

firmly trussed, half roasted at a quick fire, and laid into the stewpan as it is taken from the spit; or well browned in some French thickening, then half covered with boiling gravy, and turned when partially done: from an hour to an hour and a quarter will stew it well.

TO ROAST PIGEONS.



Pigeons for roasting.

These, as we have already said, should be dressed while they are very fresh. If extremely young they will be ready in twelve hours for the spit, otherwise, in twenty-four. Take off the heads and necks, and cut off the toes at the first joint; draw them carefully, that the gall-bladders may not be broken, and pour plenty of water through them; wipe them dry, and put into each bird a small bit of butter lightly dipped into a little cayenne (formerly it was rolled in minced parsley, but this is no longer the fashionable mode of preparing them.) Truss the wings over the backs, and roast them at a brisk fire, keeping them well and constantly basted with butter. Serve them with brown gravy, and a tureen of parsley and butter. For the second course, dish them upon young water-cresses, as directed for roast fowl *aux cressons*, page 205. About twenty minutes will roast them.

18 to 20 minutes; five minutes longer, if large; rather less, if *very* young.

BOILED PIGEONS.

Truss them like boiled fowls, drop them into plenty of boiling water, throw in a little salt, and in fifteen minutes lift them out, pour parsley and butter over, and send a tureen of it to table with them.

[TO STEW PIGEONS.]

Wash and clean six pigeons, cut them into quarters, and put all their giblets with them into a stewpan, a piece of butter, a little water, a bit of lemon-peel, two blades of mace, some chopped parsley, salt, and pepper; cover the pan closely, and stew them till they are tender; thicken the sauce with the yolk of an egg beaten up with three table-spoonsful of cream and a bit of butter dusted with flour; let them stew ten minutes longer before serving. This is an excellent and economical way of cooking them.]

CHAPTER XIII.

GAME.

TO CHOOSE GAME.

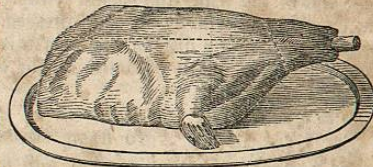
Buck venison, which is in season only from June to Michaelmas, is considered finer than doe venison, which comes into the market in October, and remains in season through November and December: neither should be cooked at any other part of the year. The greater the depth of fat upon the haunch the better the quality of the meat will

be, provided it be clear and white, and the lean of a dark hue. If the cleft of the hoof, which is always left on the joint, be small and smooth, the animal is young; but it is old when the marks are the reverse of these.* Although the haunch is the prime and favourite joint of venison, the neck and shoulder are also excellent, stewed in various ways, or made into pasties. If kept to the proper point, and well dressed, this is the most tender of all meat; but care is necessary to bring it into a fitting state for table without its becoming offensive. A free current of air in a larder is always a great advantage, as it assists materially in preserving the sweetness of every thing which is kept in it, while a close damp atmosphere, on the contrary, is more destructive of animal food of all kinds even than positive heat. The fumes of creosote are said to be an admirable preservative against putrescence, but we have not ourselves yet had experience of the fact. All moisture should be wiped daily, or even more frequently, from the venison, with soft cloths, when any appears upon the surface; and every precaution must be taken to keep off the flies, when the joint is not hung in a wire-safe. Black pepper thickly powdered on it will generally answer the purpose: with common care, indeed, meat may always be protected from their attacks, and to leave it exposed to them in warm weather is altogether inexcusable in the cook.

Hares and rabbits are stiff when freshly killed, and if young, the ears tear easily, and the claws are smooth and sharp. A hare in cold weather will remain good from ten to fourteen days; care only must be taken to prevent the inside from becoming musty, which it will do if it has been emptied in the field. Pigeons, partridges, and other game may be chosen by nearly the same tests as poultry: by opening the bill, the staleness will be detected easily if they have been too long kept. With few exceptions, game depends almost entirely for the fine flavour and the tenderness of its flesh, on the time which it is allowed to hang before it is cooked, and it is never good when very fresh; but it does not follow that it should be sent to table in a really offensive state, for this is agreeable to few eaters and disgusting to many, and nothing should at any time be served of which the appearance or the odour may destroy the appetite of any person present.

TO ROAST A HAUNCH OF VENISON.

