

rooms are not indispensable for it, but they are always a great improvement. White sauce substituted for the thickened veal gravy will at once convert this dish into an inexpensive fricassée. Mace, salt, and cayenne, must be added to either preparation, should it require seasoning.

## MINCED VEAL.

When there is neither gravy nor broth at hand, the bones and trimmings of the meat must be boiled down to furnish what is required for the mince. As cold meat is very light in weight, a pound of the white part of the veal will be sufficient for a dish, and for this quantity a pint of gravy will be needed. Break down the bones of the joint well, add the trimmings of the meat, a small bunch of savoury herbs, a slice or two of carrot or of celery, a blade of mace, a few white peppercorns, and a bit or two of lean ham, boiled, or unboiled if it can be had, as either will improve the flavour of the mince. Pour to these a pint and a half of water, and stew them gently for a couple of hours; then strain off the gravy, let it cool and clear it entirely from the fat. Cut the white part of the veal small with a very sharp knife, after all the gristle and brown edges have been trimmed away. Some persons like a portion of fat minced with it, others object to the addition altogether. Thicken the gravy with a teaspoonful and a half of flour smoothly mixed with a small slice of butter, season the veal with a saltspoonful or more of salt, and half as much white pepper and grated nutmeg, or pounded mace; add the lightly-grated rind of half a small lemon; mix the whole well, put it into the gravy, and heat it thoroughly by the side of the fire without allowing it to boil; serve it with pale-toasted sippets in and round the dish. A spoonful or two of cream is always an improvement to this mince.

## MINCED VEAL AND OYSTERS.

The most elegant mode of preparing this dish is to mince about a pound of the whitest part of the inside of a cold roast fillet or loin of veal, to heat it without allowing it to boil, in a pint of rich white sauce, or béchamel, and to mix with it at the moment of serving three dozens of small oysters ready bearded, and plumped in their own strained liquor, which is also to be added to the mince; the requisite quantity of salt, cayenne, and mace should be sprinkled over the veal before it is put into the sauce. Garnish the dish with pale fried sippets of bread, or with *fleurons*\* of brioche, or of puff-paste. Nearly half a pint of mushrooms minced, and stewed white in a little butter, may be mixed with the veal instead of the oysters; or should they be very small they may be added to it whole: from ten to twelve minutes will be sufficient to make them tender. Balls of delicately fried oyster-forcemeat laid round the dish will give another good variety of it.

Veal minced, 1 lb.; white sauce, 1 pint; oysters, 3 dozens, with their liquor; or mushrooms,  $\frac{1}{2}$  pint, stewed in butter 10 to 12 minutes.

## VEAL-SYDNEY. (GOOD.)

Pour boiling on an ounce and a half of fine bread-crumbs nearly half a pint of good veal stock or gravy, and let them stand till cool; mix with them then, two ounces of beef-suet shred very small, half a

\* *Fleurons*, flowers, or flower-like figures, cut out with tin shapes.

pond of cold roast veal carefully trimmed from the brown edges, skin, and fat, and finely minced; the grated rind of half a lemon, nearly a teaspoonful of salt, a little cayenne, the third of a teaspoonful of mace or nutmeg, and four well-beaten eggs. Whisk up the whole well together, put it into a buttered dish, and bake it from three quarters of an hour to an hour. Cream may be used instead of gravy when more convenient, but this last will give the better flavour. A little clarified butter put into the dish before the other ingredients are poured in will be an improvement.

Bread-crumbs,  $1\frac{1}{2}$  oz.; gravy or cream, nearly  $\frac{1}{2}$  pint; beef-suet, 2 ozs.; cold veal,  $\frac{1}{2}$  lb.; rind of  $\frac{1}{2}$  lemon; salt, small teaspoonful; third as much mace and nutmeg; little cayenne; eggs, 4 large or 5 small:  $\frac{3}{4}$  to 1 hour.

## FRICASSEED VEAL.

Divide into small, thick, handsome slices of equal size, about a couple of pounds of veal, quite free from fat, bone, and skin; dissolve a couple of ounces of butter in a wide stewpan, and just as it begins to boil lay in the veal, and shake it over the fire until it is quite firm on both sides; but do not allow it to take the slightest colour. Stir in a tablespoonful of flour, and when it is well mixed with the cutlets, pour gradually to them, shaking the pan often, sufficient boiling veal gravy to almost cover them. Stew them gently from fifty to sixty minutes, or longer should they not be perfectly tender. Add a flavouring of mace, some salt, a quarter-pint of rich cream, a couple of egg-yolks, and a little lemon-juice, observing, when the last are added, the directions given for a blanquette of veal, page 173. Strips of lemon-rind can be stewed in the gravy at pleasure. Two or three dozens of mushroom-buttons, added twenty minutes before it is served, will much improve this fricassée.

