, and simmered for three or four minutes before the stock is added: the pan should be strongly shaken round afterwards to detach the browning from it, and this must be done often while the ham is stewing.

*Obs.*—The cook who is not acquainted with this mode of preparing or enriching gravies, will do well to make herself acquainted with it; as it presents no difficulties, and is exceedingly convenient and advantageous when they are wanted in small quantities, very highly flavoured and well coloured. An unboiled ham, kept in cut, will be found, as we have already said, a great economy for this, and other purposes, saving much of the expense commonly incurred for gravy-meats. As eschalots, when sparingly used, impart a much finer savour than onions, though they are not commonly so much used in England, we would recommend that a small store of them should always be kept.

SHIN OF BEEF STOCK, (*for Gravies.*)

There is no better foundation for strong gravies than shin of beef stewed down to a jelly (which it easily becomes), with the addition only of some spice, a bunch of savoury herbs, and a moderate proportion of salt; this, if kept in a cool larder, boiled softly for two or three minutes every second or third day, and each time put into a clean, well-scalded pan, will remain good for many days, and may easily be converted into excellent soup or gravy. Let the bone be broken in one or two places, take out the marrow, which, if not wanted for immediate use, should be clarified, and stored for future occasions; put a pint and a half of cold water to the pound of beef, and stew it very gently indeed for six or seven hours, or even longer should the meat not then be quite in fragments. The bones of calf's feet which have been boiled down for jelly, the liquor in which the head has been cooked, and any remains of ham quite freed from the smoky parts, from rust and fat, will be serviceable additions to this stock. A couple of pounds of the neck of beef may be added to six of the shin with very good effect; but for white soup or sauces this is better avoided.

Shin of beef, 6 lbs.; water, 9 pints; salt, 1 oz.; large bunch savoury herbs; peppercorns, 1 teaspoonful; mace, 2 blades.

RICH PALE VEAL GRAVY, OR, CONSOMMÉE.

The French, who have always at hand their stock-pot of good *bouillon* (beef soup or broth), make great use of it in preparing their gravies. It is added instead of water to the fresh meat, and when this, in somewhat large proportions, is boiled down in it, with the addition only of a bunch of parsley, a few green onions, and a moderate seasoning of

salt, a strong and very pure-flavoured pale gravy is produced. When the best joints of fowls, or of partridges have been taken for fricassees or cutlets, the remainder may be stewed with a pound or two of veal into a consommé, which then takes the name of chicken or of game gravy. For a large dinner it is always desirable to have in readiness such stock as can easily and quickly be converted into white and other sauces. To make this, arrange a slice or two of lean ham in a stewpan or saucepan with three pounds of the neck of veal once or twice divided (unless the thick fleshy part of the knuckle can be had), and pour to them three full pints of strong beef or veal broth; or if this cannot conveniently be done, increase the proportion of meat or diminish that of the liquid, substituting water for the broth, throw in some salt after the boiling has commenced, and the gravy has been well skimmed, with one mild onion, a bunch of savoury herbs, a little celery, if in season, a carrot, a blade of mace, and a half-saltspoonful of peppercorns; stew these very gently for four hours; then, should the meat be quite in fragments, strain off the gravy, and let it become sufficiently cold to allow the fat to be entirely cleared from it. A handful of nicely prepared mushroom-buttons will much improve its flavour; and the bones of boiled calf's feet, or the fresh ones of fowls will be found excellent additions to it. A better method of making it, when time and trouble are not regarded, is to heat the meat, which ought then to be free of bones, quite through, with from a quarter to half a pint of broth only, and when on probing it with the point of a knife no blood issues from it, and it has been turned and equally done, to moisten it with the remainder of the broth, which should be boiling.

Lean of ham, 6 to 8 ozs.; neck or knuckle of veal, 3 lbs.; strong broth, 3 pints, (or veal, 4 lbs., and water, 3 pints); salt; bunch of savoury herbs; mild onion, 1; carrot, 1 large or 2 small; celery,  $\frac{1}{2}$  small head; mace, 1 large blade; peppercorns,  $\frac{1}{2}$  saltspoonful: 4 hours or more. Or: ham,  $\frac{1}{2}$  lb.; veal, 4 lbs.; broth, third of a pint: nearly 1 hour. Additional broth, 3 pints:  $3\frac{1}{2}$  to  $4\frac{1}{2}$  hours.