To give venison the flavour and the tenderness so much prized by epicures, it must be well kept; and by taking the necessary precautions, it will hang a considerable time without detriment. Wipe it with soft dry cloths wherever the slightest moisture appears on the surface, and dust it plentifully with freshly-ground pepper or powdered ginger, to preserve it from the flies. The application of the pyroligneous or ascetic acid would effectually protect it from these, as well as from the effects of



* It must be observed that venison is not in perfection when young: like mutton, it requires to be of a certain age before it is brought to table. The word *cleft* applies also to the thickest part of the haunch, and it is the depth of the fat on this which decides the quality of the joint.

the weather; but the joint must then be not only well washed, but *soaked* some considerable time, and this would be injurious to it: the acid, therefore, should only be resorted to for the purpose of restoring to an eatable state that which would otherwise be lost, from having been kept beyond the point in which it is possible to serve it.

To prepare the venison for the spit, wash it slightly with tepid water, or merely wipe it thoroughly with damp cloths, and dry it afterwards with clean ones; then lay over the fat side a large sheet of thickly-buttered paper, and next a paste of flour and water about three quarters of an inch thick; cover this again with two or three sheets of stout paper, secure the whole well with twine, and lay the haunch to a sound clear fire; baste the paper immediately with butter, or clarified dripping, and roast the joint from three hours and a half to four and a half, according to its weight and quality. Doe venison will require half an hour less time than buck venison. Twenty minutes before the joint is done remove the paste and paper, baste the meat in every part with butter, and dredge it very lightly with flour; let it take a pale brown colour, and send it to table as hot as possible with unflavoured gravy in a tureen, and good currant-jelly. It is not now customary to serve any other sauces with it; but should the old-fashioned sharp or sweet sauce be ordered, the receipt for it will be found at page 88.*

3½ to 4½ hours.

TO STEW A SHOULDER OF VENISON.

Bone the joint, by the directions given for a shoulder of veal or mutton (see page 166); flatten it on a table, season it well with cayenne, salt, and pounded mace, mixed with a very small proportion of allspice; lay over it thin slices of the fat of a loin of well-fed mutton, roll and bind it tightly, lay it into a vessel nearly of its size, and pour to it as much good stock made with equal parts of beef and mutton as will nearly cover it; stew it as slowly as possible from three hours to three and a half or longer, should it be very large, and turn it when it is half done. Dish and serve it with a good Espagnole, made with part of the gravy in which it has been stewed; or thicken this slightly with rice-flour, mixed with a glass or more of claret or of port wine, and as much salt and cayenne as will season the gravy properly.

Some cooks soak the slices of mutton-fat in wine before they are laid upon the joint; but no process of the sort will ever give to any kind of meat the true flavour of the venison, which to most eaters is far finer than that of the wine, and should always be allowed to prevail over all the condiments with which it is dressed. Those, however, who care for it less than for a dish of high artificial savour, can have eschalots, ham, and carrot, lightly browned in good butter, added to the stew when it first begins to boil.

3½ to 4 hours.

TO HASH VENISON.†

For a superior hash of venison, add to three quarters of a pint of strong thickened brown gravy, Christopher North's sauce, in the propor-

* Plates of minced eschalots are still sometimes handed round to the venison-eaters; but not at very refined tables, we believe.

† Minced collops of venison may be prepared exactly like those of beef; and venison-cutlets like those of mutton: the neck may be taken for both of these.

tion directed for in the receipt of page 102. Cut the venison in small thin slices of equal size, arrange them in a clean saucepan, pour the gravy on them, let them stand for ten minutes or more, then place them near the fire, and bring the whole very slowly to the *point* of boiling only: serve the hash immediately in a hot-water dish.

For a plain dinner, when no gravy is at hand, break down the bones of the venison small, after the flesh has been cleared from them, and boil them with those of three or four undressed mutton-cutlets, a slice or two of carrot, or a few savoury herbs, and about a pint and a half of water or broth, until the liquid is reduced quite one third. Strain it off, let it cool, skim off all the fat, heat the gravy, thicken it when it boils with a dessertspoonful or rather more of arrow-root, or with the brown *roux* of page 92, mix the same sauce with it, and finish it exactly as the richer hash above. It may be served on sippets of fried bread or not, at choice.

TO ROAST A HARE.