## CHAPTER X.

## MUTTON.



- No.  
1. Leg.  
2. Best End of Loin.  
3. Chump End of Loin.  
4. Neck, Best End.  
5. Neck, Scrag End.

- No.  
6. Shoulder.  
7. Breast.  
A Saddle is the Two Loins.  
A Chine, the Two Necks.

## TO CHOOSE MUTTON.

THE best mutton is small-boned, plump, finely-grained, and short-legged; the lean of a dark, rather than of a bright hue, and the fat

white and clear: when this is yellow, the meat is rank, and of bad quality. Mutton is not considered by experienced judges to be in perfection until it is nearly or quite five years old; but to avoid the additional expense of feeding the animal so long, it is commonly brought into the market at three years old. The leg and the loin are the superior joints; and the preference would probably be given more frequently to the latter, but for the superabundance of its fat, which renders it a not very economical dish. The haunch consists of the leg and the part of the loin adjoining it; the saddle, of the two loins together, or of the undivided *back* of the sheep: these last are always roasted, and are served usually at good tables, or for company-dinners, instead of the smaller joints. The shoulder, dressed in the ordinary way, is not very highly esteemed, but when boned, rolled, and filled with forcemeat, it is of more presentable appearance, and to many tastes, far better eating; though some persons prefer it in its natural form, accompanied by stewed onions. It is occasionally boiled or stewed, and covered with rich onion sauce. The neck is sometimes roasted, but it is more generally boiled; the scrag, or that part of it which joins the head, is seldom used for any other purpose than making broth, and should be taken off before the joint is dressed. Cutlets from the thick end of the loin are commonly preferred to any others, but they are frequently taken likewise from the best end of the neck (sometimes called the *back-ribs*) and from the middle of the leg. Mutton kidneys are dressed in various ways, and are excellent in many. The trotters and the head of a sheep may be converted into very good dishes, but they are scarcely worth the trouble which is required to render them palatable. The loin and the leg are occasionally cured and smoked like hams or bacon.

## TO ROAST A HAUNCH OF MUTTON.

This joint should be well kept, and when the larder-accommodations of a house are not good, the butcher should be requested to hang it the proper time. Roast it carefully at a large sound fire, and let it remain at a considerable distance for at least a couple of hours; then draw it nearer, but never sufficiently so to burn or injure the fat. Keep it constantly basted; flour it soon after it is laid to the fire, instead of frothing it, as this latter mode is not generally relished, though fashion is in its favour. In from three and a half to four hours, the haunch will be done, and it will require something less of time when not kept back at first, as we have advised; but if roasted entirely on the plan mentioned at page 132, it will be much finer than in the usual way. Serve it with a good Espagnole, or with plain mutton-gravy and currant-jelly. This joint, when the meat is of very fine quality, may be dressed and served exactly like venison.

3½ to 4 hours. 5 hours or more by the *slow* method.

## ROAST SADDLE OF MUTTON.

This is an excellent joint, though not considered a very economical one. It is usual for the butcher to raise the skin from it before it is sent in, and to skewer it on again, that in the roasting the juices of the meat may be better preserved, and the fat prevented from taking too much colour, as this should be only slightly browned. In something less than half an hour before the mutton is done, remove the skin, and

flour the joint lightly after having basted it well. Our own great objection to frothed meat would lead us to recommend that the skin should be taken off half an hour earlier, and that the joint should be kept at sufficient distance from the fire to prevent the possibility of the fat being burned; and that something more of time should be allowed for the roasting. With constant basting, great care, and good management, the cook may always ensure the proper appearance of this, or of any other joint (except, perhaps, of a haunch of venison) without having recourse to papering or pasting, or even to replacing the skin; but when unremitting attention cannot be given to this one part of the dinner, it is advisable to take all precautions that can secure it from being spoiled. 2½ to 2¾ hours. More if *very* large.

## TO ROAST A LEG OF MUTTON.

In a cool and airy larder, a leg of mutton will hang many days with advantage, if the kernel be taken out, and the flap wiped very dry when it is first brought in; and it is never tender when freshly killed: in warm weather it should be well dredged with pepper to preserve it from the flies. If washed before it is put upon the spit, it should be wiped as dry as possible afterwards, and well floured soon after it is laid to the fire. When the excellence of the joint is more regarded than the expense of fuel, it should be roasted by what we have denominated the *slow method*; that is to say, it should be kept at a considerable distance from the fire, and remain at it four hours instead of two: it may be drawn nearer for the last twenty or thirty minutes, to give it colour. The gravy will flow from it in great abundance when it is cut, and the meat will be very superior to that roasted in the usual way. When this plan is not pursued, the mutton should still be kept quite a foot from the fire until it is heated through, and never brought sufficiently near to scorch or to harden any part. It should be *constantly basted* with its own fat, for if this be neglected, all other precautions will fail to ensure a good roast; and after it is dished, a little fine salt should be sprinkled lightly on it, and a spoonful or two of boiling water ladled over. This is the most palatable mode of serving it, but it may be frothed when it is preferred so, though we would rather recommend that the flour should be dredged on in the first instance, as it then prevents the juices of the meat from escaping, and forms a savoury coating to it; while the raw taste which it so often retains with mere frothing is to many eaters especially objectionable.

