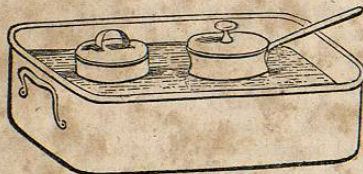


CHAPTER IV.

SAUCES.

INTRODUCTORY REMARKS.



Bain Marie, or Water Bath.

The difference between good and bad cookery can scarcely be more strikingly shown than in the manner in which sauces are prepared and served. If well made, appropriate to the dishes they accompany, and sent to table with them as hot as possible, they not only give a heightened relish to a dinner, but they prove that both skill and taste have been exerted in its arrangements. When coarsely or carelessly prepared, on the contrary, as they too often are, they greatly discredit the cook, and are anything but acceptable to the eaters. Melted butter, the most common of all—the “one sauce” of England and America, which excites the raillery of foreigners—is frequently found to be such an intolerable compound, either oiled or lumpy, or composed principally of flour and water, that it says but little for the state of cookery amongst us. We trust that the receipts in the present chapter are so clearly given, that if strictly followed they will materially assist the learner in preparing tolerably palatable sauces at the least. The cut at the commencement of the chapter exhibits the vessel called a *bain marie*, in which saucepans are placed when it is necessary to keep their contents hot without allowing them to boil: it is extremely useful when dinners are delayed after they are ready to serve.

TO THICKEN SAUCES.

When this is done with the yolks of eggs, they should first be well beaten, and then mixed with a spoonful of cold stock, should it be at hand, and with one or two of the boiling sauce, which should be stirred very quickly to them, and they must in turn be stirred briskly to the sauce, which may be held over the fire, and well shaken for an instant afterwards, but never placed upon it, nor allowed to boil.

To the *roux* or French thickening (which follows,) the gravy or other liquid which is to be mixed with it should be poured boiling, and in small quantities, the saucepan being often well shaken round, and the sauce made to boil up after each portion is added. If this precaution be observed, the butter will never float upon the surface, but the whole will be well and smoothly blended: it will otherwise be difficult to clear the sauce from it perfectly.

For invalids, or persons who object to butter in their soups or sauces, flour only, mixed to a smooth batter and stirred into the boiling liquid, may be substituted for other thickening: arrow-root also, used in the same way, will answer even better than flour.

FRENCH THICKENING; OR, BROWN ROUX.

For ordinary purposes this may be made as it is wanted for use; but

when it is required for various dishes at the same time, or for cookery upon a large scale, it can be prepared at once in sufficient quantity to last for several days, and it will remain good for some time. Dissolve with a very gentle degree of heat, half a pound of good butter, then draw it from the fire, skim it well, give time for it to settle, pour it gently from the sediment into a very clean frying-pan, and place it over a slow but clear fire. Put into a dredging box about seven ounces of fine dry flour; add it gradually to the butter, shake the pan often as it is thrown in, and keep the thickening constantly stirred until it has acquired a clear light brown colour. It should be very slowly and equally done, or its flavour will be unpleasant. Pour it into a jar, and stir a spoonful or two as it is needed into boiling soup or gravy. When the butter is not clarified it will absorb an additional ounce of flour, the whole of which ought to be fine and dry. This thickening may be made in a well-tinned stewpan even better than in a frying-pan, and if simmered over a coal fire it should be placed high above it, and well-guarded from smoke.

WHITE ROUX, OR FRENCH THICKENING.

Proceed exactly as for the preceding receipt, but dredge in the flour as soon as the butter is in full simmer, and be careful not to allow the thickening to take the slightest colour: this is used for white gravies or sauces.

SAUCE TOURNÉE, OR, PALE THICKENED GRAVY.

Sauce tournée is nothing more than rich pale gravy made with veal or poultry (see *consommée*, page 85) and thickened with delicate white roux. The French give it a flavouring of mushrooms and green onions, by boiling some of each in it for about half an hour before the sauce is served; it must then be strained previously to being dished. Either first dissolve an ounce of butter, and then dredge gradually to it three quarters of an ounce of flour, and proceed as for the preceding receipt; or blend the flour and butter perfectly with a knife, before they are thrown into the stewpan, and keep them stirred without ceasing over a clear and gentle fire until they have simmered for some minutes, then place the stewpan high over the fire, and shake it constantly until the roux has lost the raw taste of the flour; next, stir very gradually to it a pint of the gravy, which should be boiling: set it by the side of the stove for a few minutes and skim it thoroughly.

Butter, 1 oz.; flour, $\frac{3}{4}$ oz.; strong, pale gravy, seasoned with mushrooms and green onions, 1 pint.

Obs. 3.—With the addition of three or four yolks of very fresh eggs, mixed with a seasoning of mace, cayenne, and lemon-juice, this becomes *German sauce*, now much used for fricassees, and other dishes; and minced parsley (boiled) and cayenne vinegar, each in sufficient quantity to flavour it agreeably, convert it into a good fish sauce.

BÉCHAMEL.

