

## TO PREPARE BREAD FOR FRYING FISH.

Cut thick slices from the middle of a loaf of light bread, pare the crust entirely from them, and dry them gradually in a cool oven until they are crisp quite through; let them become cold, then roll or beat them into fine crumbs, and keep them in a dry place for use. To strew over hams or cheeks of bacon, the bread should be left all night in the oven, which should be sufficiently heated to brown, as well as to harden it: it ought indeed to be entirely converted into equally-coloured crust. It may be sifted through a dredging-box on to the hams, after it has been reduced almost to powder.

## BROWNED FLOUR FOR THICKENING SOUPS AND GRAVIES.

Spread it on a tin or dish, and colour it without burning, in a gentle oven, or before the fire in a Dutch or American oven: turn it often, or the edges will be too much browned before the middle is enough so. This, blended with butter, makes a convenient thickening for soups or gravies, of which it is desirable to deepen the colour; and it requires less time and attention than the French *roux* of page 92.

## FRIED BREAD-CRUMBS.

Grate lightly into very fine crumbs four ounces of stale bread, and *shake* them through a cullender, without rubbing or touching them with the hands. Dissolve two ounces of fresh butter in a frying-pan, throw in the crumbs, and stir them constantly over a moderate fire, until they are all of a clear gold colour; lift them out with a skimmer, spread them on a soft cloth laid upon a sieve reversed, and dry them before the fire. They may be more delicately prepared by browning them in a gentle oven without the addition of butter.

Bread, 4 ozs.; butter, 2 ozs.

## FRIED BREAD, OR SIPPETS OF BREAD FOR GARNISHING.

Cut the crumb of a stale loaf in slices a quarter-inch thick: form them into diamonds, or half diamonds, or shape them with a paste-cutter in any other way; fry them in fresh butter, some of a very pale brown, and others a deeper colour: dry them well, and place them alternately round the dish that is to be garnished. They may be made to adhere to the edge of the dish, when they are required for *ornament* only, by means of a little flour and white of egg brushed over the side which is placed on it: this must be allowed to dry before they are served.

## THE RAJAH'S SAUCE.

Strain, very clear, the juice of six fine lemons; add to it a *small* teaspoonful of salt, a drachm of good cayenne-pepper, and a slight strip or two of the lemon-rind cut extremely thin. Give the sauce three or four minutes simmering: turn it into a China jug or basin; and when it is quite cold, strain it again, put it into small dry bottles, cork them well, and store them in a cool place which is free from damp. The sauce is good without being boiled, but is apt to ferment after a time: it is, we think, of much finer flavour than Chili vinegar.

Lemon-juice  $\frac{1}{2}$  pint; salt 1 *small* teaspoonful; cayenne 1 drachm; simmered 5 minutes.

## CHAPTER V.

## STORE SAUCES.

## OBSERVATIONS.

A WELL-selected stock of these will always prove a convenient resource for giving colour and flavour to soups, gravies, and made dishes; but unless the consumption be considerable, they should not be over-abundantly provided, as few of them are improved by age, and many are altogether spoiled by long keeping, especially if they be not perfectly secured from the air by sound corking, or if stored where there is the slightest degree of damp. To prevent loss, they should be examined at short intervals, and at the first appearance of mould or fermentation, such as will bear the process should be reboiled, and put, when again quite cold, into clean bottles; a precaution often especially needful for mushroom catsup when it has been made in a wet season. This, with walnut catsup, Harvey's sauce, cavice, lemon-pickle, Chili, cucumber, and eschalot vinegar, will be all that is commonly needed for family use, but there is at the present day an extensive choice of these stores on sale, in London, and should there be a demand for them in America, they could easily be procured.

## MUSHROOM CATSUP.

Cut the ends of the stalks from two gallons of freshly-gathered mushrooms (the large flaps are best for this purpose, but they should not be worm-eaten); break them into a deep earthen pan, and strew amongst them three-quarters of a pound of salt, reserving the larger portion of it for the top. Let them stand for three, or even four days, and stir them gently once every four and twenty hours; then drain off the liquor without pressing the mushrooms; strain and measure it; put it into a very clean stewpan, and boil it quickly until reduced nearly or quite half. For every quart, allow half an ounce of whole black pepper, and a drachm of mace; or, instead of the pepper, a quarter-teaspoonful (ten grains) of *good* cayenne; pour the catsup into a clean jug or jar, lay a folded cloth over it, and keep it in a cool place until the following day; pour it gently from the sediment, put it into small bottles, cork them well, and rosin them down. A teaspoonful of salad-oil may be poured into each bottle before it is corked, the better to exclude the air from the catsup: it must be kept in a dry cool place.