Leg of mutton, 7 to 8 lbs.; *slow* method 4 hours, common method 1¾ to 2 hours.

## SUPERIOR RECEIPT FOR ROAST LEG OF MUTTON.

Cover the joint well with cold water, bring it gradually to boil, and let it simmer gently for half an hour; then lift it out, put it immediately on to the spit, and roast it from an hour and a quarter to an hour and a half, according to its weight. This mode of dressing the joint renders it remarkably juicy and tender; but there must be no delay in putting it on the spit after it is lifted from the water; it may be garnished with roast tomatas.

Boiled, ½ hour; roast, 1¼ to 1½ hour.

## LEG OF MUTTON BONED AND FORCED.

Turn the under-side of the mutton upwards, and with a sharp knife

cut through the middle of the skin from the knuckle to the first joint, and raise it from the flesh on the side along which the bone runs, until the knife is just above it, then cut through the flesh down to the bone; work the knife round it in every part till you reach the socket; next remove the flat bone from the large end of the joint, and pass the knife freely round the remaining one, as it is not needful to take it out clear of the meat; when you again reach the middle joint, loosen the skin round it with great care, and the two bones can then be drawn out without being divided. This being done, fill the cavities with the forcemeat, No. 1. (page 122), adding to it a somewhat high seasoning of eschalot, garlic, or onion; or cut out with the bone, nearly a pound of the inside of the mutton, chop it fine with six ounces of delicate striped bacon, and mix with it thoroughly three-quarters of an ounce of parsley, and half as much of thyme and winter savory, all minced extremely small; a half teaspoonful of pepper (or a third as much of cayenne); the same of mace, salt, and nutmeg, and either the grated rind of a small lemon, or four eschalots finely shred. When the lower part of the leg is filled, sew the skin neatly together where it has been cut open, and tie the knuckle round tightly, to prevent the escape of the gravy. Replace the flat bone at the large end, and with a long needle and twine, draw the edges of the meat together over it. If it can be done conveniently, it is better to roast the mutton thus prepared in a cradle spit or upon a hanging or bottle-jack, with the knuckle downwards. Place it at first far from the fire, and keep it constantly basted. It will require nearly or quite three hours roasting. Remove the twine before it is served, and send it very hot to table with some rich brown gravy; or it may be put into a braising-pan and stewed gently four or five hours.

## MOCK VENISON.

Hang a plump and finely-grained leg of mutton in a cool place, for as many days as it can possibly be kept without becoming altogether uneatable. Lay it on a dish, pour over, and rub well into it, about half a small cupful of pyroligneous acid, and let it remain ten minutes. Wash it very thoroughly, cut off the knuckle, and trim away the flap, and any part that may continue very offensive, or take a few inches from either end of the joint; then lay it into a close-shutting stewpot, or thick iron saucepan of its own size, with no other liquid than the drops of water which adhere to it, and simmer it over a *very* slow fire, from four and a half to five hours, turning it several times, that it may be equally done. Give it no seasoning beyond pepper and salt. Should the gravy be too much reduced, add two spoonfuls of boiling water, or of mutton gravy. Send the meat to table in its own juices, with currant jelly, or sharp venison sauce apart. We owe this receipt entirely to accident; for, wishing to have proof of the anti-putrescent qualities of the pyroligneous acid, we had it applied to a leg of mutton which had been kept too long, and which was dressed in the way we have described. When brought to table, its resemblance to venison, both in appearance and flavour, was remarkable; and several persons partook of it hashed on the following day, and were all perfectly unconscious that they were not really eating venison; in the latter instance, it was served in rich gravy made in part of hare; a glass of port wine, a little compound catsup, and a thickening of rice flour were added. The

meat, of course, was only heated through, and not allowed to boil. On a second trial we found it an improvement to touch the mutton in every part with a feather dipped in the acid, as soon as it gave evidence of having been sufficiently kept, and then to let it hang three or four days longer: it was again washed with the acid, and afterwards with cold water before it was dressed.