This is a fine French white sauce, now very much served at good English tables. It may be made in various ways, and more or less expensively; but it should always be thick, smooth, and rich, though delicate in flavour. The most ready mode of preparing it, is to take an equal proportion of very strong, pale veal gravy, and of good cream

(a pint of each, for example), and then by rapid boiling over a very clear fire, to reduce the gravy nearly half; next, to mix with part of the cream a tablespoonful of fine dry flour, to pour it to the remainder, when it boils, and to keep the whole stirred for five minutes or more over a slow fire, for if placed upon a fierce one, it would be liable to burn; then to add the gravy, to stir and mix the sauce perfectly, and to simmer it for a few minutes longer. All the flavour should be given by the gravy, in which French cooks boil a handful of mushrooms, a few green onions, and some branches of parsley before it is reduced: but a good béchamel may be made without them, with a strong consommée. (See pale veal gravy, page 85) well reduced.

Strong pale veal gravy (flavoured with mushrooms or not), 1 pint: reduced half. Rich cream, 1 pint; flour, 1 tablespoonful: 5 minutes. With gravy, 4 or 5 minutes.

Obs.—*Velouté*, which is a rather thinner sauce or gravy, is made by simply well reducing the cream and stock separately, and then mixing them together without any thickening.

COMMON BÉCHAMEL.

Cut half a pound of veal, and a slice of lean ham into small dice, and stew them in butter, with vegetables, as directed in the foregoing receipt: stir in the same proportion of flour, then add the milk, and let the sauce boil very gently for an hour. It should not be allowed to thicken too much before it is strained.

Obs.—Common béchamel, with the addition of a spoonful of made-mustard, is an excellent sauce for boiled mutton.

RICH MELTED BUTTER.

This is more particularly required in general for lobster sauce, when it is to be served with turbot or brill, and for good oyster sauce as well. Salmon is itself so rich, that less butter is needed for it than for sauce which is to accompany a drier fish. Mix to a very smooth batter a dessertspoonful of flour, a half-saltspoonful of salt, and half a pint of cold water; put these into a delicately clean saucepan, with from four to six ounces of well-flavoured butter, cut into small bits, and shake the sauce strongly round, almost without cessation, until the ingredients are perfectly blended, and it is on the point of boiling; let it simmer for two or three minutes, and it will be ready for use. The best French cooks recommend its not being allowed to *boil*, as they say it tastes less of flour if served when it is just at the point of simmering.

Cold water, $\frac{1}{2}$ pint; salt, $\frac{1}{2}$ spoonful; flour, 1 dessertspoonful: 3 to 4 minutes. Butter; 4 to 6 ozs.

MELTED BUTTER; (*a good common receipt.*)

Put into a basin a large teaspoonful of flour, and a little salt, then mix with them very gradually and very smoothly a quarter-pint of cold water; turn these into a small clean saucepan, and shake or stir them constantly over a clear fire until they have boiled a couple of minutes, then add an ounce and a half of butter cut small, keep the sauce stirred until this is entirely dissolved, give the whole a minute's boil, and serve it quickly. The more usual mode is to put the butter in at first with the flour and water; but for inexperienced or unskilful cooks the safer plan is to follow the present receipt.

Water, $\frac{1}{4}$ pint; flour, 1 teaspoonful: 2 minutes. Butter, $1\frac{1}{2}$ oz: 1 minute.

Obs.—To render this a *rich* sauce, increase or even *double* the proportion of butter.

FRENCH MELTED BUTTER.

Pour half a pint of good, but not very thick, boiling melted butter, to the well-beaten yolks of two very fresh eggs, and stir them briskly as it is added; put the sauce again into the saucepan, and shake it high over the fire for an instant, but do not allow it to boil, or it will curdle. Add a little lemon-juice or vinegar, and serve it immediately.

NORFOLK SAUCE, OR, RICH MELTED BUTTER WITHOUT FLOUR.

Put three tablespoonsful of water into a small saucepan, and when it boils add four ounces of fresh butter; as soon as this is quite dissolved, take the saucepan from the fire and shake it round until the sauce looks thick and smooth. It must not be allowed to boil after the butter is added.

Water, 3 tablespoonsful; butter, 4 ozs.

WHITE MELTED BUTTER.

Thicken half a pint of new milk with rather less flour than is directed for the common melted butter, or with a little arrowroot, and stir into it by degrees, after it has boiled, a couple of ounces of fresh butter cut small; do not cease to stir the sauce until this is entirely dissolved, or it may become oiled, and float upon the top. Thin cream, substituted for the milk, and flavoured with a few strips of lemon-rind cut extremely thin, some salt, and a small quantity of pounded mace, if mixed with rather less flour, and the same proportion of butter, will make an excellent sauce to serve with fowls or other dishes, when no gravy is at hand to make white sauce in the usual way.

BURNT BUTTER.

Melt in a frying-pan three ounces of fresh butter, and keep it stirred slowly over a gentle fire until it is of a dark brown colour; then pour to it a couple of tablespoonsful of good *hot* vinegar, and season it with black pepper, and a little salt. In France, this is a favourite sauce with boiled skate, which is served with plenty of crisped parsley, in addition, strewed over it.

Butter, 3 ozs.; vinegar, 2 tablespoonsful; pepper; salt.

CLARIFIED BUTTER.

