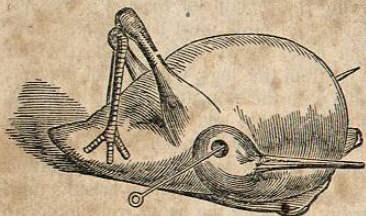


but nothing more. Flour them well, lay them rather near to a very clear and brisk fire, that they may be quickly browned, and yet retain their juices. Baste them plentifully and constantly with butter, and, if it can be so regulated, let the spit turn with them rapidly. From fifteen to twenty minutes 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.

Let the seeds be of the finest quality. Dry them well, pound, and sift them separately through a lawn sieve, then weigh, and mix them in the above proportions. This is an exceedingly agreeable and aromatic powder, when all the ingredients are perfectly fresh and good; but the preparing it is rather a troublesome process. Mr. Arnott recommends that when it is considered so, a "high-caste" chemist should be applied to for it.

MR. ARNOTT'S CURRIE.

"Take the heart of a cabbage, and nothing but the heart, that is to say, pull away all the outside leaves until it is about the size of an egg; chop it fine, add to it a couple of apples sliced thin, the juice of one lemon, half a teaspoonful of black pepper, with one large tablespoonful of *my* currie-powder, and mix the whole well together. Now take six onions that have been chopped fine and fried brown, a garlic head, the size of a nutmeg, also minced fine, two ounces of fresh butter, two table-spoonfuls of flour, and one pint of strong mutton or beef gravy; and when these articles are boiling, add the former ingredients, and let the whole be well stewed up together: if not hot enough, add cayenne pepper. Next, put in a fowl that has been roasted and nicely cut up; or a rabbit; or some lean chops of pork or mutton; or a lobster, or the remains of yesterday's calf's head; or any thing else you may fancy, and you will have an excellent currie, fit for kings to partake of."

"Well! now for the rice! It should be put into water which should be frequently changed, and should remain in for half an hour at least; this both clears and soaks it. Have your saucepan full of water (the larger the better,) and when it boils rapidly, throw the rice into it: it will be done in fifteen minutes. Strain it into a dish, wipe the saucepan dry, return the drained rice into it, and put it over a gentle fire for a few minutes, with a cloth over it: every grain will be separate. When served, do not cover the dish."

Obs.—We have already given testimony to the excellence of Mr. Arnott's currie-powder, but we think the currie itself will be found somewhat too acid for English or American taste in general, and the proportion of onion and garlic by one half too much for any but well-seasoned Anglo-Indian palates. After having tried his method of boiling the rice, we still give the preference to that of page 54, Chapter I.

A BENGAL CURRIE.

Slice and fry three large onions in two ounces of butter, and lift them out of the pan when done. Put into a stewpan three other large onions and a small clove of garlic which have been pounded together, and smoothly mixed with a dessertspoonful of the best pale turmeric, a teaspoonful of powdered ginger, one of salt, and one of cayenne pepper; add to these the butter in which the onions were fried, and half a cupful of good gravy; let them stew for about ten minutes, taking care that they shall not burn. Next, stir to them the fried onions and half a pint more of gravy; add a pound and a half of mutton, or of any other meat, free from bone and fat, and simmer it gently for an hour, or more should it not then be perfectly tender.

Fried onions, 3 large; butter, 2 ozs.; onions, pounded, 3 large; garlic, 1 clove; turmeric, 1 dessertspoonful; powdered ginger, salt, cay-

enne, each 1 teaspoonful; gravy, $\frac{1}{2}$ cupful: 10 minutes. Gravy, $\frac{1}{2}$ pint; meat, $1\frac{1}{2}$ lb.: 1 hour or more.

A COMMON INDIAN CURRIE.