TO BOIL A LEG OF MUTTON; (*an excellent receipt.*)

Trim into handsome form a well-kept, but perfectly sweet leg of mutton, of middling weight; wash, but do not soak it; lay it into a vessel as nearly of its size as convenient, and pour in rather more than sufficient cold water to cover it; set it over a good fire, and when it begins to boil, take off the scum, and continue to do so until no more appears; throw in a tablespoonful of salt (after the first skimming), which will assist to bring it to the surface, and as soon as the liquor is clear, add two moderate-sized onions, stuck with a dozen cloves, a large faggot of parsley, thyme, and savory, and four or five large carrots, and half an hour afterwards, as many turnips. Draw the pan to the side of the fire, and let the mutton be simmered *gently* for two hours and a half, from the time of its first beginning to boil. Serve it with caper, brown cucumber, or oyster sauce. If stewed *softly*, as we have directed, the mutton will be found excellent dressed thus; otherwise, it will but resemble the unpalatable and ragged-looking joints of fast-boiled meat, so constantly sent to table by common English cooks. Any undressed bones of veal, mutton, or beef, boiled with the joint, will improve it much, and the liquor will then make excellent soup or bouillon.

2 to 2½ hours.

## COLD ROAST LEG OF MUTTON.

When only a few slices have been cut from the middle of the joint, it will still afford a fillet of tolerable size, which, dressed in the following manner, will make a dish of better appearance and savour than a common hash or mince. Take off as much of the large end of the leg, quite through, as will render that side of the fillet perfectly flat; cut also evenly through the joint, where it has been carved; then remove the bone from the fillet, and replace it with veal forcemeat (No. 1, page 122); put the meat, with the bones, knuckle, and trimmings, into a stewpot, or stout saucepan adapted to its size, and just cover it with water, or with broth in preference, when any stock is at hand; as soon as it boils, add a couple of onions, a bunch of parsley, two or even three bay-leaves, four or five carrots, and as many turnips (*plenty of vegetables*, in fact), and simmer the whole gently for nearly, or quite a couple of hours. Thickening, spice, or store-sauce, can be added to the gravy at will, before the meat is served, which it should be with the vegetables round it.

## A FILLET OF MUTTON.

Cut some inches from either end of a large and well-kept leg of mutton, and leave the fillet shaped like one of veal. Remove the bone, and fill the cavity with forcemeat (No. 1, page 122), which may be flavoured with a little minced onion, when its flavour is liked: more forcemeat may be added by detaching the skin sufficiently on the flap side to admit it. When thus prepared, the fillet may be floured, and

roasted, served with currant-jelly and brown gravy, or with only melted butter poured over it; or it may be stewed gently for nearly or quite four hours, in a pint of gravy or water, after having been floured and browned all over in a couple of ounces of butter; it must then be turned every hour, that it may be equally done. Two or three small onions, a faggot of herbs, a couple of carrots sliced, four or five cloves, and twenty whole peppercorns can be added at will.

Roasted 2 hours, or stewed 4 hours.

#### TO ROAST A LOIN OF MUTTON.

The flesh of the loin of mutton is superior to that of the leg, when roasted; but to the frugal housekeeper this consideration is usually overbalanced by the great weight of fat attached to it; this, however, when economy is more considered than appearance, may be pared off and melted down for various kitchen uses, or finely chopped, and substituted for suet in making hot pie or pudding crust. When thus reduced in size, the mutton will be soon roasted. If it is to be dressed in the usual way, the butcher should be desired to take off the skin; care should be taken to preserve the fat from being ever so slightly burned; it should be managed, indeed, in the same manner as the saddle, in every respect, and carved also in the same way, that is to say, the meat should be cut out in slices the whole length of the back-bone, and close to it.

Without the fat, 1 to 1½ hour; with, 1¼ to 1¾ hour.

#### TO DRESS A LOIN OF MUTTON LIKE VENISON.

Skin and bone a loin of mutton, and lay it into a stewpan, or braising-pan, with a pint of water, a large onion stuck with a dozen cloves, half a pint of port wine and a spoonful of vinegar; add, when it boils, a small faggot of thyme and parsley, and some pepper and salt: let it stew three hours, and turn it often. Make some gravy of the bones, and add it at intervals to the mutton when required.

This receipt comes to us so strongly recommended by persons who have partaken frequently of the dish, that we have not thought it needful to prove it ourselves.

3 hours.

#### TO ROAST A SHOULDER OF MUTTON.

Flour it well, and baste it constantly with its own dripping; do not place it close enough to the fire for the fat to be in the slightest degree burned, or even too deeply browned. An hour and a half will roast it, if it be of moderate size. Stewed onions are often sent to table with it. A shoulder of mutton is sometimes boiled, and smothered with onion sauce.

1½ hour.

#### SPICED SHOULDER OF MUTTON.

Bone the joint, and rub it, if large, with four ounces of the coarsest sugar (or with three, if it be small), well mixed with a dessertspoonful of pounded cloves, half that quantity of pepper and of mace, and a fourth part as much of ginger: the following day add four ounces of salt. Keep the mutton turned, and rubbed occasionally with the pickle from eight to ten days; then roll it up tight, bind it with a fillet, and stew it gently for four hours in a pint and a half of beef broth, or put into the stewpan

with a pound and a half of neck of beef, three half pints of water, one large mild onion, two carrots, two turnips, and a large faggot of herbs. When the mutton is perfectly tender, serve it with some of its own gravy, thickened and highly flavoured with lemon-pickle, or with any other acid sauce; or send it to table with a good sauce piquante.

