

CHAPTER VI.

FORCEMEATS.

GENERAL REMARKS.

THE coarse and unpalatable compounds so constantly met with under the denomination of forcemeat, even at tables otherwise tolerably well served, show with how little attention they are commonly prepared.

Many very indifferent cooks pique themselves on never doing any thing by rule, and the consequence of their throwing together at random (or "by guess" as they call it) the ingredients which ought to be proportioned with exceeding delicacy and exactness is, repeated failure in all they attempt to do. Long experience and a very correct eye may, it is true, enable a person to dispense occasionally with weights and measures, without hazarding the success of their operations; but it is an experiment which the learner will do better to avoid.

A large marble or Wedgwood mortar is indispensable in making all the finer kinds of forcemeat; and equally so indeed for many other purposes in cookery; no kitchen, therefore, should be without one; and for whatever preparation it may be used, the pounding should be continued with patience and perseverance until not a single lump nor fibre be perceptible in the mass of the articles beaten together. This particularly applies to potted meats, which should resemble the smoothest paste: as well as to several varieties of forcemeat. Of these last it should be observed, that such as are made by the French method (see *quenelles*) are the most appropriate for an elegant dinner, either to serve in soups or to fill boned poultry of any kind; but when their exceeding lightness, which to foreigners constitutes one of their greatest excellencies, is objected to, it may be remedied by substituting dry crumbs of bread for the panada, and pounding a small quantity of the lean of a boiled ham, with the other ingredients: however, this should be done only for the balls.

No particular herb or spice should be allowed to predominate powerfully in these compositions; but the whole of the seasonings should be taken in such quantity only as will produce an agreeable savour when they are blended together.

NO. 1. GOOD COMMON FORCEMEAT, FOR ROAST VEAL, TURKEYS, &c.

Grate very lightly into exceedingly fine crumbs, four ounces of the inside of a stale loaf, and mix thoroughly with it, a quarter of an ounce of lemon-rind pared as thin as possible, and minced extremely small; the same quantity of savoury herbs, of which two-thirds should be parsley, and one-third thyme, likewise finely minced, a little grated nutmeg, a half-teaspoonful of salt, and as much common pepper or cayenne as will season the forcemeat sufficiently. Break into these, two ounces of good butter in very small bits, add the unbeaten yolk of one egg, and with the fingers work the whole well together until it is smoothly mixed. It is usual to chop the lemon-rind, but we prefer it lightly grated on a fine grater. It should always be *fresh* for the purpose, or it will be likely to impart a very unpleasant flavour to the forcemeat.

Half the rind of a moderate-sized lemon will be sufficient for this quantity; which for a large turkey must be increased one-half.

Bread-crumbs, 4 ozs.; lemon-rind, $\frac{1}{4}$ oz. (or grated rind of $\frac{1}{2}$ lemon); mixed savoury herbs, minced, $\frac{1}{4}$ oz.; salt, $\frac{1}{2}$ teaspoonful; pepper $\frac{1}{4}$ to $\frac{1}{2}$ of teaspoonful; butter, 2 ozs.; yolk, 1 egg.

Obs.—This, to our taste, is a much nicer and more delicate forcemeat than that which is made with chopped suet, and we would recommend it for trial in preference. Any variety of herb or spice may be used to give it flavour, and a little minced onion or eschalot can be added to it also; but these last do not appear to us suited to the meats for which the forcemeat is more particularly intended. Half an ounce of the butter may be omitted on ordinary occasions: and a portion of marjoram or of sweet basil may take the place of part of the thyme and parsley when preferred to them.

NO. 2. ANOTHER GOOD COMMON FORCEMEAT.

Add to four ounces of bread-crumbs two of the lean of a boiled ham, quite free from sinew, and *very* finely minced; two of good butter, a dessertspoonful of herbs, chopped small, some lemon-grate, nutmeg, a little salt, a good seasoning of pepper or cayenne, and one whole egg, or the yolks of two. This may be fried in balls of moderate size, for five minutes, to serve with roast veal, or it may be put into the joint in the usual way.