Put the butter into a very clean and well-tinned saucepan or enamelled stewpan, and melt it gently over a clear fire; when it just begins to simmer, skim it thoroughly, draw it from the fire, and let it stand a few minutes that the butter-milk may sink to the bottom; then pour it clear of the sediment through a muslin strainer or a fine hair-sieve; put it into jars, and store them in a cool place. Butter, thus prepared, will answer for all the ordinary purposes of cookery, and remain good for a great length of time. In France, large quantities are melted down in autumn for winter use. The clarified butter ordered for the various receipts in this volume is merely dissolved with a gentle degree of heat in a small saucepan, skimmed, and poured out for use, leaving the thick sediment behind.

VERY GOOD EGG SAUCE.

Boil four fresh eggs for quite fifteen minutes, then lay them into plenty of fresh water, and let them remain until they are perfectly cold. Break the shells by rolling them on a table, take them off, separate the whites from the yolks, and divide all of the latter into quarter-inch dice; mince two of the whites only, tolerably small, mix them lightly, and stir them into the third of a pint of rich melted butter, or of white sauce: serve the whole as hot as possible.

Eggs, 4: boiled 15 minutes, left till cold. The yolks of all, whites of 2; third of pint of good melted butter or white sauce. Salt as needed.

COMMON EGG SAUCE.

Boil a couple of eggs hard, and when they are quite cold cut the whites and yolks separately; mix them well, put them into a very hot tureen, and pour boiling to them a quarter-pint of melted butter: stir, and serve the sauce immediately.

Whole eggs, 2; melted butter, $\frac{1}{4}$ pint.

EGG SAUCE FOR CALF'S HEAD.

This is a provincial sauce, served sometimes with fish, and with calf's head also. Thicken to the proper consistency with flour and butter some good pale veal gravy, throw into it when it boils from one to two large teaspoonsful of minced parsley, add a slight squeeze of lemon-juice, a little cayenne, and then the eggs.

Veal gravy, $\frac{1}{2}$ pint; flour, $1\frac{1}{2}$ oz.; butter, 2 ozs.; minced parsley, 1 dessertspoonful; lemon-juice, 1 teaspoonful; little cayenne; eggs, 3 to 4.

ENGLISH WHITE SAUCE.

Boil softly in half a pint of well-flavoured pale veal gravy a few very thin strips of fresh lemon-rind, for just sufficient time to give their flavour to it; stir in a thickening of arrow-root, or of flour and butter; add salt if needed, and mix with the gravy a quarter-pint of boiling cream.

Good pale veal gravy, $\frac{1}{2}$ pint; third of rind of 1 lemon: 15 to 20 minutes. Freshly pounded mace, third of saltspoonful; butter, 1 to 2 ozs.; flour, 1 teaspoonful (or arrow-root an equal quantity); cream, $\frac{1}{4}$ pint.

Obs.—For the best kind of white sauce, see *béchamel*.

VERY COMMON WHITE SAUCE.

The neck and the feet of a fowl, nicely cleaned, and stewed down in half a pint of water, until it is reduced to less than a quarter-pint, with a thin strip or two of lemon-rind, a small blade of mace, a small branch or two of parsley, a little salt, and half a dozen corns of pepper, then strained, thickened, and flavoured by the preceding receipt, and mixed with something more than half the quantity of cream, will answer for this sauce extremely well; and if it be added, when made, to the liver of the chicken, previously boiled for six minutes in the gravy, then bruised to a smooth paste, and passed through a sieve, it will become an excellent liver sauce. A little strained lemon-juice is generally added to it when it is ready to serve: it should be stirred very briskly in.

DUTCH SAUCE.

Put into a small saucepan the yolks of three fresh eggs, the juice of a large lemon, three ounces of butter, a little salt and nutmeg, and a

wineglassful of water. Hold the saucepan over a clear fire, and keep the sauce stirred until it *nearly* boils: a little cayenne may be added. The safest way of making all sauces that will curdle by being allowed to boil, is to put them into a jar, and to set the jar over the fire, in a saucepan of boiling water, and then to stir the ingredients constantly until the sauce is thickened sufficiently to serve.

Yolks of eggs, 3; juice, 1 lemon; butter, 3 ozs.; little salt and nutmeg; water, 1 wineglassful; cayenne at pleasure.

Obs.—A small cupful of veal gravy, mixed with plenty of blanched and chopped parsley, may be used instead of water for this sauce, when it is to be served with boiled veal, or with calf's head.

FRICASSEE SAUCE.

Stir briskly, but by degrees, to the well beaten yolks of two large, or of three small fresh eggs, half a pint of common English white sauce; put it again into the saucepan, give it a shake over the fire, but be extremely careful not to allow it to boil, and just before it is served stir in a dessertspoonful of strained lemon-juice. When meat or chickens are fricasseed, they should be lifted from the saucepan with a slice, drained on it from the sauce, and laid into a very hot dish before the eggs are added, and when these are just set, the sauce should be poured on them.

BREAD SAUCE.

Pour quite boiling on half a pint of the finest bread-crumbs, an equal measure of new milk; cover them closely with a plate, and let the sauce remain for twenty or thirty minutes; put it then into a delicately clean saucepan, with a small saltspoonful of salt, half as much pounded mace, a little cayenne, and about an ounce of fresh butter; keep it stirred constantly over a clear fire for a few minutes, then mix with it a couple of spoonful of good cream, give it a boil, and serve it immediately. When cream is not to be had, an additional spoonful or two of milk must be used; and as the sauce ought to be perfectly smooth, it is better to shake the crumbs through a cullender before the milk is poured to them; they should be of stale bread, and very lightly grated. As some will absorb more liquid than others, the cook must increase a little the above proportion, should it be needed. Equal parts of milk and of thin cream make an excellent bread sauce: more butter can be used to enrich it when it is liked.