After the hare has been skinned, or cased, as it is called, wash it very thoroughly in cold water, and afterwards in warm. If in any degree overkept, or musty in the inside, which it will sometimes be when emp-

tied before it is hung up, and neglected afterwards, use vinegar, or the pyroligneous acid, well diluted, to render it sweet; then again throw it into abundance of water, that it may retain no taste of the acid. Pierce with the point of a knife any parts in which the blood appears to have settled,



Hare Dressed for Roasting.

and soak them in tepid water, that it may be well drawn out. Wipe the hare dry, fill it with the forcemeat No. 1, page 122, sew it up, truss and spit it firmly, baste it for ten minutes with lukewarm water, mixed with a very little salt, throw this away, and put into the pan a quart or more of new milk; keep it constantly laded over the hare, until it is nearly dried up, then add a large lump of butter, flour the hare, and continue the basting steadily until it is well browned; for unless this be done, and the roast be kept at a proper distance from the fire, the outside will become so dry and hard as to be quite uneatable. Serve the hare when done, with good brown gravy (of which a little should be poured round it in the dish), and with fine red currant jelly. This is an approved English method of dressing it, but we would recommend in preference, that it should be basted plentifully with butter from the beginning (the strict economist may substitute clarified beef-dripping, and finish with a small quantity of butter only); and that the salt and water should be altogether omitted. Firstrate cooks merely wipe the hare inside and out, and rub it with its own blood before it is laid to the fire; but there is generally a rankness about it, especially after it has been many days killed, which, we should say, renders the washing indispensable, unless a coarse game-flavour be liked.

1¼ to 1½ hour.

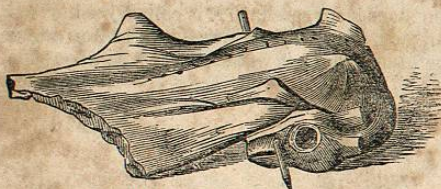
TO ROAST A RABBIT.

This, like a hare, is much improved by having the back-bone taken out, and the directions we have given will enable the cook, with very little practice, to remove it without difficulty. Line the inside, when this is done, with thin slices of bacon, fill it with forcemeat (No. 1, page 122), sew it up, truss, and roast it at a clear, brisk fire, and baste it constantly with butter. Flour it well soon after it is laid down. Serve it with good brown gravy, and with currant jelly, when this last is liked. For change, the back of the rabbit may be larded, and the bone left in, or not, at pleasure; or it can be plain roasted when more convenient.

$\frac{3}{4}$ to 1 hour; less, if small.

TO BOIL RABBITS.

Rabbits that are three parts grown, or, at all events, which are still quite young, should be chosen for this mode of cooking. Wash and



Rabbit Trussed for Boiling.

soak them well, truss them firmly, with the heads turned and skewered to the sides, drop them into plenty of boiling water, and simmer them gently from thirty to forty-five minutes: when very young they will require even less time than this. Cover them with rich white sauce, mixed with the livers parboiled, and finely pounded, and well seasoned with cayenne and lemon-juice; or with white onion sauce, or with parsley and butter, made with milk or cream, instead of water, (the livers, minced, are often added to the last of these,) or with good mushroom sauce.

30 to 45 minutes.

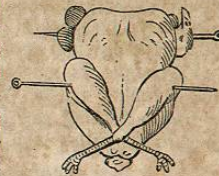
FRIED RABBIT.

After the rabbit has been emptied, thoroughly washed, and well soaked, blanch it, that is to say, put it into boiling water, and let it boil from five to seven minutes; drain it, and when cold, or nearly so, cut it into joints, dip them into beaten egg, and then into fine bread-crumbs, seasoned with salt and pepper, and when all are ready, fry them in butter over a moderate fire, from twelve to fifteen minutes. Simmer two or three strips of lemon-rind in a little gravy, until it is well flavoured with it; boil the liver of the rabbit for five minutes, let it cool, and then mince it; thicken the gravy with an ounce of butter, and a small teaspoonful of flour, add the liver, give the sauce a minute's boil, stir in two tablespoonsful of cream, if at hand, and, last of all, a small quantity of lemon-juice. Dish the rabbit, pour the sauce *under* it, and serve it quickly. If preferred, a gravy can be made in the pan, as for veal cutlets, and the rabbit may be simply fried.

TO ROAST PARTRIDGES.