Mutton, 8 to 9 lbs.; sugar, 4 ozs.; cloves, in powder, 1 dessertspoonful; mace, and pepper, 1 teaspoonful each; ginger, ½ teaspoonful; salt, 4 ozs.: 8 to 10 days. Beef broth, 1½ pint: 4 hours.

*Obs.*—For variety, the inside of the mutton may be thickly strewed with minced herbs before it is rolled.

#### FORCED SHOULDER OF MUTTON.

Cut off all the flesh from the inside of the joint down to the blade-bone, and reserve it for a separate dish. It may be lightly browned with some turnips or carrots, or both, and made into a small harrico, or stewed simply in its own gravy, or it will make in part, a pudding or a pie. Bone the mutton (see page 140), flatten it on a table, lay over the inside some thin and neatly-trimmed slices of striped bacon, and spread over them some good veal forcemeat (No. 1, page 122) to within an inch of the outer edge; roll the joint up tightly towards the knuckle (of which the bone may be left in or not, at pleasure), secure it well with tape or twine, and stew it gently in good gravy, from four hours to four and a half.

4 to 4½ hours.

*Obs.*—In France it is usual to substitute *sausage-meat* for the bacon and veal stuffing in this dish.

#### MUTTON CUTLETS STEWED IN THEIR OWN GRAVY; (*good.*)

Trim the fat entirely from some cutlets taken from the loin; just dip them into cold water, dredge them moderately with pepper, and plentifully on both sides with flour; rinse a thick iron saucepan with spring-water, and leave a couple of tablespoonsful in it; arrange the cutlets in one flat layer, if it can be done conveniently, and place them over a very gentle fire; throw in a little salt when they begin to stew, and let them simmer as *softly as possible*, but without ceasing, from an hour and a quarter to an hour and a half. If dressed with great care, which they require, they will be equally tender, easy of digestion, and nutritious; and being at the same time free from everything which can disagree with the most delicate stomach, the receipt will be found a valuable one for invalids. The mutton should be of good quality, but the excellence of the dish mainly depends on its being *most gently stewed*; for if allowed to boil quickly all the gravy will be dried up, and the meat will be unfit for table. The cutlets must be turned when they are half done: a couple of spoonsful of water or gravy may be added to them should they not yield sufficient moisture, but this is rarely needful.

1¼ to 1¾ hour.

#### TO BROIL MUTTON CUTLETS. (*ENTRÉE.*)

These may be taken from the loin, or the best end of the neck, but the former are generally preferred. Trim off a portion of the fat, or the whole of it, unless it be liked; pepper the cutlets, heat the gridiron, rub it with a bit of the mutton suet, broil them over a brisk fire, and turn them often until they are done; this, for the generality of eaters, will be

in about eight minutes if they are not more than half an inch thick, which they should not be. French cooks season them with pepper and salt, and give them a light coating of dissolved butter or of oil, before they are laid to the fire, and we have found the cutlets so managed extremely good.

Lightly broiled, 7 to 8 minutes. Well done, 10 minutes.

*Obs.*—A cold Maître d'Hotel sauce may be laid under the cutlets when they are dished; or they may be served quite dry, or with brown gravy; or when none is at hand, with good melted butter seasoned with mushroom catsup, cayenne, and Chili vinegar, or lemon-juice.

#### CHINA CHILO.

Mince a pound of an undressed loin or leg of mutton, with or without a portion of its fat, mix with it two or three young lettuces shred small, a pint of young peas, a teaspoonful of salt, half as much pepper, four table-spoonful of water, from two to three ounces of good butter, and, if the flavour be liked, a few green onions minced. Keep the whole well stirred with a fork, over a clear and gentle fire until it is quite hot, then place it closely covered by the side of the stove, or on a high trevet, that it may stew as softly as possible for a couple of hours. One or even two half-grown cucumbers, cut small by scoring the ends deeply as they are sliced, or a quarter-pint of minced mushrooms may be added with good effect; or a dessertspoonful of currie-powder and a large chopped onion. A dish of boiled rice should be sent to table with it.

Mutton, 1 pint; green peas, 1 pint; young lettuces, 2; salt, 1 tea-spoonful; pepper,  $\frac{1}{2}$  teaspoonful; water, 4 table-spoonful; butter, 2 to 3 ozs.: 2 hours. Varieties: cucumbers, 2; or mushrooms minced,  $\frac{1}{2}$  pint; or currie-powder, 1 dessertspoonful, and 1 large onion.