#### RICH DEEP-COLOURED VEAL GRAVY.

Lay into a large thick stewpan or saucepan, from half to three quarters of a pound of undressed ham, freed entirely from fat, and from the smoked edges, and sliced half an inch thick; on this place about four pounds of lean veal, cut from the best part of the knuckle or from the neck (part of the fillet, which in France is often used for it instead, not being generally purchasable here, the butchers seldom dividing the joint); pour to them about half a pint of good broth,\* and place the pan over a brisk fire until it is well reduced, then thrust a knife into the meat, and continue the stewing more gently until a glaze is formed as we have described at page 90. The latter part of the process must be *very slow*; the stewpan must be frequently shaken, and the gravy closely watched that it may not burn; when it is of a fine *deep* amber colour, pour in sufficient boiling broth to cover the meat, add a bunch of parsley, and a few mushrooms and green onions. A blade or two of mace, a few white peppercorns, and a head of celery, would, we think,

\* When there is no provision of this in the house, the quantity required may be made with a small quantity of beef, and the trimmings of the veal, by the directions for Bouillon, page 41.

be very admissible additions to this gravy, but it is extremely good without. Half the quantity can be made, but it will then be rather more troublesome to manage.

Undressed ham, 8 to 12 ozs.; lean veal, 4 lbs.; broth,  $\frac{1}{2}$  pint: 1 to 2 hours. Broth, 3 to 4 pints; bunch of parsley and green onions; mushrooms,  $\frac{1}{4}$  to  $\frac{1}{2}$  pint:  $1\frac{1}{2}$  to 2 hours.

#### GOOD BEEF OR VEAL GRAVY; (*English receipt*.)

Flour and fry lightly in a bit of good butter a couple of pounds of either beef or veal; drain the meat well from the fat, and lay it into a small thick stewpan or iron saucepan; pour to it a quart of boiling water; add, after it has been well skimmed and salted, a large mild onion sliced, very delicately fried, and laid on a sieve to drain, a carrot also sliced, a small bunch of thyme and parsley, a blade of mace and a few peppercorns; stew these gently for three hours or more, pass the gravy through a sieve into a clean pan, and when it is quite cold clear it entirely from fat, heat as much as is wanted for table, and if not sufficiently thick stir into it from half to a whole teaspoonful of arrow-root mixed with a little mushroom catsup.

Beef or veal, 2 lbs.; water, 2 pints; fried onion, 1 large; carrot, 1; small bunch of herbs; salt, 1 small teaspoonful or more; mace, 1 blade; peppercorns, 20: 3 to  $3\frac{1}{2}$  hours.

#### A RICH ENGLISH BROWN GRAVY.

Brown lightly and carefully from four to six ounces of lean ham, thickly sliced and cut into large dice; lift these out, and put them into the pan in which the gravy is to be made; next, fry lightly also, a couple of pounds of neck of beef, dredged moderately with flour, and slightly with pepper; put this when it is done over the ham; and then brown gently, and add to them one *not* large common onion. Pour over these ingredients a quart of boiling water, or of weak but well-flavoured broth, bring the whole slowly to a boil, clear off the scum with great care, throw in a saltspoonful of salt, four cloves, a blade of mace, twenty corns of pepper, a bunch of savoury herbs, a carrot, and a few slices of celery: these last two may be fried or not, as is most convenient. Boil the gravy very softly until it is reduced to little more than a pint; strain, and set it by until the fat can be taken from it. Heat it anew, add more salt if needed, and a little mushroom catsup, cayenne-vinegar, or whatever flavouring it may require for the dish with which it is to be served: it will seldom need any thickening. A dozen small mushrooms prepared as for pickling, may be added to it at first with advantage. Half this quantity of gravy will be sufficient for a single tureen, and the economist can diminish a little the proportion of meat when it is thought too much.

