

## CHAPTER XVI.

## PASTRY.

## INTRODUCTORY REMARKS.

THE greatest possible cleanliness and nicety should be observed in making pastry. The slab or board, paste-rollers, tins, cutters, stamps, everything, in fact, used for it, and especially the hands (for these last are not always so scrupulously attended to as they ought to be), should be equally free from the slightest soil or particle of dust. The more expeditiously the finer kinds of crust are made and despatched to the oven, and the less they are touched, the better. Much of their excellence depends upon the baking also; they should have a sufficient degree of heat to raise them quickly, but not so fierce a one as to colour them too much before they are done, and still less to burn them. The oven-door should remain closed after they are put in, and not be removed until the paste is *set*. Large raised pies require a steadily-sustained, or, what is technically called a soaking heat, and to ensure this the oven should be made very hot, then cleared, and closely shut from half to a whole hour before it is used, to concentrate the heat. It is an advantage in this case to have a large log or two of cord-wood burned in it, in addition to the usual firing.

In mixing paste, the water should be added gradually, and the whole gently drawn together with the fingers, until sufficient has been added, when it should be lightly kneaded until it is as smooth as possible. When carelessly made, the surface is often left covered with small dry crumbs or lumps; or the water is poured in heedlessly in so large a proportion that it becomes necessary to add more flour to render it *workable* in any way; and this ought particularly to be avoided when a certain weight of all the ingredients has been taken.

## TO GLAZE OR ICE PASTRY.

The fine yellow glaze appropriate to meat pies is given with beaten yolk of egg, which should be laid on with a paste brush, or a small bunch of feathers: if a lighter colour be wished for, whisk the whole of the egg together, or mix a little milk with the yolk.

The best mode of icing fruit-tarts before they are sent to the oven is, to moisten the paste with cold water, to sift sugar thickly upon it, and to press it lightly on with the hand; but when a *whiter* icing is preferred, the pastry must be drawn from the oven when nearly baked, and brushed with white of egg, whisked to a froth; then well covered with the sifted sugar, and sprinkled with a few drops of water before it is put in again: this glazing answers also very well, though it takes a slight colour, if used before the pastry is baked.

## FEUILLETAGE, OR FINE FRENCH PUFF PASTE.

This, when made by a good French cook, is the perfection of rich light crust, and will rise in the oven from one to six inches in height; but some practice is, without doubt, necessary to accomplish this. In summer it is a great advantage to have ice at hand, and to harden the

butter over it before it is used; the paste also in the intervals of rolling is improved by being laid on an oven-leaf over a vessel containing it. Take an equal weight of good butter free from the coarse salt which is found in some, and which is disadvantageous for this paste, and of fine dry, sifted flour; to each pound of these allow the yolks of a couple of eggs, and a small teaspoonful of salt. Break a few small bits of the butter very lightly into the flour, put the salt into the centre, and pour on it sufficient water to dissolve it (we do not quite understand why the doing this should be better than mixing it with the flour, as in other pastes, but such is the method always pursued for it); add a little more water to the eggs, moisten the flour gradually, and make it into a *very* smooth paste, rather lithe in summer, and never *exceedingly* stiff, though the opposite fault, in an extreme, would render the crust unmanageable. Press, in a soft thin cloth, all the moisture from the remainder of the butter, and form it into a ball, but in doing this be careful not to soften it too much. Should it be in an unfit state for pastry, from the heat of the weather, put it into a basin, and set the basin in a pan of water mixed with plenty of salt and saltpetre, and let it remain in a cool place for an hour if possible, before it is used. When it is ready (and the paste should never be commenced until it be so), roll the crust out square,\* and of sufficient size to enclose the butter, flatten this a little upon it in the centre, and then fold the crust well over it, and roll it out thin as lightly as possible, after having dredged the board and paste-roller with a little flour: this is called giving it *one turn*. Then fold it in three, give it another turn, and set it aside, where it will be very cool, for a few minutes; give it two more turns in the same way, rolling it each time very lightly, but of equal thickness, and to the full length that it will reach, taking always especial care that the butter shall not break through the paste. Let it again be set aside to become cold; and after it has been twice more rolled and folded in three, give it a half-turn, by folding it once only, and it will be ready for use.

Equal weight of the finest flour and good butter; to each pound of these, the yolks of two eggs, and a small saltspoonful of salt:  $6\frac{1}{2}$  turns to be given to the paste.

## VERY GOOD LIGHT PASTE.

Mix with a pound of sifted flour six ounces of fresh, pure lard, and make them into a smooth paste with cold water; press the buttermilk from ten ounces of butter, and form it into a ball, by twisting it in a clean cloth. Roll out the paste, put the ball of butter in the middle, close it like an apple-dumpling, and roll it very lightly until it is less than an inch thick; fold the ends into the middle, dust a little flour over the board and paste-roller, and roll the paste thin a second time, then set it aside for three or four minutes in a very cool place; give it two more *turns*, and after it has again been left for a few minutes, roll it out twice more, folding it each time in three. This ought to render it fit for use. The sooner this paste is sent to the oven after it is made, the lighter it will be: if allowed to remain long before it is baked, it will be tough and heavy.