Mushrooms, 2 gallons; salt,  $\frac{3}{4}$  lb.; to macerate three or four days. To each quart of liquor,  $\frac{1}{2}$  oz. black pepper, or quarter-teaspoonful cayenne; and 1 drachm mace: to be reduced half.

*Obs. 1.*—Catsup made thus will not be too salt, nor will the flavour of the mushrooms be overpowered by that of the spices; of which a larger quantity, and a greater variety, can be used at will.

*Obs. 2.*—After the mushrooms have stood for three or four days, as we have directed, the whole may be turned into a large stewpan, brought slowly to a boil, and simmered for a few minutes before the liquor is strained off. We think the catsup keeps rather better when this is done, but we recommend only just sufficient simmering to preserve it

well. When the mushrooms are crushed, or mashed, as some authors direct, the liquor will necessarily be very thick; it is better to proceed as above, and then to boil the *squeezings* of the mushrooms with the sediment of the catsup, and sufficient cloves, pepper, allspice, and ginger, to flavour it highly: this *second* catsup will be found very useful to mix with common thickened sauces, hashes, and stews. In some seasons it is necessary to boil the catsup with the spice a second time after it has been kept for three or four months: this, by way of precaution, can always be done, but it had better then be put into large bottles in the first instance, and stored in the small ones afterwards.

#### DOUBLE MUSHROOM CATSUP.

On a gallon of fresh mushrooms strew three ounces of salt, and pour to them a quart of ready-made catsup (that which is a year old will do if it be perfectly good); keep these stirred occasionally for four days, then drain the liquor very dry from the mushrooms, and boil it for fifteen minutes, with an ounce of whole black pepper, a drachm and a half of mace, an ounce of ginger, and three or four grains only of cayenne.

Mushrooms, 1 gallon; salt, 3 ozs.; mushroom catsup, 1 quart; pepper-corns, 1 oz.; mace, 1½ drachm; ginger, 1 oz.; cayenne, 3 to 4 grains: 15 minutes.

#### COMPOUND, OR COOK'S CATSUP.

Take a pint and a half of mushroom catsup when it is first made, and ready boiled (the double is best for the purpose), simmer in it for five minutes, an ounce of small eschalots or onions, nicely peeled; add to these half a pint of walnut catsup, and a wineglassful of cayenne vinegar,\* or of Chili vinegar; give the whole one boil, pour it out, and when cold, bottle it with the eschalots.

Mushroom catsup, 1½ pint; eschalots or onions, 1 oz.; walnut catsup or pickle, ½ pint; cayenne or Chili vinegar, 1 wineglassful.

#### WALNUT CATSUP.

The vinegar in which walnuts have been pickled, when they have remained in it a year, will generally answer all the purposes for which this catsup is required, particularly if it be drained from them and boiled for a few minutes, with a little additional spice, and a few eschalots; but where the vinegar is objected to, it may be made by boiling either the expressed juice of young walnuts for an hour, with six ounces of fine anchovies, four ounces of eschalots, half an ounce of black pepper, a quarter ounce of cloves, and a drachm of mace, to every quart; or as follows:—

Pound in a mortar a hundred young walnuts, strewing amongst them as they are done half a pound of salt; then pour to them a quart of strong vinegar, and let them stand until they have become quite black, keeping them stirred three or four times a day; next add a quart of strong old beer, and boil the whole together for ten minutes; strain it, and let it remain until the next day; then pour it off clear from the sediment, add to it one large head of garlic bruised, half an ounce of nutmegs bruised, the same quantity of cloves and black pepper, and two drachms of mace: boil these together for half an hour, and the following

\* We have always had the cayenne-vinegar used in this receipt, but the Chili would, without doubt, answer as well, or better.

day bottle and cork the catsup well. It will keep for a dozen years. Many persons add to it, before it is boiled, a bottle of port wine; and others recommend a large bunch of sweet herbs to be put in with the spice.

1st Recipe. Expressed juice of walnuts, 1 quart; eschalots, 4 ozs.; black pepper, ½ oz.; cloves, ¼ oz.; mace, 1 drachm: 1 hour.

2d. Walnuts, 100; salt, ½ lb.; vinegar, 1 quart: to stand till black. Strong beer, 1 quart; anchovies, ½ lb.; 1 head garlic; nutmegs, ½ oz.; cloves, ½ oz.; black pepper, ½ oz.; mace, 2 drachms: ½ hour.