Bread-crumbs and new milk, each $\frac{1}{2}$ pint (or any other measure); soaked 20 to 30 minutes, or more. Salt, small saltspoonful; mace, half as much; little cayenne; butter, 1 oz.: boiled 4 to 5 minutes. 2 to 4 spoonful of good cream (or milk): 1 minute. Or: bread-crumbs, $\frac{1}{2}$ pint; milk and cream, each $\frac{1}{4}$ pint; and from 2 to 4 spoonful of either in addition.

Obs.—Very pale, strong veal gravy is sometimes poured on the bread-crumbs, instead of milk; and these, after being soaked, are boiled extremely dry, and then brought to the proper consistency with rich cream. The gravy may be highly flavoured with mushrooms when this is done.

BREAD SAUCE WITH ONION.

Put into a very clean saucepan nearly half a pint of fine bread-crumbs, and the white part of a large *mild* onion, cut into quarters;

pour to these three quarters of a pint of new milk, and boil them very gently, keeping them often stirred, until the onion is perfectly tender, which will be in from forty minutes to an hour. Press the whole through a hair-sieve, which should be as clean as possible; reduce the sauce by quick boiling, should it be too thin; add a seasoning of salt and grated nutmeg, an ounce of butter, and four spoonsful of cream, and when it is of the proper thickness, dish, and send it quickly to table.

Bread-crumbs, nearly $\frac{1}{2}$ pint; white part of 1 large mild onion; new milk, $\frac{3}{4}$ pint: 40 to 60 minutes. Seasoning of salt and grated nutmeg; butter, 1 oz.; cream, 4 tablespoonsful: to be boiled till of a proper consistency.

Obs.—This is an excellent sauce for those who like a *subdued* flavour of onion in it; but as many persons object to any, the cook should ascertain whether it be liked before she follows this receipt.

COMMON LOBSTER SAUCE.

Add to half a pint of good melted butter, a tablespoonful of essence of anchovies, a small half-saltspoonful of freshly pounded mace, and less than a quarter one of cayenne. If a couple of spoonsful of cream are at hand, stir them to the sauce when it boils; then put in the flesh of the tail and claws of a small lobster cut into dice (or any other form) of equal size. Keep the saucepan by the side of the fire until the fish is quite heated through, but do not let the sauce boil again: serve it very hot. A small quantity can be made on occasion with the remains of a lobster which has been served at table.

Melted butter, $\frac{1}{2}$ pint; essence of anchovies,* 1 tablespoonful; pounded mace, small $\frac{1}{2}$ saltspoonful; less than $\frac{1}{4}$ one of cayenne; cream (if added), 2 tablespoonsful; flesh of small lobster.

GOOD LOBSTER SAUCE.

Select for this a perfectly fresh hen lobster; split the tail carefully, and take out the inside coral; pound half of it in a mortar very smoothly with less than an ounce of butter, rub it through a hair-sieve, and put it aside. Cut the firm flesh of the fish into dice of not less than half an inch in size; and when these are ready, make as much *good* melted butter as will supply the quantity of sauce required for table, and if to be served with a turbot, or other large fish, to a numerous company, let it be plentifully provided. Season it well with cayenne, mace, and salt; add to it a few spoonsful of rich cream, and then mix a small portion of it very gradually with the pounded coral; when this is sufficiently liquefied, pour it into the sauce, and stir the whole well together; put in immediately the flesh of the fish, and heat the sauce thoroughly by the side of the fire, without allowing it to boil, for if it should do so its fine colour would be destroyed. The whole of the coral may be used for the sauce when no portion of it is required for other purposes.

GOOD OYSTER SAUCE.

At the moment they are wanted for use, open three dozens of fine plump native oysters; save carefully and strain their liquor, rinse them

* Anchovies, from which this essence is made, are small sea-fish, not known in America. The flavouring must therefore be dispensed with.

separately in it, put them into a very clean saucepan, strain the liquor again, and pour it to them; heat them slowly, and keep them from one to two minutes at the simmering point, without allowing them to *boil*, as that will render them hard. Lift them out and beard them neatly; add to the liquor three ounces of butter, smoothly mixed with a large dessertspoonful of flour; stir these without ceasing until they boil, and are perfectly mixed; then add to them gradually a quarter-pint, or rather more, of new milk, or of thin cream (or equal parts of both), and continue the stirring until the sauce boils again; add a little salt, should it be needed, and a small quantity of cayenne in the finest powder; put in the oysters, and keep the saucepan by the side of the fire, until the whole is thoroughly hot, and begins to simmer, then turn the sauce into a well-heated tureen, and send it immediately to table.

Small plump oysters, 3 dozens; butter, 3 ozs; flour, 1 large dessertspoonful; the oyster-liquor; milk or cream, full $\frac{1}{4}$ pint: little salt and cayenne.

COMMON OYSTER SAUCE.