Flour, 1 lb.; lard, 6 ozs.; butter, 10 ozs.; little salt.

\*The learner will perhaps find it easier to fold the paste securely round it in the form of a dumpling, until a little experience has been acquired.



## ENGLISH PUFF-PASTE.

Break lightly into a couple of pounds of dried and sifted flour, eight ounces of butter; add a pinch of salt, and sufficient cold water to make the paste; work it as quickly and as lightly as possible, until it is smooth and pliable, then level it with the paste-roller until it is three-quarters of an inch thick, and place regularly upon it six ounces of butter in small bits; fold the paste like a blanket-pudding, roll it out again, lay on it six ounces more of butter, repeat the rolling, dusting each time a little flour over the board and paste, add again six ounces of butter, and roll the paste out thin three or four times, folding the ends into the middle.

Flour, 2 lbs.; little salt; butter, 1 lb. 10 ozs.

If very rich paste be required, equal portions of flour and butter must be used; and the latter may be divided into two, instead of three parts, when it is to be rolled in.

CREAM CRUST; (*very good*.)

Stir a little fine salt into a pound of dry flour, and mix gradually with it sufficient very thick, sweet cream to form a smooth paste; it will be found sufficiently good for common family dinners, without the addition of butter; but to make an excellent crust, roll in four ounces in the usual way, after having given the paste a couple of *turns*. Handle it as lightly as possible in making it, and send it to the oven as soon as it is ready; it may be used for fruit tarts, cannelons, puffs, and other varieties of small pastry, or for good meat-pies. Six ounces of butter to the pound of flour will give a *very rich* crust.

Flour, 1 lb.; salt, 1 small saltspoonful (more for meat pies); rich cream,  $\frac{1}{2}$  to  $\frac{3}{4}$  pint; butter, 4 ozs.; for richest crust, 6 ozs.

## PATE BRISÉE, OR FRENCH CRUST FOR HOT OR COLD MEAT-PIES.

Sift two pounds and a quarter of fine dry flour, and break into it one pound of butter, work them together with the fingers until they resemble fine crumbs of bread, then add a small teaspoonful of salt, and make them into a firm paste, with the yolks of four eggs, well beaten, mixed with half a pint of cold water, and strained: or for a somewhat richer crust of the same kind, take two pounds of flour, one of butter, the yolks of four eggs, half an ounce of salt, and less than the half-pint of water, and work the whole well until the paste is perfectly smooth.

Flour, 2 $\frac{1}{4}$  lbs.; butter, 1 lb.; salt, 1 small teaspoonful; yolks of eggs, 4; water,  $\frac{1}{2}$  pint. Or; flour, 2 lbs.; butter, 1 lb.; yolks of eggs, 4; water, less than  $\frac{1}{2}$  pint.

## FLEAD CRUST.

*Flead* is the provincial name for the leaf, or inside fat of a pig, which makes excellent crust when fresh, much finer, indeed, than after it is melted into lard. Clear it quite from skin, and slice it very thin into the flour, add sufficient salt to give flavour to the paste, and make the whole up smooth and firm with cold water; lay it on a clean dresser, and beat it forcibly with a rolling-pin until the flead is blended perfectly with the flour. It may then be made into cakes with a paste-cutter, or used for pies, round the edges of which a knife should be passed, as the crust rises better when *cut* than if merely rolled to the proper size. With the addition of a small quantity of butter, which may either be

broken into the flour before the flead is mixed with it, or rolled into the paste after it is beaten, it will be found equal to fine puff crust, with the advantage of being more easy of digestion.

Quite common crust: flour, 1 $\frac{1}{2}$  lb.; flead, 8 ozs.; salt, 1 small teaspoonful. Good common crust: flour, 1 lb.; flead, 6 ozs.; butter, 2 ozs. Rich crust: flead,  $\frac{3}{4}$  lb.; butter, 2 ozs.; flour, 1 lb. The crust is very good when made without any butter.

## COMMON SUET-CRUST FOR PIES.

In many families this is preferred both for pies and tarts, to crust made with butter, as being much more wholesome; but it should never be served unless especially ordered, as it is to some persons peculiarly distasteful. Chop the suet extremely small, and add from six to eight ounces of it to a pound of flour, with a few grains of salt; mix these with cold water into a firm paste, and work it very smooth. Some cooks beat it with a paste-roller, until the suet is perfectly blended with the flour; but the crust is lighter without this. In exceedingly sultry weather the suet, not being firm enough to chop, may be sliced as thin as possible, and well beaten into the paste after it is worked up.

Flour, 2 lbs.; beef or veal kidney-suet, 12 to 16 ozs.; salt (for fruit-pies),  $\frac{1}{4}$  teaspoonful; for meat-pies, 1 teaspoonful.

## VERY SUPERIOR SUET-CRUST.

Strip the skin entirely from some fresh veal or beef kidney-suet; chop, and then put it into the mortar, with a small quantity of pure-flavoured lard, oil, or butter, and pound it perfectly smooth: it may then be used for crust in the same way that butter is, in making puff-paste, and in this form will be found a most excellent substitute for it, for *hot* pies or tarts. It is not quite so good for those which are to be served cold. Eight ounces of suet pounded with two of butter, and worked with the fingers into a pound of flour, will make an exceedingly good short crust; but for a very rich one, the proportion must be increased.