Let the birds hang as long as they can possibly be kept without becoming offensive; pick them carefully, draw, and singe them; wipe the

insides thoroughly with a clean cloth; truss them with the head turned under the wing and the legs drawn close together or crossed. Flour them when first laid to the fire, and baste them plentifully with butter. Serve them with bread sauce, and good brown gravy: a little of this last should be poured over them. In some instances they are dished upon fried bread-crumbs, but these are better handed round the table by themselves. Where game is plentiful we recommend that the remains of a cold roasted partridge should be well bruised and boiled down with just so much water, or unflavoured broth, as will make gravy for a couple of other birds: this, seasoned with salt and cayenne only, or flavoured with a few mushrooms, will be found a very superior accompaniment for roast partridges, to the best meat-gravy that can be made. A little eschalot, and a few herbs can be added to it at pleasure. It should be served also with boiled or with broiled partridges in preference to any other.



A Partridge Trussed for Roasting.

30 to 40 minutes.

Obs.—Rather less time must be allowed when the birds are liked underdressed. In preparing them for the spit, the crop must be removed through a slit cut in the back of the neck, the claws clipped close, and the legs held in boiling water for a minute, that they may be skinned the more easily.

BOILED PARTRIDGES.

This is a delicate mode of dressing young and tender birds. Strip off the feathers, clean, and wash them well; cut off the heads, truss them like boiled fowls, and when ready, drop them into a large pan of boiling water; throw a little salt on them, and in fifteen, or at the utmost in eighteen minutes they will be ready to serve. Lift them out, dish them quickly, and send them to table with white mushroom-sauce, with bread sauce and game gravy (see preceding receipt), or with celery sauce. Our own mode of having them served is usually with a slice of fresh butter, about a tablespoonful of lemon-juice, and a good sprinkling of cayenne placed in a very hot dish, under them.

15 to 18 minutes.

PARTRIDGES WITH MUSHROOMS.

For a brace of young well-kept birds, prepare from half to three quarters of a pint of mushroom-buttons, or very small flaps, as for pickling. Dissolve over a gentle fire an ounce and a half of butter, throw in the mushrooms with a slight sprinkling of salt and cayenne, simmer them from eight to ten minutes, and turn them, with the butter, on to a plate; when they are quite cold, put the whole into the bodies of the partridges, sew them up, truss them securely, and roast them on a vertical jack with the heads downwards; or should an ordinary spit be used, tie them firmly to it, instead of passing it through them. Roast them the usual time, and serve them with brown mushroom-sauce, or with gravy and bread sauce only. The birds may be trussed like boiled fowls, floured, and lightly browned in butter; half covered with *rich* brown gravy and stewed slowly for thirty minutes; then turned, and simmered for another half hour with the addition of some mushrooms to the gravy; or

they may be covered with small mushrooms stewed apart, when they are sent to table. They can also be served with their sauce only, simply thickened with a small quantity of fresh butter, smoothly mixed with less than a teaspoonful of arrow-root and flavoured with cayenne and a little catsup, wine, or store-sauce.

Partridges, 2; mushrooms, $\frac{1}{2}$ to $\frac{3}{4}$ pint; butter, $1\frac{1}{2}$ oz.; little mace and cayenne: roasted 30 to 40 minutes, or stewed 1 hour.

Obs.—Nothing can be finer than the game flavour imbibed by the mushrooms with which the birds are filled, in this receipt.

BROILED PARTRIDGE; (*Breakfast dish.*)

“Split a young and well-kept partridge, and wipe it with a soft clean cloth inside and out, but do not wash it; broil it delicately over a very clear fire, sprinkling it with a little salt and cayenne; rub a bit of fresh butter over it the moment it is taken from the fire, and send it quickly to table with a sauce made of a good slice of butter browned with flour, a little water, cayenne, salt, and mushroom-catsup, poured over it.” We give this receipt exactly as we received it from a house where we know it to have been greatly approved by various guests who have partaken of it there.

BROILED PARTRIDGE; (*French Receipt.*)

After having prepared the bird with great nicety, divided, and flattened it, season it with salt, and pepper, or cayenne, dip it into clarified butter, and then into very fine bread-crumbs, and take care that every part shall be equally covered: if wanted of particularly good appearance, dip it a second time into the butter and crumbs. Place it over a very clear fire, and broil it gently from twenty to thirty minutes. Send it to table with brown mushroom sauce, or some Espagnole.

[TO ROAST WILD PIGEONS.]