Bread-crumbs, 4 ozs.; lean of ham, 2 ozs.; butter, 2 ozs.; minced herbs, 1 dessertspoonful; lemon-grate, 1 teaspoonful; nutmeg, mace, and cayenne, together, 1 small teaspoonful; little salt; 1 whole egg, or yolks of 2.

NO. 3. SUPERIOR SUET FORCEMEAT, FOR VEAL, TURKEYS, &c.

Mix well together six ounces of fine stale crumbs, with an equal weight of beef-kidney suet, chopped extremely small, a large dessertspoonful of parsley, mixed with a little lemon-thyme, a teaspoonful of salt, a quarter one of cayenne, and a saltspoonful or rather more of mace and nutmeg together; work these up with three unbeaten egg-yolks, and three teaspoonsful of milk; then put the forcemeat into a large mortar, and pound it perfectly smooth. Take it out, and let it remain in a cool place for half an hour at least before it is used: then roll it into balls, if it be wanted to serve in that form; flour and fry them gently from seven to eight minutes, and dry them well before they are dished.

Beef-suet finely minced, 6 ozs.; bread-crumbs, 6 ozs.; parsley, mixed with little thyme, 1 large dessertspoonful; salt, 1 teaspoonful; mace, large saltspoonful, and one-fourth as much cayenne; unbeaten egg-yolks, 3; milk, 3 teaspoonsful: well pounded. Fried in balls, 7 to 8 minutes, or poached, 6 to 7.

Obs.—The finely grated rind of half a lemon can be added to this forcemeat at pleasure; and for some purposes a *morsel* of garlic, or three or four minced eschalots, may be mixed with it before it is put into the mortar.

NO. 4. COMMON SUET FORCEMEAT.

Beef suet is commonly used in the composition of this kind of forcemeat, but we think that veal-kidney suet, when it could be obtained, would have a better effect; though the reader will easily comprehend that it is scarcely possible for us to have every variety of every receipt

which we insert put to the test: in some cases we are compelled merely to suggest what appear to us likely to be improvements. Strip carefully every morsel of skin from the suet, and mince it small; to six ounces add eight of bread-crumbs, with the same proportion of herbs, spice, salt, and lemon-peel, as in the foregoing receipt, and a couple of whole eggs, which should be very slightly beaten, after the specks have been taken out with the point of a small fork. Should more liquid be required, the yolk of another egg, or a spoonful or two of milk, may be used. Half this quantity will be sufficient for a small joint of veal, or for a dozen balls, which, when it is more convenient to serve it in that form, may be fried or browned beneath the roast, and then dished round it, though this last is not a very refined mode of dressing them. From eight to ten minutes will dry them well.

NO. 5. OYSTER FORCEMEAT.

Open carefully a dozen fine plump natives, take off the beards, strain their liquor, and rinse the oysters in it. Grate four ounces of the crumb of a stale loaf into fine light crumbs, mince the oysters, but not too small, and mix them with the bread; add an ounce and a half of good butter, broken into minute bits, the grated rind of half a small lemon, a small saltspoonful of pounded mace, some cayenne, a little salt, and a large teaspoonful of parsley: mix these ingredients well, and work them together with the unbeaten yolk of one egg, and a little of the oyster liquor, the remainder of which can be added to the sauce which usually accompanies this forcemeat.

Oysters, 1 dozen; bread-crumbs, 4 ozs.; butter, 1½ oz.; rind ½ small lemon; mace, 1 saltspoonful; some cayenne and salt; minced parsley, 1 large teaspoonful; yolk 1 egg; oyster-liquor, 1 dessertspoonful: rolled into balls, and fried from 7 to 10 minutes, or poached from 5 to 6 minutes.

Obs.—In this forcemeat the flavour of the oysters should prevail entirely over that of all the other ingredients which are mixed with them.

NO. 6. A FINER OYSTER FORCEMEAT.