Prepare and plump two dozens of oysters as directed in the receipt above; add their strained liquor to a quarter-pint of *thick* melted butter made with milk, or with half milk and half water; stir the whole until it boils, put in the oysters, and when they are quite heated through, send the sauce to table without delay. Some persons like a little cayenne and essence of anchovies added to it when it is served with fish; others prefer the unmixed flavour of the oysters.

Oysters, 2 dozens; their liquor; melted butter, $\frac{1}{4}$ pint. (Little cayenne and 1 dessertspoonful of essence of anchovies when liked.)

CREAM SAUCE FOR FISH.

Knead very smoothly together with a strong bladed knife, a *large* teaspoonful of flour with three ounces of good butter; stir them in a very clean saucepan or stewpan, over a gentle fire until the butter is dissolved, then throw in a little salt, and some cayenne, give the whole one minute's simmer, and add, very gradually, half a pint of good cream; keep the sauce constantly stirred until it boils, then mix with it a dessertspoonful of essence of anchovies, and half as much vinegar or lemon-juice. The addition of shelled shrimps, or lobster cut in dice, will convert this at once into a most excellent sauce of either. Pounded mace may be added to it with the cayenne; and it may be thinned with a few spoonsful of milk should it be too thick. Omit the essence of anchovies, and mix with it some parsley boiled very green, and minced, and it becomes a good sauce for boiled poultry.

Butter, 3 ozs.; flour, 1 *large* teaspoonful: 2 to 3 minutes. Cream, $\frac{1}{2}$ pint; essence of anchovies, 1 large dessertspoonful (more if liked); vinegar or lemon-juice, 1 teaspoonful; salt, $\frac{1}{4}$ saltspoonful.

SHARP MAITRE D'HOTEL SAUCE; (*English Receipt.*)

For a rich sauce of this kind, mix a dessertspoonful of flour with four ounces of good butter, but with from two to three ounces only for common occasions; knead them together until they resemble a smooth paste, then proceed exactly as for the sauce above, but substitute good pale veal gravy, or strong, pure-flavoured veal broth, or shin of beef stock (which, if well made, has little colour), for the cream; and when these have boiled for two or three minutes, stir in a tablespoonful of

common vinegar, and one of Chili vinegar, with as much cayenne as will flavour the sauce well, and salt, should it be needed; throw in from two to three dessertspoonsful of finely-minced parsley, give the whole a boil, and it will be ready to serve. A tablespoonful of mushroom catsup or of Harvey's sauce may be added with the vinegar, when the colour of the sauce is immaterial. It may be served with boiled calf's head, or with boiled eels with good effect; and, as we have directed in another part of this volume, various kinds of cold meat and fish may be re-warmed for table in it. With a little more flour, and a flavouring of essence of anchovies, it will make, without parsley, an excellent sauce for these last, when they are first dressed.

Butter, 2 to 4 ozs.; flour, one dessertspoonful; pale veal gravy or strong broth, or shin of beef stock, $\frac{1}{2}$ pint; cayenne; salt, if needed; common vinegar, 1 tablespoonful; Chili vinegar, 1 tablespoonful. (Catsup or Harvey's sauce, according to circumstances.)

FRENCH MAÎTRE D'HÔTEL,* OR STEWARD'S SAUCE.

Add to half a pint of rich, pale veal gravy, well thickened with the white *roux* of page 93, a good seasoning of pepper, salt, minced parsley, and lemon-juice; or make the thickening with a small tablespoonful of flour, and a couple of ounces of butter; keep these stirred constantly over a very gentle fire from ten to fifteen minutes, then pour to them the gravy, boiling, in small portions, mixing the whole well as it is added, and letting it boil up between each, for unless this be done, the butter will be likely to float upon the surface. Simmer the sauce for a few minutes, and skim it well, then add salt should it be needed, a tolerable seasoning of pepper or of cayenne, in fine powder, from two to three teaspoonsful of minced parsley, and the strained juice of a small lemon. For some dishes, this sauce is thickened with the yolks of eggs, about four to the pint. The French work into their sauces generally a small bit of fresh butter, just before they are taken from the fire, to give them mellowness: this is done usually for the Maître d'Hotel.

THE LADY'S SAUCE; (for fish.)

Pound to a very smooth paste the inside coral of a lobster with a small slice of butter, and some cayenne; rub it through a hair-sieve, gather it together, and mix it very smoothly with from half to three-quarters of a pint of *sauce tournée*, or of cream fish-sauce, previously well seasoned with cayenne and salt, and moderately with pounded mace; bring it to the *point* of boiling only, stir in quickly, but gradually, a tablespoonful of strained lemon-juice, and serve it very hot. When neither cream nor gravy is at hand, substitute *rich* melted butter, mixed with a dessertspoonful or two of essence of anchovies, and well seasoned. The fine colour of the coral will be destroyed by boiling. This sauce, which the French call *Sauce à l'Aurore*, may be served with brill, boiled soles, grey mullet, and some few other kinds of fish: it is quickly made when the lobster butter of Chapter XIV. is in the house.