#### GRAVY FOR VENISON.

If possible, let this be made with a little of the neck, or of any odd trimmings of the venison itself. Cut down the meat small, and let it stand over a slow fire until the juices are well drawn out; then to each pound of it add a pint and a quarter of boiling water; throw in a small half-teaspoonful of salt, and eight or ten corns of pepper; skim it thoroughly, and let it boil two hours and a half; then strain it, let it cool,

take off every particle of fat, give it a minute's simmer, and send it very hot to table.

Neck, or other trimmings of venison, 1 lb.; water, 1½ pint; salt, small ½ teaspoonful; peppercorns, 8 or 10: 2½ hours.

SWEET SAUCE, OR GRAVY FOR VENISON.

Add to a quarter pint of common venison gravy a couple of glasses of port wine or claret, and half an ounce of sugar in lumps.

ESPAÑOLE (SPANISH SAUCE); (*a highly flavoured gravy.*)

Dissolve a couple of ounces of good butter in a thick stewpan or saucepan, throw in from four to six sliced eschalots, four ounces of the lean of an undressed ham, three ounces of carrot, cut in small dice, one bay leaf, two or three branches of parsley, and one or two of thyme, but these last must be small; three cloves, a blade of mace, and a dozen corns of pepper; add part of a root of parsley, if it be at hand, and keep the whole stirred or shaken over a moderate fire for twenty minutes, then add by degrees one pint of very strong veal stock or gravy, and stew the whole gently from thirty to forty minutes; strain it, skim off the fat, and it will be ready to serve.

Butter, 2 ozs.; eschalots, 4 to 6; lean of undressed ham, 4 ozs.; carrots, 3 ozs.; bay leaf, 1; little thyme and parsley, in branches; cloves, 3; mace, 1 blade; peppercorns, 12; little parsley root: fried gently, 20 minutes. Strong veal stock, or gravy, 1 pint: stewed very softly, 30 to 40 minutes.

GRAVY IN HASTE.

Chop fine a few bits of lean meat, a small onion, a few slices of carrot and turnip, and a little thyme and parsley; put these with half an ounce of butter into a thick saucepan, and keep them stirred until they are slightly browned; add a little spice, and water in the proportion of a pint to a pound of meat; clear the gravy from scum, let it boil half an hour, then strain it for use.

Meat, 1 lb.; 1 small onion; little carrot, turnip, thyme, and parsley; butter, ½ oz.; cloves, 6; corns of pepper, 12; water, 1 pint: ½ hour.

CHEAP GRAVY FOR A ROAST FOWL.

When there is neither broth nor gravy to be had, nor meat of which either can be made, boil the neck of the fowl after having cut it small, in half a pint of water with any slight seasonings of spice or herbs, or with a little salt and pepper only; it should stew very softly for an hour or more, or the quantity will be too much reduced. When the bird is just ready for table, take the gravy from the dripping-pan, and drain off the fat from it as closely as possible; strain the liquor from the neck to it, mixing them smoothly, pass the gravy again through the strainer, heat it, add salt and pepper or cayenne, if needed, and serve it extremely hot. When this is done, the fowl should be basted with good butter only, and well floured when it is first laid to the fire. Many cooks always mix the gravy from the pan when game is roasted with that which they send to table with it, as they think that this enriches the flavour; but it is not always considered an improvement by the eaters.

Neck of fowl; water, ½ pint; pepper, salt (little vegetable and spice at choice): stewed gently, 1 hour; strained, stirred to the gravy of the roast, well cleared from fat.

ANOTHER CHEAP GRAVY FOR A FOWL.

A little good broth added to half a dozen dice of lean ham, lightly browned in a morsel of butter, with half a dozen corns of pepper and a small branch or two of parsley, and stewed for half an hour, will make excellent gravy of a common kind. When there is no broth, the neck of the chicken must be stewed down to supply its place.

QUITE COMMON BROWN GRAVY.