Pound the preceding forcemeat to the smoothest paste, with the addition only of half an ounce of fresh butter, should it be sufficiently dry to allow of it. It is remarkably good when thus prepared, and may be poached or fried in balls for soups or made dishes, or used to fill boned fowls, or the breasts of boiled turkeys with equally good effect.

NO. 7. MUSHROOM FORCEMEAT.

Cut closely off the stems of some small, just-opened mushrooms, peel them, and take out the fur. Dissolve an ounce and a half of good butter in a saucepan, throw them into it with a little cayenne, and a slight sprinkling of mace, and stew them softly, keeping them well shaken, from five to seven minutes; then turn them into a dish, spread them over it, and raise one end, that the liquid may drain from them. When they are quite cold, mince, and then mix them with four ounces of fine bread-crumbs, an ounce and a half of good butter, and part of that in which they were stewed, should the forcemeat appear too moist to admit of the whole, as the yolk of one egg, at the least, must be added, to bind the ingredients together; strew in a saltspoonful of salt, a third

as much of cayenne, and about the same quantity of mace and nutmeg, with a teaspoonful of grated lemon-rind. The seasonings must be rather sparingly used, that the flavour of the mushrooms may not be overpowered by them. Mix the whole thoroughly with the unbeaten yolk of one egg, or of two, and use the forcemeat poached in small balls for soup, or fried and served in the dish with roast fowls, or round minced veal; or to fill boiled fowls, partridges, or turkeys.

Small mushrooms, peeled and trimmed, 4 ozs.; butter, 1½ oz.; slight sprinkling mace and cayenne: 5 to 7 minutes. Mushrooms minced; bread-crumbs, 4 ozs.; butter, 1½ oz. (with part of that used in the stewing); salt, 1 saltspoonful; third as much of cayenne, of mace, and of nutmeg; grated lemon-rind, 1 teaspoonful; yolk of 1 or 2 eggs. In balls, poached, 5 to 6 minutes; fried, 6 to 8 minutes.

Obs.—This, like most other forcemeats, is improved by being well beaten in a large mortar after it is entirely mixed.

NO. 8. ONION AND SAGE STUFFING, FOR PORK, GEESE, OR DUCKS.

Boil three large onions from ten to fifteen minutes, chop them small, and mix with them an equal quantity of bread-crumbs, a heaped table-spoonful of minced sage, an ounce of butter, a half saltspoonful of pepper, and twice as much of salt, and put them into the body of the goose; part of the liver boiled for two or three minutes, and shred fine, is sometimes added to these, and the whole is bound together with an egg-yolk or two; but they are quite as frequently served without. The onions can be used raw, when their very strong flavour is not objected to, but the odour of the whole dish will then be somewhat overpowering.

Large onions, 3: boiled 20 to 30 minutes. Sage, 2 to 3 dessertspoonful (or ½ to ¾ oz.); butter, 1 oz.; pepper, ½ teaspoonful; salt, 1 teaspoonful.

NO. 9. MR. COOKE'S FORCEMEAT FOR DUCKS OR GEESE.

Two parts of chopped onion, two parts of bread-crumbs, three of butter, one of pounded sage, and a seasoning of pepper and salt.

This receipt we have not proved.

NO. 10. FORCEMEAT BALLS FOR MOCK TURTLE SOUPS.

The French forcemeat, No. 15 of the present Chapter, is the most elegant and appropriate forcemeat to serve in mock turtle, but a more solid and highly seasoned one is usually added to it in this country. In very common cookery the ingredients are merely chopped small and mixed together with a moistening of eggs; but when the trouble of pounding and blending them properly is objected to, we would recommend the common veal forcemeat, No. 1, in preference, as the undressed veal and suet, when merely minced, do not produce a good effect. Four ounces each of these, with an ounce or so of the lean of a boiled ham, and three ounces of bread-crumbs, a large dessertspoonful of minced parsley, a small portion of thyme, or marjoram, a saltspoonful of white pepper, twice as much salt, or more, a little cayenne, half a small nutmeg, and a couple of eggs, well mixed with a fork first, to separate the meat, and after the moistening is added, with the fingers, then rolled into balls, and boiled in a little soup for twelve minutes, is the manner in which it is prepared; but the reader will find the following receipt very superior to it:—Rasp, that is to say, scrape with a knife, clear