#### A GOOD FAMILY STEW OF MUTTON.

Put into a broad stewpan or saucepan a flat layer of mutton chops, freed entirely from fat and from the greater portion of the bone, then just dipped into cold water, seasoned with pepper, and lightly dredged with flour; on these put a layer of mild turnips sliced half an inch thick, and divided into squares; then some carrots of the same thickness, with a seasoning of salt and black pepper between them; next, another layer of chops, then plenty of vegetables, and as much weak broth or cold water as will barely cover the whole; bring them slowly to a boil, and let them just simmer from two to three hours, according to the quantity. One or two minced onions may be strewed between the other vegetables when their flavour is liked. The savour of the dish will be increased by browning the chops in a little butter before they are stewed, and still more so by frying the vegetables lightly as well, before they are added to it. A head or two of celery would to many tastes improve the flavour of the whole. In summer, cucumber, green onions, shred lettuces, and green peas may be substituted for the winter vegetables.

Mutton, free from fat, 2 $\frac{1}{2}$  lbs.; turnips, 3 lbs.; carrots, 3 lbs.; celery (if added), 2 small heads: 2 to 3 hours.

*Obs.*—The fat and trimmings of the mutton used for this and for other dishes into which only the lean is admissible may be turned to advantage by cutting the whole up rather small, and then boiling it in

a quart of water to the pound, with a little spice, a bunch of herbs and some salt, until the fat is nearly dissolved: the liquid will then, if strained off and left until cold, make tolerable broth, and the cake of fat which is on the top, if again just melted and poured free of sediment into small pans, will serve excellently for common pies and for frying kitchen dinners. Less water will of course produce broth of better quality, and the addition of a small quantity of fresh meat or bones will render it very good.

#### AN IRISH STEW.

Take a couple of pounds of small thick mutton cutlets with or without fat according to the taste of the persons to whom the stew is to be served; take also four pounds of good potatoes, weighed after they are pared, slice them thick, and put a portion of them, in a flat layer, into a large thick saucepan or stewpan; season the mutton well with pepper, and place some of it on the potatoes, cover it with another layer, and proceed in the same manner with all, reserving plenty of the vegetable for the top; pour in three quarters of a pint of cold water, and add, when the stew begins to boil, an ounce of salt; let it simmer gently for two hours, and serve it very hot. When the addition of onion is liked, strew in two or three minced ones with the potatoes.

Mutton cutlets, 2 lbs.; potatoes, 4 lbs.; pepper,  $\frac{1}{2}$  oz.; salt, 1 oz.; water,  $\frac{3}{4}$  pint: 2 hours.

*Obs.*—For a real Irish stew the potatoes should be boiled to a mash: an additional quarter-hour may be necessary for the full quantity here, but for half of it two hours are quite sufficient.

#### CUTLETS OF COLD MUTTON.

Trim into well-shaped cutlets, which should not be very thin, the remains of a roast loin or neck of mutton, or of a quite under-dressed stewed or boiled joint; dip them into egg and well-seasoned bread-crumbs, and broil or fry them over a quick fire that they may be browned and heated through without being too much done. This is a very good mode of serving a half-roasted loin or neck. When the cutlets are broiled they should be dipped into, or sprinkled thickly with butter just dissolved, or they will be exceedingly dry; a few additional crumbs should be made to adhere to them after they are moistened with this.

#### MUTTON KIDNEYS A LA FRANÇAISE. (ENTRÉE.)

Skin six or eight fine fresh mutton kidneys, and, without opening them, remove the fat; slice them rather thin, strew over them a large dessertspoonful of minced herbs, of which two-thirds should be parsley and the remainder thyme, with a tolerable seasoning of pepper or cayenne, and some fine salt. Melt two ounces of butter in a frying-pan, put in the kidneys and brown them quickly on both sides; when nearly done, stir amongst them a dessertspoonful of flour, and shake them well in the pan; pour in the third of a pint of gravy (or of hot water in default of this), the juice of half a lemon, and as much of Harvey's sauce, or of mushroom catsup, as will flavour the whole pleasantly; bring these to the point of boiling, and pour them into a dish garnished with fried sippets, or lift out the kidneys first, give the sauce a boil and pour it on them. We generally have the store-sauce of page 147 (see English stew) used to flavour this dish in preference to simple catsup.

In France, a couple of glasses of champagne, or, for variety, of claret, are frequently added to the gravy; one of port wine can be substituted for either of these. A dessertspoonful of minced eschalots may be strewed over the kidneys with the herbs; or two dozens of very small ones, previously stewed till tender in fresh butter over a gentle fire, may be added after they are dished. This is a very excellent and approved receipt.

Fried 6 minutes.

#### BROILED MUTTON KIDNEYS.

Split them open lengthwise without dividing them; strip off the skin and fat; run a fine skewer through the points and across the back of the kidneys to keep them flat while broiling; season them with pepper or cayenne; lay them over a clear brisk fire, with the cut sides towards it; turn them in from four to five minutes; and in as many more dish, and serve them quickly, with or without a cold Maître d'Hotel sauce under them. French cooks season them with pepper and fine salt, and brush a very small quantity of oil, or clarified butter over them before they are broiled: we think this an improvement.