For each pound of meat, whether veal, mutton, or beef, take a heaped tablespoonful of good currie powder, a small teaspoonful of salt, and one of flour; mix these well together, and after having cut down the meat into thick small cutlets, or squares, rub half of the mixed powder equally over it. Next, fry gently from one to four or five large onions sliced, with or without the addition of a small clove of garlic, or half a dozen eschalots, according to the taste; and when they are of a fine golden brown, lift them out with a slice and lay them upon a sieve to drain; throw a little more butter into the pan and fry the meat lightly in it; drain it well from the fat in taking it out, and lay it into a clean stewpan or saucepan; strew the onion over it, and pour in as much boiling water as will almost cover it. Mix the remainder of the currie-powder smoothly with a little broth or cold water, and after the currie has stewed for a few minutes pour it in, shaking the pan well round that it may be smoothly blended with the gravy. Simmer the whole very softly until the meat is perfectly tender: this will be in from an hour and a quarter, to two hours and a half, according to the quantity and the nature of the meat. Mutton will be the soonest done; the brisket end (gristles) of a breast of veal will require twice as much stewing, and sometimes more. A fowl will be ready to serve in an hour. An acid apple or two, or any of the vegetables which we have enumerated at the commencement of this chapter, may be added to the currie, proper time being allowed for cooking each variety. Very young green peas are liked by some people in it; and cucumbers pared, seeded, and cut moderately small, are always a good addition. A richer currie will of course be produced if gravy or broth be substituted for the water: either should be boiling when poured to the meat. Lemon-juice should be stirred in before it is served, when there is no other acid in the currie. A dish of boiled rice must be sent to table with it. A couple of pounds of meat free from bone, is sufficient quite for a moderate-sized dish of this kind, but those of the breast of veal are sometimes used for it, when it is to be served to a large family-party of currie-eaters: from half to a whole pound of rice should then accompany it. For the proper mode of boiling it, see mullagatawny soup, Chapter I. The small-grained, or Patna, is the kind which ought to be used for the purpose. Six ounces is quite sufficient for a not large currie; and a pound, when boiled, and heated lightly in a dish, appears an enormous quantity for a modern table.

To each pound of meat, whether veal, mutton, or beef, 1 heaped tablespoonful of good currie-powder, 1 small teaspoonful of salt, and a large one of flour, to be well mixed, and half rubbed on to the meat before it is fried, the rest added afterwards; onions fried, from 1 to 4 or 5 (with or without the addition of a clove of garlic, or half a dozen eschalots); sufficient boiling water to nearly cover the meat; vegetables, as in receipt, at choice; stewed, $1\frac{1}{2}$ to $2\frac{1}{2}$ hours: a fowl, 1 hour, or rather less; beef, 2 lbs., $1\frac{1}{2}$ hour, or more; veal gristles, $2\frac{1}{2}$ to 3 hours.

Obs.—Rabbits make a very good currie when quite young. Cayenne pepper can always be added to heighten the pungency of a currie when the proportion in the powder is not considered sufficient.

SELIM'S CURRIES. (*Captain White's.*)

These curries are made with a sort of paste, which is labelled with the above names, and as it has attracted some attention of late, and the curries made with it are very good, and quickly and easily prepared, we give the directions for them. "Cut a pound and a half of chicken, fowl, veal, rabbit, or mutton, into pieces an inch and a half square. Put from two to three ounces of fresh butter in a stewpan, and when it is melted put in the meat, and give it a good stir with a wooden spoon; add from two to three dessertspoonsful of the currie-paste; mix the whole up well together, and continue the stirring over a brisk fire from five to ten minutes, and the currie will be done. This is a dry currie. For a gravy currie, add two or three tablespoonsful of boiling water after the paste is well mixed in, and continue the stewing and stirring from ten to twelve minutes longer, keeping the sauce of the consistency of cream. Prepare salmon and lobster in the same way, but very quickly, that they may come up firm. The paste may be rubbed over steaks, or cutlets, when they are nearly broiled; three or four minutes will finish them."*

CURRIED EGGS.