#### ANOTHER GOOD RECEIPT FOR WALNUT CATSUP.

Beat a hundred green walnuts in a large marble mortar until they are thoroughly bruised and broken, and then put them into a stone jar, with half a pound of eschalots, cut in slices, one head of garlic, half a pound of salt, and two quarts of vinegar; let them stand for ten days, and stir them night and morning. Strain off the liquor, and boil it for half an hour with the addition of two ounces of anchovies, two of whole pepper, half an ounce of cloves, and two drachms of mace; skim it well, strain it off, and when it is quite cold pour it gently from the sediment (which may be reserved for flavouring common sauces) into small dry bottles; secure it from the air by sound corking, and store it in a dry place.

Walnuts, 100; eschalots, ½ lb.; garlic, 1 head; salt, ½ lb.; vinegar, 2 quarts: 10 days. Anchovies, 2 ozs.; black pepper, 2 ozs.; mace, ¼ oz.; cloves, ½ oz.: ½ hour.

#### LEMON PICKLE OR CATSUP.

Either divide six small lemons into quarters, remove all the pips that are in sight, and strew three ounces of salt upon them, and keep them turned in it for a week, or, merely make deep incisions in them, and proceed as directed for pickled lemons. When they have stood in a warm place for eight days, put into a stone jar two ounces and a half of finely scraped horseradish, and two ounces of eschalots, or one and a half of garlic; to these add the lemons with all their liquor, and pour on them a pint and a half of boiling vinegar in which half an ounce of bruised ginger, a quarter ounce of whole white pepper, and two blades of mace have been simmered for two or three minutes. The pickle will be fit for use in two or three months, but may stand four or five before it is strained off.

Small lemons, 6; salt, 3 ozs.: 8 days. Horseradish, 2½ ozs.; eschalots, 2 ozs., or garlic 1½ oz.; vinegar, 1½ pint; ginger, ½ oz.; whole white pepper, ¼ oz.; mace, 2 blades: 3 to 6 months.

#### PONTAC CATSUP FOR FISH.

On one pint of ripe elderberries stripped from the stalks, pour three-quarters of a pint of boiling vinegar, and let it stand in a cool oven all night; the next day strain off the liquid without pressure, and boil it for five minutes with a half-teaspoonful salt, a small race of ginger, a blade of mace, forty corns of pepper, twelve cloves, and four eschalots. Bottle it with the spice when it is quite cold.

#### BOTTLED TOMATAS, OR TOMATA CATSUP.

Cut half a peck of ripe tomatas into quarters; lay them on dishes,

and sprinkle over them half a pound of salt. The next day drain the juice from them through a hair-sieve into a stewpan, and boil it half an hour with three dozens of small capsicums, and half a pound of eschalots; then add the tomatas, which should be ready pulped through a strainer. Boil the whole for thirty minutes longer; have some clean bottles, kept warm by the fire, fill them with the catsup while it is quite hot; cork, and rosin them down directly.

Tomatas,  $\frac{1}{2}$  peck; salt,  $\frac{1}{2}$  lb.; capsicums, 3 doz.; eschalots,  $\frac{1}{2}$  lb.:  $\frac{1}{2}$  hour. After pulp is added,  $\frac{1}{2}$  hour.

*Obs.*—This receipt has been kindly contributed by a person who makes by it every year large quantities of the catsup, which is considered excellent: for sauce, it must be mixed with gravy or melted butter. We have not ourselves been able to make trial of it.

#### EPICUREAN SAUCE.

Mix well, by shaking them in a bottle a quarter pint of Indian soy, half a pint of Chili vinegar, half a pint of walnut catsup, and a pint and a half of the best mushroom catsup. These proportions make an excellent sauce, either to mix with melted butter, and to serve with fish, or to add to different kinds of gravy; but they can be varied, or added to, at pleasure.

Indian soy,  $\frac{1}{4}$  pint; Chili vinegar,  $\frac{1}{2}$  pint; walnut catsup,  $\frac{1}{2}$  pint; mushroom catsup,  $1\frac{1}{2}$  pint.

*Obs.*—A pint of port wine, a few eschalots, and some thin strips of lemon-rind will convert this into an admirable store-sauce. Less soy would adapt it better to many tastes.