from the fibre, four ounces of veal, which should be cut into thick slices, and taken quite free from skin and fat; chop it fine, and then pound it as smoothly as possible in a large mortar, with three ounces of the rasped fat of an unboiled ham, of good flavour, or of the finest bacon, and one of butter, two ounces of bread-crumbs, a tablespoonful of the lean of a boiled ham, should it be at hand, a good seasoning of cayenne, nutmeg, and mace, mixed together, a heaped dessertspoonful of minced herbs, and the yolks of two eggs; poach a small bit when it is mixed, and add any further seasoning it may require; and when it is of good flavour, roll it into balls of moderate size, and boil them twelve minutes; then drain and slip them into the soup. No forcemeat should be boiled in the soup itself, on account of the fat which would escape from it in the process: a little stock should be reserved for the purpose.

Very common:—Lean of neck of veal, 4 ozs.; beef-kidney suet, 4 ozs., both finely chopped; bread-crumbs, 3 ozs.; minced parsley, large dessertspoonful; thyme or marjoram, *small* teaspoonful; lean of boiled ham, 1 to 2 ozs.; white pepper, 1 saltspoonful; salt, twice as much; $\frac{1}{2}$ small nutmeg; eggs, 2: in balls, 12 minutes.

Better forcemeat:—Lean veal rasped, 4 ozs.; fat of unboiled ham, or finest bacon, 3 ozs.; butter, 1 oz.; bread-crumbs, 2 ozs.; lean of boiled ham, minced, 1 large tablespoonful; minced herbs, 1 heaped dessertspoonful; full seasoning of mace, nutmeg, and cayenne, mixed; yolks of eggs, 2: 12 minutes.

NO. 11. EGG BALLS.

Boil four or five new-laid eggs for ten or twelve minutes, and lay them into fresh water until they are cold. Take out the yolks, and pound them smoothly with the beaten yolk of one raw egg, or more, if required; add a little salt and cayenne, roll the mixture into very small balls, and boil them for two minutes. Half a teaspoonful of flour is sometimes worked up with the eggs.

Hard yolks of eggs, 4; 1 raw; little salt, cayenne: 2 minutes.

NO. 12. BRAIN CAKES.

Wash and soak the brains well in cold water, and afterwards in hot; then remove the skin and large fibres, and boil them in water, slightly salted, from two to three minutes; beat them up with a teaspoonful of sage, very finely chopped, or with equal parts of sage and parsley, half a teaspoonful or rather more of salt, half as much mace, a little white pepper or cayenne, and one egg; drop them in small cakes, and fry them a fine light brown: two yolks of eggs will make the cakes more delicate than the white and yolk of one. A teaspoonful of flour and a little lemon-grate are sometimes added.

NO. 13. ANOTHER RECEIPT FOR BRAIN CAKES.

Boil the brains in a little good veal-gravy very gently for ten minutes, drain them on a sieve, and when cold, cut them into thick dice; dip them into beaten yolk of egg, and then into very fine bread-crumbs, mixed with salt, pounded spices, and fine herbs, minced extremely small; fry them of a light brown, drain and dry them well, and slip them into the soup or hash after it is dished. When broth or gravy is not at hand, the brains may be boiled in water.

NO. 14. AN EXCELLENT FRENCH FORCEMEAT.