Boil six or eight fresh eggs quite hard, as for salad, and put them aside until they are cold. Mix well together from two to three ounces of good butter, and from three to four dessertspoonsful of currie-powder; shake them in a stewpan, or thick saucepan, over a clear but moderate fire for some minutes, then throw in a couple of mild onions finely minced, and fry them gently until they are tolerably soft; pour to them by degrees from half to three quarters of a pint of broth or gravy, and stew them slowly until they are reduced to pulp; mix smoothly a small cup of thick cream with two teaspoonsful of wheaten or of rice-flour, stir them to the currie, and simmer the whole until the raw taste of the thickening is gone. Cut the eggs into half inch slices, heat them quite through in the sauce without boiling them, and serve them as hot as possible.

CURRIED SWEETBREADS.

Wash and soak them as usual, then throw them into boiling water with a little salt in it, and a whole onion, and let them simmer for ten minutes; or, if at hand, substitute weak veal broth for the water. Lift them out, place them on a drainer, and leave them until they are perfectly cold; then cut them into half-inch slices, and either flour and fry them lightly in butter, or put them, without this, into as much curried gravy as will just cover them; stew them in it very gently from twenty to thirty minutes; add as much lemon-juice or Chili vinegar as will acidulate the sauce agreeably,† and serve the currie very hot. As we have already stated in two or three previous receipts, an ounce or more of sweet freshly-grated cocoa-nut, stewed tender in the gravy, and strained from it before the sweetbreads are added, will give a peculiarly pleasant flavour to all curries.

* Unless the meat be *extremely* tender, and cut small, it will require from ten to fifteen minutes stewing: when no liquid is added, it must be stirred without intermission, or the paste will burn to the pan. It answers well for cutlets, and for mullagatawny soup also; but makes a very mild currie.

† We find that a small portion of Indian pickled mango, or of its liquor, is an agreeable addition to a currie, as well as to mullagatawny soup.

Blanched 10 minutes; sliced (fried or not); stewed from 20 to 30 minutes.

CURRIED OYSTERS.

"Let a hundred of large sea-oysters be opened into a basin, without losing one drop of their liquor. Put a lump of fresh butter into a good-sized saucepan, and when it boils, add a large onion, cut into thin slices, and let it fry in the uncovered stewpan until it is of a rich brown; now add a bit more butter, and two or three tablespoonsful of currie-powder. When these ingredients are well mixed over the fire with a wooden spoon, add gradually either hot water, or broth from the stock-pot; cover the stewpan, and let the whole boil up. Meanwhile, have ready the meat of a cocoa-nut, grated or rasped fine, put this into the stewpan with a few sour tamarinds (if they are to be obtained, if not, a sour apple, chopped.) Let the whole simmer over the fire until the apple is dissolved, and the cocoa-nut very tender; then add a cupful of strong thickening made of flour and water, and sufficient salt, as a currie will not bear being salted at table. Let this boil up for five minutes. Have ready also, a vegetable marrow, or part of one, cut into bits, and sufficiently boiled to require little or no further cooking. Put this in with a tomato or two; either of these vegetables may be omitted. Now put into the stewpan the oysters with their liquor, and the milk of the cocoa-nut; stir them well with the former ingredients; let the currie stew gently for a few minutes, then throw in the strained juice of half a lemon. Stir the currie from time to time with a wooden spoon, and as soon as the oysters are done enough serve it up with a corresponding dish of rice on the opposite side of the table. The dish is considered at Madras the *ne plus ultra* of Indian cookery."*

We have extracted this receipt, as it stands, from the Magazine of Domestic Economy, the season in which we have met with it not permitting us to have it tested. Such of our readers as may have partaken of the true Oriental preparation, will be able to judge of its correctness; and others may consider it worthy of a trial. We should suppose it necessary to beard the oysters.

CURRIED GRAVY.