Coral of lobster, pounded; cream-sauce, or *sauce tournée* (thickened pale veal gravy), $\frac{1}{2}$ to $\frac{3}{4}$ pint; lemon-juice, 1 tablespoonful; salt, cayenne, and mace, as needed. Or: *rich* melted butter, instead of other sauce; essence of anchovies, 2 dessertspoonsful; other seasoning, as above.

* The Maître d'Hotel is, properly, the *House Steward*.

Obs.—The proportion of spices here must, of course, depend on the flavouring which the gravy or sauce may have already received.

GENEVEVE SAUCE, OR SAUCE GENEVOISE.

Cut into dice three ounces of the lean of a well-flavoured ham, and put them with half a small carrot, four cloves, a blade of mace, two or three very small sprigs of lemon-thyme, and of parsley, and rather more than an ounce of butter into a stewpan, just simmer them from three-quarters of an hour to a whole hour, then stir in a teaspoonful of flour; continue the slow stewing for about five minutes, and pour in by degrees a pint of good boiling veal gravy, and let the sauce again simmer softly for nearly an hour. Strain it off, heat it in a clean saucepan, and when it boils, stir in a wineglassful and a half of good sherry or Madeira, two tablespoonsful of lemon-juice, some cayenne, a little salt if needed, and a small tablespoonful of flour, very smoothly mixed with two ounces of butter. Give the whole a boil after the thickening is added, pour a portion of the sauce over the fish (it is served principally with salmon and trout), and send the remainder very hot to table in a tureen.

Lean of ham, 3 ozs.; $\frac{1}{2}$ small carrot; 4 to 6 cloves; mace, 1 large blade; thyme and parsley, 3 or 4 *small* sprigs of each; butter, 1 to $1\frac{1}{2}$ oz.: 50 to 60 minutes. Veal gravy, 1 pint: $\frac{3}{4}$ to 1 hour. Sherry or Madeira, $1\frac{1}{2}$ glassful; lemon-juice, 2 tablespoonsful; seasoning of cayenne and salt; flour, 1 tablespoonful; butter, 2 ozs.: 1 minute.

Obs.—A teaspoonful or more of essence of anchovies is usually added to the sauce, though it is scarcely required.

SAUCE ROBERT.

Cut into small dice four or five large onions, and brown them in a stewpan with three ounces of butter, and a dessertspoonful of flour. When of a deep yellow brown, pour to them half a pint of beef or of veal gravy, and let them simmer for fifteen minutes; skim the sauce, add a seasoning of salt and pepper, and, at the moment of serving, mix in a dessertspoonful of made-mustard.

Large onions, 4 or 5; butter, 3 ozs.; flour, dessertspoonful: 10 to 15 minutes. Gravy, $\frac{1}{2}$ pint: 15 minutes. Mustard, dessertspoonful.

SAUCE PIQUANTE.

Brown lightly, in an ounce and a half of butter, a tablespoonful of minced eschalots, or three of onions; add a teaspoonful of flour when they are partially done; pour to them half a pint of gravy or of *good* broth, and when it boils, add three chillies, a bay-leaf, and a very small bunch of thyme. Let these simmer for twenty minutes; take out the thyme and bay-leaf, add a high seasoning of black pepper, and half a wineglassful of the best vinegar. A quarter-teaspoonful of cayenne may be substituted for the chillies.

Eschalots, 1 tablespoonful, or three of onions; flour, 1 teaspoonful; butter, $1\frac{1}{2}$ oz.: 10 to 15 minutes. Gravy or broth, $\frac{1}{2}$ pint; chillies 3; bay-leaf; thyme, small bunch: 20 minutes. Pepper, plenty; vinegar, $\frac{1}{2}$ wineglassful.

EXCELLENT HORSE RADISH SAUCE; (to serve hot or cold with roast beef.)

Wash and wipe a stick of *young* horseradish, grate it as small as

possible on a fine grater, then with two ounces (or a couple of large tablespoonsful) of it, mix a small teaspoonful of salt, and four tablespoonsful of good cream; stir in briskly and by degrees, three dessertspoonsful of vinegar. To heat the sauce, put it into a small and delicately clean saucepan, hold it over, but do not place it upon the fire, and stir it without intermission until it is near the point of simmering, but do not allow it to boil, or it will curdle instantly.

Horseradish pulp, 2 ozs. (or, 2 large tablespoonsful); salt, 1 teaspoonful; good cream, 4 tablespoonsful; vinegar, 3 dessertspoonsful.

Obs.—Common English salad-mixture is often added to the grated horseradish when the sauce is to be served cold.

HOT HORSE RADISH SAUCE; (*to serve with boiled or stewed meat, or fish.*)

Mix three ounces of young, tender, grated horseradish with half a pint of good brown gravy, and let it stand by the side of the fire until it is on the point of boiling; add salt if required, a teaspoonful of made-mustard, and a dessertspoonful of garlic or of eschalot vinegar, if at hand; if not, twice as much common vinegar for it.

Some cooks stew the horseradish in vinegar for ten minutes, and after having drained it from this, mix it with nearly half a pint of thick melted butter.

Horseradish, grated, 3 ozs.; brown gravy, $\frac{1}{2}$ pint; made-mustard, 1 teaspoonful; eschalot or garlic vinegar, 1 dessertspoonful (or common vinegar, twice as much).

CHRISTOPHER NORTH'S OWN SAUCE FOR MANY MEATS.