#### TARRAGON VINEGAR.

Gather the tarragon just before it blossoms, which will be late in July, or early in August; strip it from the larger stalks, and put it into small stone jars or wide-necked bottles, and in doing this twist some of the branches so as to bruise the leaves and wring them asunder; then pour in sufficient distilled or very pale vinegar to cover the tarragon; let it infuse for two months, or more: it will take no harm even by standing all the winter. When it is poured off, strain it very clear, put it into small dry bottles, and cork them well. Sweet basil vinegar is made in exactly the same way, but it should not be left on the leaves more than three weeks. The jars or bottles should be filled to the neck with the tarragon before the vinegar is added: its flavour is strong and peculiar, but to many tastes very agreeable. It imparts quite a foreign character to the dishes for which it is used.

#### GREEN MINT VINEGAR.

Pick and slightly chop, or bruise, freshly-gathered mint, and put it into bottles; fill them nearly to the necks, and add vinegar as for tarragon: in forty days, strain it off, and bottle it for use.

The mint itself, ready minced for sauce, will keep well in vinegar, though the colour will not be very good.

#### CUCUMBER VINEGAR.

First wipe, and then, without paring, slice into a jar some young and quickly-grown cucumbers; pour on them as much boiling vinegar as will cover them well, with a teaspoonful of salt and two-thirds as much

of peppercorns to the pint and a half of vinegar: it may remain on them for a month, or even for two, if well defended from the air. A mild onion can be intermixed with the cucumbers, when its flavour is considered an improvement.

#### CELERY VINEGAR.

Put into a wide-necked bottle or pickle-jar eight ounces of the white part of the root and stalks of fine fresh celery cut into slices, and pour on it a pint of boiling vinegar; when a little cool, cork it down, and in three weeks it will be ready to strain, and to bottle for keeping. Half an ounce of bruised celery-seed will answer the same purpose, when the root cannot be obtained. This is an agreeable addition to a salad, when its flavour is much liked: a half-teaspoonful of salt should be boiled in it.

#### ESCHALOT, OR GARLIC VINEGAR.

On from four to six ounces of eschalots, or on two of garlic, peeled and bruised, pour a quart of the best vinegar; stop the jar or bottle close, and in a fortnight or three weeks the vinegar may be strained off for use: a few drops will give a sufficient flavour to a sauce, or to a tureen of gravy.

Eschalots, 4 to 6 ozs.; or, garlic, 2 to 4 ozs.; vinegar, 1 quart: 15 to 21 days.

*Obs.*—These roots may be used in smaller or in larger proportion, as a slighter or a stronger flavour of them is desired, and may remain longer in the vinegar without any detriment to it.

#### ESCHALOT WINE.

This is a far more useful preparation even than the preceding one, since it can be used to impart the flavour of the eschalot to dishes for which acid is not required. Peel and slice, or bruise, four ounces of eschalots, put them into a bottle, and add to them a pint of sherry; in a fortnight pour off the wine, and should it not be strongly flavoured with the eschalots, steep in it two ounces more, for another fortnight; a half-teaspoonful of cayenne may be added at first. The bottle should be shaken occasionally, while the eschalots are infusing, but should remain undisturbed for the last two or three days, that the wine may be clear when it is poured off to bottle for keeping. Sweet-basil wine is made by steeping the fresh leaves of the herb in wine, from ten to fifteen days. Eschalots, 4 ozs.; sherry 1 pint: 15 days, or more.

#### HORSERADISH VINEGAR.

On four ounces of young and freshly-scraped horseradish pour a quart of boiling vinegar, and cover it down closely: it will be ready for use in three or four days, but may remain for weeks, or months, before the vinegar is poured off. An ounce of minced eschalot may be substituted for one of the horseradish, if the flavour be liked.

#### CAYENNE VINEGAR.

Put from a quarter to half an ounce of the best cayenne pepper into a bottle, and pour on it a pint of pale vinegar. Cork it closely, and shake it well every two or three days. It may remain any length of time before it is poured off, but will very soon be ready for use. From being so extremely pungent, it is, for some purposes, preferable to Chili

vinegar, as the cayenne seasoning can be given with less of acid. It may be made of any degree of strength. We warn the young house-keeper against using *essence of cayenne* (or cayenne steeped in brandy) for flavouring any dishes, as the brandy is very perceptible always, and gives an exceedingly coarse taste.

Good cayenne pepper,  $\frac{1}{4}$  to  $\frac{1}{2}$  oz.; vinegar, 1 pint: infuse from 2 weeks to 12 months.

LEMON BRANDY; (*for flavouring sweet dishes.*)

Fill any sized wide-necked bottle lightly with the very thin rinds of fresh lemons, and cover them with good brandy; let them remain three weeks, then strain off the spirit and keep it well corked for use: a few apricot-kernels blanched and infused with the lemon-rind will give an agreeable flavour.