The quantity of onion, eschalot, or garlic used for a currie should be regulated by the taste of the persons for whom it is prepared; the very large proportions of them which are acceptable to some eaters, preventing others altogether from partaking of the dish. Slice, and fry gently in a little good butter, from a couple to six large onions (with a bit of garlic, and four or five eschalots, or none of either), when they are coloured equally of a fine yellow-brown, lift them on to a sieve reversed to drain; put them into a clean saucepan, add a pint and a half of good gravy, with a couple of ounces of rasped cocoa-nut, or of any other of the condiments we have already specified, which may require as much stewing as the onions (an apple or two, for instance), and simmer them softly from half to three quarters of an hour, or until the onion is sufficiently tender to be pressed through a strainer. We would recommend that for a delicate currie this should always be done; for a common one it is not necessary; and many persons prefer to have the whole of it

* Native oysters, prepared as for sauce, may be curried by the receipt for eggs or sweetbreads, with the addition of their liquor.

left in this last. After the gravy has been worked through the strainer, and again boils, add to it from three to four dessertspoonsful of currie-powder, and one of flour, with as much salt as the gravy may require, the whole mixed to a smooth batter with a small cupful of good cream.* Simmer it from fifteen to twenty minutes, and it will be ready for use. Lobster, prawns, shrimps, macaroni, hard-boiled eggs, cold calf's head, and various other meats may be heated and served in it with advantage. For all these, and indeed for every kind of currie, acid of some sort should be added. Chili vinegar answers well when no fresh lemon-juice is at hand.

Onions, 2 to 6 (garlic, 1 clove, or eschalots, 4 to 5, or *neither*); fried a light brown. Gravy, $1\frac{1}{2}$ pint; cocoa-nut, 2 ozs. (3, if very young): $\frac{3}{4}$ to $\frac{1}{2}$ hour. Currie-powder, 3 to 4 dessertspoonsful; flour, 1 dessertspoonful; salt, as needed; cream, 1 small cupful: 15 to 20 minutes.

Obs.—In India, curds are frequently added to curries, but that may possibly be from their abounding much more than sweet cream in so hot a climate.

POTTED MEATS.

Any tender and well-roasted meat, taken free of fat, skin, and gristle, as well as from the dry outsides, will answer for potting admirably, better, indeed, than that which is generally baked for the purpose, and which is usually quite deprived of its juices by the process. Spiced or *corned* beef also is excellent when thus prepared; and any of these will remain good a long time if mixed with cold fresh butter, instead of that which is clarified; but no addition that can be made to it will render the meat eatable, unless it be *thoroughly pounded*; reduced, in fact, to the smoothest possible paste, free from a single lump or a morsel of unbroken fibre. If *rent* into fragments, instead of being cut quite through the grain, in being minced, before it is put into the mortar, no beating will bring it to the proper state. Unless it be *very* dry, it is better to pound it for some time before any butter is added, and it must be long and patiently beaten after all the ingredients are mixed, that the whole may be equally blended and well mellowed in flavour.

The quantity of butter required will depend upon the nature of the meat; ham and salted beef will need a larger proportion than roast meat, or than the breasts of poultry and game; white fish, from being less dry, will require comparatively little. Salmon, lobsters, prawns, and shrimps are all extremely good, prepared in this way. They should, however, be perfectly fresh when they are pounded, and be set immediately afterwards into a very cool place. For these, and for white meats in general, mace, nutmeg, and cayenne or white pepper, are the appropriate spices. A small quantity of cloves may be added to hare and other brown meat, but allspice we would not recommend unless the taste is known to be in favour of it. The following receipt for pounding ham will serve as a general one for the particular manner of proceeding.