Cut a sheep's melt into slices half an inch thick, flour them lightly, and either fry them a pale brown, or dissolve a small slice of butter in a thick saucepan, lay them in and shake them over a moderate fire until they have taken sufficient colour; then pour gradually to them between half and three quarters of a pint of boiling water; add a not very full seasoning of salt and pepper, and stew the gravy very gently for upwards of an hour and a half. Strain, and skim off the fat, and it will be ready for table. When it is to accompany ducks or geese, brown a minced onion with the melt, and add a sprig of lemon thyme. This, though a very cheap, is a rich gravy in flavour; but it would be infinitely improved by using for it equal parts of neck of beef (or of beef steak) and sheep's melt; or the bone and the lean only of a thick mutton cutlet. A little catsup, or a very small quantity of spice, will likewise be good additions to it; and a slice or two of a root of celery, and of a carrot, might be boiled down with the meat. A bit or two of lean ham will heighten greatly the flavour of *all* brown gravies.

1 sheep's melt; butter, ½ to 1 oz.; parsley, 1 or 2 small branches: gently browned. Boiling water, ½ to ¾ pint; pepper, salt: 1½ hour, or more. *Slowly* stewed. (Onion, carrot, celery, mushroom catsup, little spice, or bit or two of lean ham at choice.)

*Obs.*—Part of an ox's melt is sometimes used for gravy in common cookery, but it is, we should say, too coarse for the purpose, and the flavour is peculiarly, and we think disagreeably, sweet; but a skilful cook, may perhaps, by artificial means, render it more palatable.

*Obs. 2.*—The best gravies possible, may be made with the bones of all *uncooked* meat except pork.

GRAVY OR SAUCE FOR A GOOSE.

Mince, and brown in a small saucepan, with a slice of butter, two ounces of mild onion. When it begins to brown, stir to it a teaspoonful of flour, and in five or six minutes afterwards, pour in by degrees the third of a pint of good brown gravy; let this simmer fifteen minutes; strain it; bring it again to the point of boiling, and add to it a teaspoonful of made-mustard mixed well with a glass of port wine. Season it with cayenne pepper, and salt, if this last be needed. Do not let the sauce *boil* after the wine is added, but serve it *very* hot.

Onions, 2 ozs.; butter, 1½ oz.: 10 to 15 minutes. Flour, 1 teaspoonful: 5 to 6 minutes. Gravy, ¾ pint: 15 minutes. Mustard, 1 teaspoonful; port wine, 1 glassful; cayenne pepper; salt. See also Christopher North's own sauce.

ORANGE GRAVY, FOR WILD FOWL.

Boil for about ten minutes, in half a pint of rich and highly-flavoured brown gravy, or espagnole, half the rind of an orange, pared as thin as possible, and a small strip of lemon-rind, with a bit of sugar the size of

a hazel-nut. Strain it off; add to it a quarter pint of port or claret, the juice of half a lemon, and a tablespoonful of orange-juice; season it with cayenne, and serve it as hot as possible.

Gravy,  $\frac{1}{2}$  pint;  $\frac{1}{2}$  the rind of an orange; lemon-peel, 1 small strip; sugar, size of hazel-nut: 10 minutes. Juice of  $\frac{1}{2}$  a lemon: orange-juice, 1 tablespoonful; cayenne. See also Christopher North's own sauce.

#### MEAT JELLIES FOR PIES AND SAUCES.

A very firm meat jelly is easily made by stewing slowly down equal parts of shin of beef, and knuckle or neck of veal, with a pint of cold water to each pound of meat; but to give it flavour, some thick slices of lean unboiled ham should be added to it, two or three carrots, some spice, a bunch of parsley, one mild onion, or more, and a moderate quantity of salt; or part of the meat may be omitted, and a calf's-head, or the scalp of one, very advantageously substituted for it, though the flavouring must then be heightened, because, though very gelatinous, these are in themselves exceedingly insipid to the taste. If rapidly boiled, the jelly will not be clear, and it will be difficult to render it so without clarifying it with the whites of eggs, which it ought never to require; if very gently stewed, on the contrary, it will only need to be passed through a fine sieve, or cloth. The fat must be carefully removed, after it is quite cold. The shin of beef recommended for this and other receipts, should be from the middle of the leg of young heifer beef, not of that which is large and coarse.