8 to 10 minutes.

#### OXFORD RECEIPT FOR MUTTON KIDNEYS. (BREAKFAST DISH, OR ENTRÉE.)

Fry gently, in a little good butter, a dozen croûtons (slices of bread, of uniform shape and size, trimmed free from crust,) cut half an inch thick, about two inches and a half wide, and from three to four in length: lift them out and keep them hot. Split quite asunder six fine fresh kidneys, after having freed them from the skin and fat; season them with fine salt and cayenne; arrange them evenly in a clean frying-pan, and pour some clarified butter over them. Fry them over a somewhat brisk fire; dish each half upon a croûton; make a sauce in the pan as for veal cutlets, but use gravy for it instead of water, should it be at hand; add a little wine or catsup; pour it round the croûtons, and serve the kidneys instantly.

10 minutes.

#### TO ROAST A FORE QUARTER OF LAMB.

This should be laid to a clear brisk fire, and carefully and plentifully basted from the time of its becoming warm until it is ready for table; but though it requires quick roasting, it must never be placed sufficiently near the fire to endanger the fat, which is very liable to catch or burn. When the joint is served, the shoulder should be separated from the ribs with a sharp knife, and a small slice of fresh butter, a little cayenne, and a squeeze of lemon-juice should be laid between them; if the cook be an expert carver, this had better be done before the lamb is sent to table. The cold Maître d'Hotel sauce of page 100, may be substituted for the usual ingredients, the parsley being omitted or not, according to the taste. Serve good mint sauce, and a fresh salad with this roast.

A leg, shoulder, or loin of lamb should be cooked by the same directions as the quarter, a difference only being made in the time allowed for each.

Fore-quarter of lamb, 1½ to 2 hours. Leg, 1½ hour (less if very small); loin, 1 to 1½ hour.

*Obs.*—The time will vary a little, of course, from the difference in the weather, and in the strength of the fire. Lamb should always be well roasted.

#### SADDLE OF LAMB.

This is an exceedingly nice joint for a small party. It should be roasted at a brisk fire, and kept constantly basted with its own dripping: it will require from an hour and three quarters to two hours roasting. Send it to table with mint sauce, and if convenient, with brown cucumber sauce also, and a salad.

1½ to 2 hours.

*Obs.*—The following will be found an excellent receipt for mint sauce:—With three heaped tablespoonsful of finely-chopped young mint, mix two of pounded and sifted sugar, and six of the best vinegar: stir it until the sugar is dissolved.

#### ROAST LOIN OF LAMB.

Place it at a moderate distance from a clear fire, baste it frequently, froth it when nearly done, and serve it with the same sauces as the preceding joints. A loin of lamb may be boiled and sent to table with white cucumber, mushroom, common white sauce, or parsley and butter.

1 to 1½ hour.

#### STEWED LEG OF LAMB WITH WHITE SAUCE. (ENTRÉE.)

Choose a small plump leg of lamb, not much exceeding five pounds in weight; put it into a vessel nearly of its size, with a few trimmings, or a bone or two of undressed veal if at hand; cover it with cold water, bring it slowly to a boil, clear off the scum with great care when it is first thrown to the surface, and when it has all been skimmed off, add a bunch of thyme and parsley, and two carrots of moderate size. Let the lamb simmer only, but without ceasing, for an hour and a quarter; serve it covered with béchamel, or rich English white sauce, and send a boiled tongue to table with it, and some of the sauce in a tureen.

1½ hour.

#### LOIN OF LAMB STEWED IN BUTTER. (ENTRÉE.)

Wash the joint, and wipe it very dry; skewer down the flap, and lay it into a close-shutting and thick stewpan, or saucepan, in which three ounces of good butter have been just dissolved, but not allowed to boil; let it simmer slowly over a very gentle fire for two hours and a quarter, and turn it when it is rather more than half done. Lift it out, skim and pour the gravy over it; send brown asparagus, cucumber, or soubise sauce to table with it; or brown gravy, mint sauce, and a salad.

2½ hours.

#### LAMB OR MUTTON CUTLETS, WITH SOUBISE SAUCE. (ENTRÉE.)

The best end of two necks of either will be required for a handsome dish. Cut them thin with one bone to each; trim off the fat and all the skin, scrape the bones very clean that they may look white, and season the cutlets with salt and white pepper; brush them with egg, dip them into very fine bread-crumbs, then into clarified butter, and again into the bread-crumbs, which should be flattened evenly upon them, and broil them over a very clear and brisk fire, or fry them in a little good butter of a fine clear brown; press them in two sheets of white blotting-paper to extract the grease, and dish them on end, with

the points meeting at the top; or place them one over the other in a chain, and pour into the centre a soubise, or a purée of cucumbers. Brown cucumber sauce, or a rich gravy, may be substituted for either of these in serving a quite simple dinner. Cutlets of the loin may be dressed in the same way, after being dipped into crumbs of bread mixed with a full seasoning of minced herbs, and a small quantity of eschalot, when its flavour is liked. The small flat bone at the end of the cutlets should be taken off, to give them a very good appearance.