POTTED HAM; (*an excellent Receipt.*)

To be eaten in perfection this should be made with a freshly cured ham, which, after having been soaked for twelve hours, should be wiped

* This must be added only just before the currie is dished, when *any acid* fruit has been boiled in the gravy: it may then be first blended with a small portion of arrow-root, or flour.

dry, nicely trimmed, closely wrapped in coarse paste, and baked very tender.* When it comes from the oven, remove the crust and rind, and when the ham is perfectly cold, take for each pound of the lean, which should be weighed after every morsel of skin and fibre has been carefully removed, six ounces of cold roast veal, prepared with equal nicety. Mince these quite fine with an exceedingly sharp knife, taking care to *cut* through the meat, and not to tear the fibre, as on this much of the excellence of the preparation depends. Next put it into a large stone or marble mortar, and pound it to the smoothest paste with eight ounces of fresh butter, which must be added by degrees. When three-parts beaten, strew over it a teaspoonful of freshly-pounded mace, half a large, or the whole of a *small* nutmeg grated, and the third of a teaspoonful of cayenne well mixed together. It is better to limit the spice to this quantity in the first instance, and to increase afterwards either of the three kinds to the taste of the parties to whom the meat is to be served.† We do not find half a teaspoonful of cayenne and nearly two teaspoonful of mace, more than is generally approved. After the spice is added, keep the meat often turned from the sides to the middle of the mortar, that it may be seasoned equally in every part. When perfectly pounded, press it into small potting-pans, and pour clarified butter over the top. If kept in a cool and dry place, this meat will remain good for a fortnight, or more.

Lean of ham, 1 lb.; lean of roast veal, 6 ozs.; fresh butter, 8 ozs.; mace, from 1 to 2 teaspoonfuls; $\frac{1}{2}$ large nutmeg; cayenne, $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful.

Obs.—The roast veal is ordered in this receipt because the ham alone is generally too salt; for the same reason butter, fresh taken from the churn, or that which is but slightly salted and quite new, should be used for it in preference to its own fat. When there is no ready-dressed veal in the house, the best part of the neck, roasted or stewed, will supply the requisite quantity. The remains of a cold boiled ham will answer quite well for potting, even when a little dry.

POTTED CHICKEN, PARTRIDGE, OR PHEASANT.

Roast the birds as for table, but let them be thoroughly done, for if the gravy be left in, the meat will not keep half so well. Raise the flesh of the breast, wings, and merrythought quite clear from the bones, take off the skin, mince, and then pound it very smoothly with about one third of its weight of fresh butter, or something less, if the meat should appear of a proper consistence without the full quantity; season it with salt, mace, and cayenne only, and add these in small portions until the meat is rather highly flavoured with both the last: proceed with it as with other potted meats.

POTTED OX-TONGUE.

Boil tender an unsmoked tongue of good flavour, and the following day cut from it the quantity desired for potting, or take for this purpose

* See Baked Ham, Chapter XI., page 195.

† Spice, it must be observed, varies so very greatly in its quality that discretion is always necessary in using it.

‡ This should never be poured *hot* on the meat: it should be less than milk-warm when added to it.

the remains of one which has already been served at table. Trim off the skin and rind, weigh the meat, mince it very small, then pound it as fine as possible with four ounces of butter to each pound of tongue, a small teaspoonful of mace, half as much of nutmeg and cloves, and a tolerably high seasoning of cayenne. After the spices are well beaten with the meat, taste it, and add more if required. A few ounces of any *well-roasted* meat mixed with the tongue will give it firmness, in which it is apt to be deficient. The breasts of turkeys, fowls, partridges, or pheasants may be used for the purpose with good effect.

Tongue, 1 lb.; butter, 4 ozs.; mace, 1 teaspoonful; nutmeg and cloves, each $\frac{1}{2}$ teaspoonful; cayenne, 5 to 10 grains.

LOBSTER BUTTER.

Pound to the smoothest paste the coral of one or two fine lobsters, mix with it about a third of its volume of fresh butter, and the same proportion of spices as are given in the preceding receipt. Let the whole be thoroughly blended; set it by for a while in a cool place and pot it, or make it up into small pats and serve them with curled parsley round the dish, or with any light foliage that will contrast well with their brilliant colour. The flesh of the lobster may be cut fine with a very sharp knife, and pounded with the coral.

POTTED MUSHROOMS.

The receipt for these, which we can recommend to the reader, will be found in the next Chapter.