Take six ounces of veal free from fat and skin, cut it into dice and put it into a saucepan with two ounces of butter, a large teaspoonful of parsley finely minced, half as much thyme, salt, and grated lemon-rind, and a sufficient seasoning of nutmeg, cayenne, and mace, to flavour it pleasantly. Stew these *very* gently from twelve to fifteen minutes, then lift out the veal and put into the saucepan two ounces of bread-crumbs; let them simmer until they have absorbed the gravy yielded by the meat; keep them stirred until they are as dry as possible; beat the yolk of an egg to them while they are hot, and set them aside to cool. Chop and pound the veal, add the bread to it as soon as it is cold, beat them well together, with an ounce and a half of fresh butter, and two of the finest bacon, scraped quite clear from rust, skin, and fibre; put to them the yolks of two small eggs, and mix them well; then take the forcemeat from the mortar, and set it in a very cool place until it is wanted for use.

Veal, 6 ozs.; butter, 2 ozs.; minced parsley, 1 teaspoonful; thyme, salt, and lemon-peel, each $\frac{1}{2}$ teaspoonful; little nutmeg, cayenne, and mace: 12 to 15 minutes. Bread-crumbs, 2 ozs.; butter, 1 $\frac{1}{2}$ oz.; rasped bacon, 2 ozs.; yolks of eggs, 2 to 3.

Obs. 1.—When this forcemeat is intended to fill boned fowls, the livers of two or three, boiled for four minutes, or stewed with the veal for the same length of time, then minced and pounded with the other ingredients, will be found a great improvement; and, if mushrooms can be procured, two tablespoonsful of them chopped small, should be stewed and beaten with it also. A small portion of the best end of the neck will afford the quantity of lean required for this receipt, and the remains of it will make excellent gravy.

NO. 15. FRENCH FORCEMEAT CALLED QUENELLES.

This is a peculiarly light and delicate kind of forcemeat, which, by good French cooks, is compounded with exceeding care. It is served abroad in a variety of forms, and is made of very finely-grained white veal, or of the undressed flesh of poultry, or of rabbits, rasped quite free from sinew, then chopped and pounded to the finest paste, first by itself, and afterwards with an equal quantity of boiled calf's udder or of butter, and of *panada*, which is but another name for bread soaked in cream or gravy and then dried over the fire until it forms a sort of paste. As the three ingredients should be equal in *volume*, not in weight, they are each rolled into a separate ball before they are mixed, that their size may be determined by the eye. When the fat of the fillet of veal (which in England is not often divided for sale, as it is in France) is not to be procured, a rather less proportion of butter will serve in its stead. The following will be found a very good, and not a troublesome receipt for veal forcemeat of this kind.

Rasp quite clear from sinew, after the fat and skin have been entirely cleared from it, four ounces of the finest veal; chop, and pound it well: if it be carefully prepared there will be no necessity for passing it through a sieve, but this should otherwise be done. Soak in a small saucepan two ounces of the crumb of a stale loaf in a little rich but

pale veal gravy, or white sauce; then press and drain as much as possible of the moisture from it, and stir it over a gentle fire until it is as dry as it will become without burning: it will adhere in a ball to the spoon, and leave the saucepan quite dry when it is sufficiently done. Mix with it, while it is still hot, the yolk of one egg, and when it is quite cold, add it to the veal with three ounces of very fresh butter, a quarter-teaspoonful of mace, half as much cayenne, a little nutmeg, and a saltspoonful of salt. When these are perfectly beaten, and well blended together, add another whole egg after having merely taken out the germs; the mixture will then be ready for use, and may be moulded into balls, or small thick oval shapes, a little flattened, and poached in soup or gravy from ten to fifteen minutes. These *quenelles* may be served by themselves in a rich sauce, as a corner dish, or in conjunction with other things. They may likewise be first poached for three or four minutes, and left on a drainer to become cold; then dipped into egg and the finest bread-crumbs, and fried, and served as croquettes.

NO. 16. FORCEMEAT FOR RAISED AND OTHER COLD PIES.