ANOTHER STORE-FLAVOURING FOR PUDDINGS OR CAKES.

Rasp on from two to four ounces of sugar the rinds of a couple of fine lemons, reduce the lumps to powder, and add it gradually to, and pound it with, an ounce of bitter almonds, blanched and wiped very dry. When these have been beaten to a fine paste, and the whole is well blended, press the mixture into a small pan, tie a paper over, and keep it for use. The proportions can be varied at pleasure, and the quantities increased: from a teaspoonful to three times as much can be mixed with the ingredients for a pudding. Cakes require more in proportion to their size.

Rinds large lemons, 2; sugar, 2 to 4 ozs.; bitter almonds, 1 oz.

DRIED MUSHROOMS.

Peel small, sound, freshly-gathered flaps, cut off the stems, and scrape out the fur entirely; then arrange the mushrooms singly on tins or dishes, and dry them as gradually as possible in a gentle oven. Put them, when they are done, into tin canisters, and store them where they will be secure from damp. French cooks give them a single boil in water, from which they then are well drained, and dried, as usual. When wanted for table, they should be put into cold gravy, slowly heated, and gently simmered, until they are tender.

MUSHROOM POWDER.

When the mushrooms have been prepared with great nicety, and dried, as in the foregoing receipt, pound them to a very fine powder; sift it, and put it immediately into small and perfectly dry bottles; cork and seal them without delay, for if the powder be long exposed to the air, so as to imbibe any humidity, or if it be not well secured from it in the bottles, it will be likely to become putrid: much of that which is purchased, even at the best Italian warehouses, is found to be so, and, as it is sold at a very high price, it is a great economy, as well as a surer plan, to have it carefully prepared at home. It is an exceedingly useful store, and an elegant addition to many dishes and sauces. To insure its being good, the mushrooms should be gathered in dry weather, and if any addition of spices be made to the powder (some persons mix with it a seasoning of mace and cayenne), they should be put into the oven for awhile before they are used: but even these precautions will not be sufficient, unless the powder be stored in a very dry place

after it is bottled. A teaspoonful of it, with a quarter-pint of strong veal gravy, as much cream, and a small dessertspoonful of flour, will make an excellent béchamel or white sauce.

POTATO FLOUR; (*Fecule de Pommes de terre.*)

Grate into a large vessel full of cold water, six pounds of sound mealy potatoes, and stir them well together. In six hours pour off the water, and add fresh, stirring the mixture well; repeat this process every three or four hours during the day, change the water at night, and the next morning pour it off; put two or three quarts more to the potatoes, and turn them directly into a hair-sieve, set over a pan to receive the flour, which may then be washed through the sieve, by pouring water to it. Let it settle in the pan, drain off the water, spread the potato-sediment on dishes, dry it in a slow oven, sift it, and put it into bottles or jars, and cork or cover them closely. The flour thus made will be beautifully white, and perfectly tasteless. It will remain good for years.

TO MAKE FLOUR OF RICE.

Take any quantity of whole rice, wash it thoroughly, changing the water several times; drain and press it in a cloth, then spread it on a dish, and dry it perfectly; beat it in a mortar to a smooth powder, and sift it through a fine sieve. When used to thicken soup or sauces, mix it with a small quantity of cold water or of broth, and pour it to them while they are boiling.

This flour, when newly made, is of much purer flavour than any usually prepared for sale.

POWDER OF SAVOURY HERBS.

All herbs which are to be dried for storing should be gathered in fine weather; cleared from dirt and decayed leaves; and dried quickly, but without scorching, in a Dutch oven before the fire, or in any other that is not too much heated. The leaves should then be stripped from the stalks, pounded, sifted, and closely corked in separate bottles; or several kinds may be mixed and pounded together for the convenience of seasoning in an instant gravies, soups, forcemeats, and made dishes: appropriate spices, celery-seed, and dried lemon-peel, all in fine powder, can be added to the herbs.

THE DOCTOR'S ZEST.

Pound to the finest powder, separately, eight ounces of basket salt, a quarter-ounce of cayenne, a drachm of mace, and of nutmeg; of cloves and pimento, a drachm and a half each; then add the other ingredients, one by one, to the salt, and pound them together until they are perfectly well blended. Put the zest into wide-mouthed phials, and cork them tightly. Half an ounce of mushroom-powder, and a drachm of dried lemon-peel, will greatly improve this mixture.