CHAPTER XV.

VEGETABLES.

THE quality of vegetables depends much both on the soil in which they are grown, and on the degree of care bestowed upon their culture; but if produced in ever so great perfection, their excellence will be entirely destroyed if they be badly cooked.

With the exception of artichokes, which are said to be improved by two or three days' keeping, all the summer varieties should be dressed before their first freshness has in any degree passed off (for their flavour is never so fine as within a few hours of their being cut or gathered); but when this cannot be done, precaution should be taken to prevent their withering. The stalk-ends of asparagus, cucumbers, and vegetable-marrow should be placed in from one to two inches of cold water; and all other kinds should be spread on a cool brick floor. When this has been neglected, they must be thrown into cold water for some time before they are boiled to recover them, though they will prove even then but very inferior eating.

Vegetables, when not sufficiently cooked, are known to be so exceedingly unwholesome and indigestible, that the custom of serving them *crisp*, which means, in reality, only half-boiled, should be altogether disregarded when health is considered of more importance than fashion; but they should not be allowed to remain in the water after they are

quite done, or both their nutritive properties and their flavour will be lost, and their good appearance destroyed. Care should be taken to *drain them thoroughly* in a warm strainer, and to serve them very hot, with well-made sauces, if with any.

Only dried peas or beans, Jerusalem artichokes, and potatoes, are put at first into cold water. All others require plenty of fast-boiling water, which should be ready salted and skimmed before they are thrown into it.

TO CLEAR VEGETABLES FROM INSECTS.

Lay them for half an hour or more into a pan of strong brine, with the stalk ends uppermost; this will destroy the small snails and other insects which cluster in the leaves, and they will fall out and sink to the bottom. A pound and a half of salt to the gallon of water will answer for this purpose, and if strained daily it will last for some time.

TO BOIL VEGETABLES GREEN.

After they have been properly prepared and washed, throw them into plenty of boiling water which has been salted and well skimmed; and keep them uncovered and boiling fast until they are done, taking every precaution against their being smoked. Should the water be very hard, a bit of soda the size of a hazel-nut, or a small half-teaspoonful of carbonate of soda, may be added with the salt, for every two quarts, and will greatly improve the colour of the vegetables; but if used in undue proportion, it will injure them; green peas especially will be quickly reduced to a mash if boiled with too large a quantity.

Water, 1 gallon; salt, 2 ozs.; soda, $\frac{1}{4}$ to $\frac{1}{2}$ oz.; or carbonate of soda, 1 teaspoonful.

TO BOIL POTATOES; (*a genuine Irish Receipt.*)

Potatoes, to boil well together, should be all of the same sort, and as nearly equal in size as may be. Wash off the mould, and scrub them very clean with a hard brush, but neither scoop nor apply a knife to them in any way, even to clear the eyes.* Rinse them well, and arrange them compactly in a saucepan, so that they may not lie loose in the water, and that a small quantity may suffice to cover them. Pour this in cold, and when it boils, throw in about a large teaspoonful of salt to the quart, and simmer the potatoes until they are nearly done, but for the last two or three minutes let them boil rapidly. When they are tender quite through, which may be known by probing them with a fork, pour all the water from them immediately, lift the lid of the saucepan to allow the steam to escape, and place them on a trevet, high over the fire, or by the side of it, until the moisture has entirely evaporated; then peel, and send them to table as quickly as possible, either in a hot napkin, or in a dish, of which the cover is so placed that the steam can pass off. There should be no delay in serving them after they are once taken from the fire: Irish families usually prefer them served in their skins. Some kinds will be done in twenty minutes, others in less than three quarters of an hour. We are informed that "the best potatoes are those which average from five to six to the pound, with few eyes,

* "Because," in the words of our clever Irish correspondent, "the water through these parts is then admitted into the very heart of the vegetable; and the latent heat, after cooking, is not sufficient to throw it off: this renders the potatoes very unwholesome."