Middle of small shin of beef, 3 lbs.; knuckle or neck of veal, 3 lbs.; lean of ham,  $\frac{1}{2}$  lb.; water, 3 quarts; carrots, 3 large, or 2 small; bunch of parsley; 1 mild onion, stuck with 8 cloves; 2 small bay-leaves; 1 large blade of mace; small saltspoonful of peppercorns; salt,  $\frac{1}{4}$  oz. (more if needed): 5 to 6 hours' very gentle stewing.

*Obs.*—A finer jelly may be made by using a larger proportion of veal than of beef, and by adding clear beef or veal broth to it instead of water, in a small proportion at first, as directed in the receipt for consommée, see page 85, and by pouring in the remainder when the meat is heated through. The necks of poultry, any inferior joints of them omitted from a fricassee, or other dish, or an old fowl, will further improve it much; an eschalot or two may at choice be boiled down in it, instead of the onion, but the flavour should be scarcely perceptible.

#### A CHEAPER MEAT JELLY.

One calf's foot, a pound and a half or two pounds of neck of veal or beef, a small onion, a carrot, a bunch of parsley, a little spice, a bit or two of quite lean ham, dressed or undressed, and five half pints of water, boiled *very* slowly for five or six hours will give a strong, though not a highly flavoured jelly. More ham, any bones of unboiled meat, poultry, or game will, in this respect, improve it; and the liquor in which fowls or veal have been boiled for table should, when at hand, be used for it instead of water. These jellies keep much better and longer when no vegetables are stewed down in them.

#### GLAZE.

This is merely *strong*, clear gravy or jelly boiled quickly down to the consistency of thin cream; but this reduction must be carefully

managed that the glaze may be brought to the proper point without being burned; it must be attentively watched, and stirred without being quitted for a moment from the time of its beginning to thicken; when it has reached the proper degree of boiling, it will jelly in dropping from the spoon, like preserve, and should then be poured out immediately, or it will burn. When wanted for use, melt it gently by placing the vessel which contains it (see article *Glazing*, Chapter VII.) in a pan of boiling water, and with a paste-brush lay it on to the meat, upon which it will form a sort of clear varnish. In consequence of the very great reduction which it undergoes, salt should be added to it sparingly when it is made. Any kind of stock may be boiled down to glaze; but unless it be strong, a pint will afford but a spoonful or two; a small quantity of it, however, is generally sufficient, unless a large repast is to be served. Two or three layers must be given to each joint. The jellies which precede this will answer for it extremely well; and it may be made also with shin of beef stock, for common occasions, when no other is at hand.

#### ASPIC, OR CLEAR SAVOURY-JELLY.

Boil a couple of calf's feet, with three or four pounds of knuckle of veal, three-quarters of a pound of lean ham, two large onions, three whole carrots, and a large bunch of herbs, in a gallon of water, till it is reduced more than half. Strain it off; when perfectly cold, remove every particle of fat and sediment, and put the jelly into a very clean stewpan, with four whites of eggs well beaten; keep it stirred until it is nearly boiling; then place it by the side of the fire to simmer for a quarter of an hour. Let it settle, and pour it through a jelly-bag until it is quite clear. Add, when it first begins to boil, three blades of mace, a teaspoonful of white peppercorns, and sufficient salt to flavour it properly, allowing for the ham, and the reduction. French cooks flavour this jelly with tarragon vinegar when it is clarified: cold poultry, game, and fish are served in, or garnished with it; when it is to be moulded, with slices of boiled tongue laid in the middle in a chain, or carved fowl, or aught else, it will be well to throw in a pinch of isinglass; and hams are often placed on a thick layer of it *roughed*, and then covered entirely with more for large breakfasts, or cold repasts. It is also used as gravy for meat pies.

Calf's feet, 2; veal, 4 lbs.; ham,  $\frac{3}{4}$  lb.; onions, 2; carrots, 3; herbs, large bunch; mace, 3 blades; white whole pepper, 1 teaspoonful; water, 1 gallon: 5 to 6 hours. Whites of eggs, 4: 15 minutes.