The very finest sausage-meat, highly seasoned, and made with an equal proportion of fat and lean, is an exceedingly good forcemeat for veal, chicken, rabbit, and some few other pies; savoury herbs minced small, may be added to heighten its flavour, if it be intended for immediate eating; but it will not then remain good quite so long, unless they should have been previously dried. To prevent its being too dry, two or three spoonfuls of cold water should be mixed with it before it is put into the pie. One pound of lean veal to one and a quarter of the pork-fat is sometimes used, and smoothly pounded with a high seasoning of spices, herbs, and eschalots, or garlic, but we cannot recommend the introduction of these last into pies unless they are especially ordered: mushrooms may be mixed with any kind of forcemeat with far better effect. Equal parts of veal and fat bacon will also make a good forcemeat for pies, if chopped finely and well spiced.

Sausage-meat, well seasoned. Or: veal, 1 lb.; pork-fat, 1½ lb.; salt, 1 oz.; pepper, ¼ to ½ oz.; fine herbs, spice, &c., as in forcemeat No. 1, or sausage-meat. Or: veal and bacon, equal weight, seasoned in the same way.

PANADA.

This is the name given to the soaked bread which is mixed with the French forcemeats, and which renders them so peculiarly delicate. Pour on the crumb of two or three rolls, or on that of any other very light bread, as much good boiling broth, milk, or cream as will cover and moisten it well; put a plate over to keep in the steam, and let it remain for half an hour, or more; then drain off the superfluous liquid, and squeeze the panada dry by wringing it round in a thin cloth into a ball; put it into a small stewpan, or well tinned saucepan, and pour to it as much only of rich white sauce, or of gravy, as it can easily absorb, and stir it constantly with a wooden spoon, over a clear and gentle fire, until it forms a very dry paste, and adheres in a mass to the spoon; when it is in this state, mix with it, thoroughly, the unbeaten yolk of two fresh eggs, which will give it firmness, and set it aside to become

quite cold before it is put into the mortar. The best French cooks give the highest degree of savour that they can to this panada, and add no other seasoning to the forcemeats of which it forms a part: it is used in an equal proportion with the meat, and calf's udder or butter of which they are composed, as we have shown in the preceding receipt for *quenelles*. They stew slowly, for the purpose, a small bit of lean ham, two or three minced eschalots, a bayleaf, a few mushrooms, a little parsley, a clove or two, and a small blade of mace, in a little good butter, and when they are sufficiently browned, pour to them as much broth or gravy as will be needed for the panada; and when this has simmered from twenty to thirty minutes, so as to have acquired the proper flavour, without being much reduced, they strain it over, and boil it into the bread. The common course of cookery in an English kitchen does not often require the practice of the greater niceties and refinements of the art: and *trouble* (of which the French appear to be perfectly regardless when the excellence of their preparations is concerned) is there in general so much thought of, and exclaimed against, that a more summary process would probably meet with a better chance of success.

A quicker and rougher mode of making the panada, and indeed the forcemeat altogether, is to pour strong veal broth or gravy upon it, and after it has soaked, to boil it dry, without any addition except that of a little fine spice, lemon-grate, or any other favourite seasoning. Minced herbs, salt, cayenne, and mace may be beaten with the meat, to which a small portion of well-pounded ham may likewise be added at pleasure.

CHAPTER VII.

BOILING, ROASTING, &c.

TO BOIL MEAT.

LARGE joints of meat should be neatly trimmed, washed extremely clean, and skewered or bound firmly into good shape, when they are of a nature to require it; then well covered with *cold* water, brought to boil over a moderate fire, and simmered until they are done, the scum being carefully and entirely cleaned from the surface of the water, as it gathers there, which will be principally from within a few minutes of its beginning to boil, and during a few minutes afterwards. If not thoroughly skimmed off at the proper time, it will sink, and adhere to the joint, giving it a very uninviting appearance.

We cannot too strongly again impress upon the cook the advantages of *gentle simmering* over the usual fast-boiling of meat, by which, as has been already forcibly shown (see article *Bouillon*, Chapter I.), the outside is hardened and deprived of its juices before the inside is half done, while the starting of the flesh from the bones which it occasions, and the altogether ragged aspect which it gives, are most unsightly.