Pigeons, when stuffed, require some green parsley to be chopped very fine with the liver and a bit of butter, seasoned with a little pepper and salt; or they may be stuffed with the same as a fillet of veal. Fill the belly of each bird with either of these compositions. They will roast in about twenty or thirty minutes. Serve with parsley and butter, with a dish under them, with some in a boat. Garnish with crisp parsley, fried bread crumbs, bread sauce or gravy.

TO ROAST SMALL BIRDS.

The most delicate of these are larks, which are in high season in November and December. When cleaned and prepared for roasting, brush them with the yolk of an egg, and roll in bread crumbs; spit them on a lark-spit, and tie that on a larger spit; ten or fifteen minutes at a quick fire will do them; baste them with fresh butter, and sprinkle them with bread crumbs, till they are quite covered, while roasting. Sauce, grated bread fried in butter, which set to drain before the fire that it may harden; serve the crumbs under the larks when you dish them, and garnish them with slices of lemon. *Wheatears* are dressed in the same way.

REED BIRDS.

Having carefully picked your birds, which should be very fat, draw them with the greatest care possible so as not to rob them of any fat,

and truss them on a skewer, which you fasten to the spit, and cook them before a brisk fire; a very few minutes is requisite. In serving them, place them on buttered toast, and pour a small portion of gravy over them. Let them be hot. This is generally considered the best manner of serving reed-birds, although many persons prefer them breaded and fried, or barbecued. When they are very fat it is unnecessary to draw them. The season for this delicious bird is from the middle of September to the first or second week in October.]

Obs.—There are few occasions, we think, in which the contents of the dripping-pan can be introduced at table with advantage; but in dressing moor game, we would strongly recommend the toast to be laid in it under the birds, as it will afford a superior relish even to the birds themselves.

A SALMI-OF MOOR FOWL, PHEASANTS, OR PARTRIDGES. (ENTRÉE.)

This is an elegant mode of serving the remains of roasted game, but when a superlative salmi is desired, the birds must be scarcely more than half roasted for it. In either case, carve them very neatly, and strip every particle of skin and fat from the legs, wings, and breasts; bruise the bodies well, and put them with the skin, and other trimmings, into a very clean stew-pan. If for a simple and inexpensive dinner, merely add to them two or three sliced eschalots, a bay-leaf, a small blade of mace, and a few peppercorns; then pour in a pint, or rather more, of good veal gravy, or strong broth, and boil it briskly until reduced nearly half; strain the gravy, pressing the bones well, to obtain all the flavour, skim off the fat, add a little cayenne, and lemon-juice, heat the game very gradually, in it, but do not, on any account, allow it to boil; place sippets of fried bread round a dish, arrange the birds in good form in the centre, give the sauce a boil, and pour it on them. This is but a homely sort of salmi, though of excellent flavour if well made; it may require perhaps the addition of a little thickening, and two or three glasses of dry white wine poured to the bodies of the birds, with the broth, would bring it nearer to the French salmi in flavour. As the spongy substance in the inside of moor fowl and black game is apt to be extremely bitter, when they have been long kept, care should be taken to remove such parts as would endanger the preparation.

[TO ROAST CANVASS-BACK DUCKS.]

Let your duck be young and fat, if possible; having picked it well, draw it and singe carefully, without washing it, so as to preserve the blood, and consequently, all its flavour. You then truss it, leaving its head on for the purpose of distinguishing it from common game, and place it on the spit before a brisk fire, for at least fifteen minutes. Then serve it hot, in its own gravy, on a large chafing-dish. The best birds are found on the Potomac River; they have the head purple, and the breast silver colour, and it is considered superior in quality and flavour to any other species of wild duck. The season is only during the cold weather.]

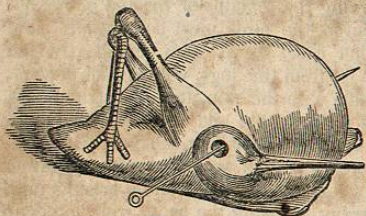
TO ROAST WILD DUCKS.

These are prepared for the spit exactly like the tame ones, with the exception of the stuffing, which is never used for wild fowl. A bit of soft bread soaked in port wine, or in claret, is sometimes put into them,

but nothing more. Flour them well, lay them rather near to a very clear and brisk fire, that they may be quickly browned, and yet retain their juices. Baste them plentifully and constantly with butter, and, if it can be so regulated, let the spit turn with them rapidly. From fifteen to twenty minutes will roast them sufficiently for the generality of eaters; but for those who object to them much underdressed, a few additional minutes must be allowed. Something less of time will suffice when they are prepared for persons who like them scarcely more than heated through.