Throw into a small basin a heaped saltspoonful of good cayenne pepper, in very fine powder, and half the quantity of salt; * add a small dessertspoonful of well-refined, pounded and sifted sugar; mix these thoroughly; then pour in a tablespoonful of the strained juice of a fresh lemon, two of Harvey's sauce, a teaspoonful of the very best mushroom catsup (or of cavice), and three tablespoonsful, or a small wineglassful, of port wine. Heat the sauce by placing the basin in a saucepan of boiling water, or turn it into a jar, and place this in the water. Serve it directly it is ready with geese or ducks, tame or wild; roast pork, venison, fawn, a grilled blade-bone, or any other broil. A slight flavour of garlic or eschalot vinegar may be given to it at pleasure. Many persons use it with fish. It is good cold; and, if bottled directly it is made, may be stored for several days. It is the better for being mixed some hours before it is served. *The proportion of cayenne may be doubled when a very pungent sauce is desired.*

Good cayenne pepper in fine powder, 1 heaped saltspoonful; salt, half as much; pounded sugar, 1 small dessertspoonful; strained lemon-juice, 1 tablespoonful; Harvey's sauce, 2 tablespoonsful; best mushroom catsup, 1 teaspoonful; port wine, 3 tablespoonsful, or small wineglassful. (Little eschalot, or garlic-vinegar at pleasure.)

Obs.—This sauce is exceedingly good when mixed with the brown gravy of a hash or stew, or with that which is served with game or other dishes.

POOR MAN'S SAUCE; (*served with Turkey Poults.*)

Mix with four tablespoonsful of minced onions, half a teaspoonful of

* Characteristically, the salt of this sauce ought, perhaps, to prevail more strongly over the sugar, but it will be found for most tastes sufficiently piquant as it is.

salt, nearly as much pepper, two tablespoonsful of water, and three of good sharp vinegar. Boil the sauce for a few minutes, and serve it hot; or send it to table cold, when it is liked so. Vinegar may entirely supply the place of the water in this case, and a spoonful or two of oil may be mixed with it. A small dessertspoonful of minced parsley is likewise sometimes mixed with the onions. Their strong flavour may be in some measure weakened by steeping them for an hour or more in a pint of cold water after they are minced.

SALLAD DRESSING.

For a salad of moderate size pound very smoothly the yolks of two hard-boiled eggs with a small teaspoonful of unmade mustard, half as much sugar in fine powder, and a saltspoonful of salt. Mix gradually with these a small cup of cream, or the same quantity of very pure oil, and two tablespoonsful of vinegar. More salt and acid can be added at pleasure; but the latter usually predominates too much in English salads. A few drops of cayenne vinegar will improve this receipt.

Hard yolks of eggs, 2; unmade mustard, 1 small teaspoonful; sugar, half as much; salt, 1 saltspoonful; cream or oil, small cupful; vinegar, 2 tablespoonsful.

Obs. 1.—To some tastes a teaspoonful or more of eschalot vinegar would be an acceptable addition to this sauce, which may be otherwise varied in numberless ways. Cucumber-vinegar may be substituted for other, and small quantities of soy, cavice, essence of anchovies, or catsup may in turn be used to flavour the compound. The salad-bowl too may be rubbed with a cut clove of garlic, to give the whole composition a very slight flavour of it. The eggs should be boiled for fifteen minutes, and allowed to become quite cold always before they are pounded, or the mixture will not be smooth: if it should curdle, which it will sometimes do, if not carefully made, add to it the yolk of a very fresh unboiled egg.

Obs. 2.—As we have before had occasion to remark, garlic, when very sparingly and judiciously used, imparts a remarkably fine savour to a sauce or gravy, and neither a strong nor a coarse one, as it does when used in larger quantities. The veriest morsel (or, as the French call it, a mere *souppçon*) of the root is sufficient to give this agreeable piquancy, but unless the proportion be extremely small, the effect will be quite different. The Italians dress their salads upon a round of delicately toasted bread, which is rubbed with garlic, saturated with oil, and sprinkled with cayenne, before it is laid into the bowl: they also eat the bread thus prepared, but with less of oil, and untoasted often before their meals, as a digester.

FRENCH SALAD DRESSING.

Stir a saltspoonful of salt and half as much pepper into a large spoonful of oil, and when the salt is dissolved, mix with them four additional spoonfuls of oil, and pour the whole over the salad; let it be well turned, and then add a couple of spoonfuls of vinegar; mix the whole thoroughly and serve it without delay. The salad should not be dressed in this way until the instant before it is wanted for table: the proportions of salt and pepper can be increased at pleasure, and common, or cucumber vinegar may be substituted for the tarragon, which, however is more frequently used in France than any other.

Salt, 1 spoonful; pepper, $\frac{1}{2}$ as much; oil, 5 salad-spoonful; tarragon, or other vinegar, 2 spoonful.

OUR OWN SAUCE FOR SALAD OR COLD MEAT.

Mix with the yolks of two very fresh unboiled eggs a half-saltspoonful of salt, a third as much of cayenne, and a slight grating of nutmeg; then stir very gradually to them three tablespoonsful of oil of the finest quality working the sauce like the Mayonnaise; and when it is perfectly smooth, add three spoonful of good meat-jelly, and two of cucumber-vinegar. The shin of beef stock for gravies, which will be strongly jellied when cold, will answer very well for this sauce when no richer is at hand.