## LAMB CUTLETS IN THEIR OWN GRAVY.

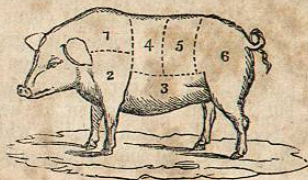
Follow exactly the receipt for mutton cutlets dressed in the same way, but allow for those of lamb fifteen or twenty minutes less of time, and an additional spoonful of liquid.

## CUTLETS OF COLD LAMB.

See the receipt for Cutlets of Cold Mutton, page 183.

## CHAPTER XI.

## PORK.



No.  
1. The Spare Rib.  
2. Hand.  
3. Belly, or Spring.

No.  
4. Fore Loin.  
5. Hind Loin.  
6. Leg.

## TO CHOOSE PORK.

THIS meat is so proverbially, and we believe even *dangerously* unwholesome when ill fed, or in any degree diseased, that its quality should be closely examined before it is purchased. When not home-fatted, it should be bought if possible of some respectable farmer, or miller, unless the butcher who supplies it can be perfectly relied on. Both the fat and lean should be very white, and the latter finely grained; the rind should be thin, smooth, and cool to the touch; if it be clammy, the pork is stale, and should be at once rejected; it ought also to be scrupulously avoided when the fat, instead of being quite clear of all blemish, is full of small kernels, which are indicative of disease. The manner of cutting up the pork varies in different counties, and also according to the purposes for which it is intended. The legs are either made into hams, or slightly salted for a few days and boiled; they are also sometimes roasted when the pork is not large nor coarse, with a

savoury forcemeat inserted between the skin and flesh of the knuckle. The part of the shoulder called the hand is also occasionally pickled in the same way as hams and bacon, or it may be salted and boiled, but it is too sinewy for roasting. After these and the head have been taken off, the remainder, without further division than being split down the back, may be converted into whole sides, or *fitches*, as they are usually called, of bacon; but when the meat is large, and required in part for various other purposes, a chine may be taken out, and the fat pared off the bones of the ribs and loins for bacon; the thin part of the body converted into pickled pork, and the ribs and other bones roasted, or made into pies or sausages. The feet, which are generally salted down for immediate use, are excellent if laid for two or three weeks into the same pickle as the hams, then well covered with cold water, and slowly boiled until tender.

The loins of young and delicate pork are roasted with the skin on; and this is scored in regular stripes of about a quarter-inch wide with the point of a sharp knife, before the joints are laid to the fire. The skin of the leg also is just cut through in the same manner. This is done to prevent its blistering, and to render it more easy to carve, as the skin (*or crackling*) becomes so crisp and hard in the cooking, that it is otherwise sometimes difficult to divide it.

To be at any time fit for table, pork must be *perfectly sweet*, and thoroughly cooked; great attention also should be given to it when it is in pickle, for if any part of it be long exposed to the air, without being turned into, or well and frequently basted with the brine, it will often become tainted during the process of curing it.

## TO MELT LARD.

Strip the skin from the inside fat of a freshly killed and well-fed pig; slice it small and thin; put it into a new or well-scalded jar, set it into a pan of boiling water, and let it simmer over a clear fire. As it dissolves, strain it into small stone jars, or deep earthen pans, and when perfectly cold, tie over it the skin that was cleared from the lard, or bladders which have been thoroughly washed and wiped very dry. Lard thus prepared is extremely pure in flavour, and keeps perfectly well, if stored in a cool place; it may be used with advantage in making pastry, as well as for frying fish, and for various other purposes. It is better to keep the last drainings of the fat apart from that which is first poured off, as it will not be quite so fine in quality.

## TO PRESERVE UNMELTED LARD FOR MANY MONTHS.

For the particular uses to which the leaf-fat, or fleed, can be advantageously applied, see fleed-crust, Chapter XVI. It may be kept well during the summer months by rubbing fine salt rather plentifully upon it when it is first taken from the pig, and leaving it for a couple of days; it should then be well drained, and covered with a strong brine: this, in warmer weather, should be changed occasionally. When wanted for use, lay it into cold water for two or three hours, then wipe it dry, and it will have quite the effect of the fresh leaf when made into paste.

Inner fat of pig, 6 lbs.; fine salt,  $\frac{1}{2}$  to  $\frac{3}{4}$  lb.: 2 days. Brine; to each quart of water, 6 ozs. salt.