Teal, which is a more delicate kind of wild fowl, is roasted in the same way: in from ten to fifteen minutes it will be enough done for the fashionable mode of serving it, and twenty minutes will dress it well at a good fire.

TO ROAST WOODCOCKS OR SNIPES.



Woodcock.

Handle them as little and as lightly as possible, and pluck off the feathers gently; for if this be violently done the skin of the birds will be broken. Do not draw them, but after having wiped them with clean soft cloths, truss them with the head under the wing, and the bill laid close along the breast; pass a slight skewer through the thighs, catch the ends with a bit of twine, and tie it across to keep the legs straight. Suspend the birds with the feet downwards to a bird-spit, flour them well, and baste them with butter, which should be ready dissolved in the pan or ladle. Before the trail begins to drop, which it will do as soon as they are well heated, lay a thick round of bread, freed from the crust, toasted to a delicate brown, and buttered on both sides, into the pan under them to catch it, as this is considered finer eating even than the flesh of the birds; continue the basting, letting the butter fall from them into the basting-spoon or ladle, as it cannot be collected again from the dripping-pan should it drop there, in consequence of the toast or *toasts* being in it. There should be one of these for each woodcock, and the trail should be spread equally over it. When the birds are done, which they will be, at a brisk fire, in from twenty to twenty-five minutes, lay the toasts into a very hot dish, dress the birds upon them, pour a little gravy round the bread, and send more to table in a tureen.

Woodcock, 20 to 25 minutes; snipe, 5 minutes less.

TO ROAST THE PINTAIL, OR SEA PHEASANT.

This beautiful bird is by no means rare upon the coast, but we know not whether it be much seen in the markets generally. It is most excellent eating, and should be roasted at a clear quick fire, well floured when first laid down, turned briskly, and basted with butter almost without cessation. If drawn from the spit in from twenty-five to thirty minutes, then dished and laid before the fire for two or three more, it will give forth a singularly rich gravy. Score the breast when it is

carved, sprinkle on it a little cayenne and fine salt, and let a cut lemon be handed round the table when the bird is served; or omit the scoring, and send round with it brown gravy, and Christopher North's sauce made hot.

20 to 30 minutes.

CHAPTER XIV.

CURRIES, POTTED MEATS, &c.

THE great superiority of the oriental curries over those generally prepared in Europe or America, is not, we believe, altogether the result of a want of skill or of experience on the part of our cooks, but is attributable, in some measure, to many of the ingredients, which in a *fresh and green state* add so much to their excellence, being here beyond our reach.

The natives of the East compound and vary this class of dishes, we are told, with infinite ingenuity, blending in them very agreeably many condiments of different flavour, until the highest degree of piquancy and savour is produced, the whole being tempered with fine vegetable acids. With us, turmeric and cayenne pepper prevail in them often far too powerfully: the prodigal use of the former should be especially avoided, as it injures both the quality and the *colour* of the currie, which ought to be of a dark green, rather than of a red or yellow hue. The first is given by the genuine powder imported from India; the others, by the greater number of spurious ones, sold in England and America under its name. A couple of ounces of a sweet, sound cocoonut, lightly grated and stewed for nearly or quite an hour in the gravy of a currie, is a great improvement to its flavour: it will be found particularly agreeable with that of sweetbreads, and may be served in the currie, or strained from it at pleasure. Great care, however, should be taken not to use, for the purpose, a nut that is rancid. Spinage, cucumbers, vegetable marrow, tomatas, acid apples, green gooseberries (seeded), and tamarinds imported *in the shell*—not preserved—may all, in their season, be added with very good effect to curries of different kinds. Potatoes and celery are also occasionally boiled down in them.

The rice for a currie should always be sent to table in a separate dish from it, and, in serving them, it should be first helped, and the currie laid upon it.

MR. ARNOTT'S CURRIE-POWDER.

Turmeric, eight ounces.*
Coriander seed, four ounces.
Cummin seed, two ounces.
Fœnugreek seed, two ounces.
Cayenne, half an ounce. (More or less of this last to the taste.)

* We think it would be an improvement to diminish by two ounces the proportion of turmeric, and to increase that of the coriander seed; but we have not tried it.