MAYONNAISE; (*a very fine sauce for cold meat, poultry, fish, or salad.*)

Put into a large basin the yolks only of two fine and very fresh eggs, carefully freed from the germs, with a little salt and cayenne; stir these well together, then add about a teaspoonful of the purest salad oil, and work the mixture round with a wooden spoon until it appears like cream. Pour in by slow degrees nearly half a pint of oil, continuing at each interval to work the sauce as at first until it resumes the smoothness of a custard, and not a particle of the oil remains visible; then add a couple of tablespoonsful of plain or of tarragon vinegar, and one of cold water to whiten the sauce. A bit of clear veal jelly the size of an egg will improve it greatly; and a morsel of garlic not larger than a pea, bruised as fine as possible, will give it a very agreeable relish, even to persons to whom garlic generally is distasteful. In lieu of this, a few drops of eschalot vinegar may be stirred in; and the flavour may be varied with lemon-juice, and cucumber, or Chili vinegar at choice. The reader who may have a prejudice against the unboiled eggs which enter into the composition of the Mayonnaise, will find that the most fastidious taste would not detect their being raw, if the sauce be well made; and persons who dislike oil may partake of it in this form, without being aware of its presence, provided always that it be perfectly fresh, and pure in flavour, for otherwise it is easily perceptible.

Yolks of fresh unboiled eggs, 2; salt, $\frac{1}{2}$ saltspoonful or rather more; cayenne; oil, full third of pint; common, or tarragon vinegar, 2 table-spoonful; cold water, 1 table-spoonful; garlic, morsel size of pea (or few drops of eschalot vinegar). Meat jelly (if at hand), size of an egg.

Obs.—When a much larger proportion of vinegar is liked, a third yolk of egg should be used, or the sauce will be too thin. It is sometimes coloured green with the juice of parsley, and other herbs. A spoonful or two of cold béchamel, or of good white sauce, is always an improvement to it.

FENNEL SAUCE.

Strip from the stems, wash very clean, and boil quickly in salt and water until it is quite tender, a handful of young fennel; press the water well from it, mince it very small, and mix it gradually with the quantity of melted butter required for table.

Fennel, small handful: 10 minutes, or until quite tender. Melted butter, $\frac{1}{4}$ to $\frac{1}{2}$ pint; little salt.

Obs.—The French use good pale veal gravy thickened with flour and butter for this sauce.

PARSLEY AND BUTTER.

Proceed exactly as for the fennel, but boil the parsley four or five minutes less; and be careful to press the water from it thoroughly. For an improved sauce, substitute béchamel or white melted butter for the common melted butter.

Melted butter, or thickened veal gravy, third of pint; parsley, boiled and minced, 1 dessertspoonful.

GOOSEBERRY SAUCE FOR MACKEREL.

Cut the stalks and tops from half to a whole pint of quite young gooseberries, wash them well, just cover them with cold water and boil them very gently indeed until they are tender; drain them well, and mix with them a small quantity of melted butter made with rather less flour than usual. Some eaters prefer the mashed gooseberries without any addition; others like that of a little ginger. The best way of making this sauce is to turn the gooseberries into a hair-sieve to drain, then to press them through it with a wooden spoon, and to stir them in a clean stewpan or saucepan over the fire with from half to a whole teaspoonful of sugar, just to soften their extreme acidity, and a bit of fresh butter about the size of a walnut. When the fruit is not passed through the sieve it is an improvement to seed it.

COMMON SORREL SAUCE.

Strip from the stalks and the large fibres, from one to a couple of quarts of freshly-gathered sorrel; wash it very clean, and put it into a well-tinned stewpan or saucepan (or into a German enamelled one, which would be far better), without any water; add to it a small slice of good butter, some pepper and salt, and stew it gently, keeping it well stirred, until it is exceedingly tender, that it may not burn; then drain it on a sieve, or press the liquid well from it; chop it as fine as possible; and boil it again for a few minutes with a spoonful or two of gravy, or the same quantity of cream or milk, mixed with a half-teaspoonful of flour, or with only a fresh slice of good butter. The beaten yolk of an egg or two stirred in just as the sorrel is taken from the fire will soften the sauce greatly, and a saltspoonful of pounded sugar will also be an improvement.

ASPARAGUS SAUCE, FOR LAMB CHOPS.

Cut the green tender points of some young asparagus into half-inch lengths, wash them well, drain and throw them into plenty of boiling salt and water. When they are quite tender, which may be in from ten to fifteen minutes, turn them into a hot strainer and drain the water thoroughly from them; put them, at the instant of serving, into half a pint of thickened veal gravy (see Sauce Tournée), mixed with the yolks of a couple of eggs, and well seasoned with salt and cayenne, or white pepper; or, into an equal quantity of good melted butter: add to this last a squeeze of lemon-juice. The asparagus will become yellow if reboiled, or if left long in the sauce before it is served.

Asparagus points, $\frac{1}{2}$ pint: boiled 10 to 15 minutes, longer if not quite tender. Thickened veal gravy, $\frac{1}{2}$ pint; yolks of eggs, 2. Or: good