Good short crust: flour, 1 lb.; suet, 8 ozs.; butter, 2 ozs.; salt,  $\frac{1}{2}$  teaspoonful. Richer crust: suet, 16 ozs.; butter, 4 ozs.; flour, 1 $\frac{1}{2}$  lb.; salt, 1 small teaspoonful.

## VERY RICH SHORT CRUST FOR TARTS.

Break lightly, with the least possible handling, six ounces of butter into eight of flour; add a dessertspoonful of pounded sugar, and two or three of water; roll the paste for several minutes, to blend the ingredients well, folding it together like puff-crust, and touch it as little as possible.

Flour, 8 ozs.; butter, 6 ozs.; pounded sugar, 1 dessertspoonful; water, 1 to 2 spoonsful.

## BRIOCHE PASTE.

The brioche is a rich, light kind of unsweetened bun, or cake, very commonly sold, and served to all classes of people in France, where it is made in great perfection by good cooks and pastry-cooks. It is fashionable at some tables, though in a different form, serving principally as a crust to enclose *rissoles*, or to make *cannelons* and fritters. We have seen it recommended for a *vol-au-vent*, for which we should say it does not answer by any means so well as the fine puff-paste called *feuilletage*. The large proportion of butter and eggs which it contains



render it to many persons highly indigestible; and we mention this to warn invalids against it, as we have known it to cause great suffering to persons out of health. To make it, take a couple of pounds\* of fine dry flour, sifted as for cakes, and separate eight ounces of this from the remainder to make the leaven. Put it into a small pan, and mix it lightly into a lithe paste, with half an ounce of yeast, and a spoonful or two of warm water; make two or three slight incisions across the top, throw a cloth over the pan, and place it near the fire for about twenty minutes, to rise. In the interval make a hollow space in the centre of the remainder of the flour, and put into it half an ounce of salt, as much fine sifted sugar, and half a gill of cream, or a dessert-spoonful of water; add a pound of butter, as free from moisture as it can be, and quite so from large grains of salt; cut it into small bits, put it into the flour, and pour on it one by one six fresh eggs freed from the specks; then with the fingers work the flour gently into this mass until the whole forms a perfectly smooth, and not stiff paste: a seventh egg, or the yolk of one, or even of two, may be added with advantage if the flour will absorb them; but the brioche must always be *workable*, and not so moist as to adhere to the board and roller disagreeably. When the leaven is well risen spread this paste out, and the leaven over it; mix them well together with the hands, then cut the whole into several portions, and change them about that the leaven may be incorporated perfectly and equally with the other ingredients: when this is done, and the brioche is perfectly smooth and pliable, dust some flour on a cloth, roll the brioche in it, and lay it into a pan; place it in summer in a cool place, in winter in a warm one. It is usually made over-night, and baked in the early part of the following day. It should then be kneaded up afresh the first thing in the morning. To mould it in the usual form, make it into balls of uniform size, hollow these a little at the top by pressing the thumb round them, brush them over with yolk of egg, and put a second much smaller ball into the hollow part of each; glaze them entirely with yolk of egg, and send them to a quick oven for half an hour or more. The paste may also be made into the form of a large cake, then placed on a tin, or copper oven-leaf, and supported with a pasteboard in the baking; for the form of which see introductory page of Chapter XXIII.

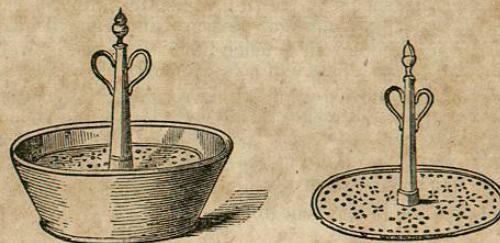
Flour, 2 lbs.; yeast,  $\frac{1}{2}$  oz.; salt and sugar, each  $\frac{1}{2}$  oz.; butter, 1 lb.; eggs, 6 to 8.

MODERN POTATO PASTY; (*an excellent family dish.*)

A tin mould of the construction shown in the plate, with a perforated moveable top, and a small valve to allow the escape of the steam, must be had for this pasty, which is an excellent family dish, and which may be varied in numberless ways. Arrange at the bottom of the mould from two to three pounds of mutton cutlets, freed, according to the taste, from all, or from the greater portion of the fat, then washed, lightly dredged on both sides with flour, and seasoned with salt and pepper, or cayenne. Pour to them sufficient broth or water to make

\* It should be remarked, that the directions for brioche-making are principally derived from the French, and that the pound in their country weighs two ounces more than with us: this difference will account for the difficulty of working in the number of eggs which they generally specify, and which render the paste too moist.

the gravy, and add to it at pleasure a tablespoonful of mushroom catsup or of Harvey's sauce. Have ready boiled, and *very* smoothly mashed, with about an ounce of butter, and a spoonful or two of milk or cream to each pound, as many good potatoes as will form a crust to the pasty of quite three inches thick; put the cover on the mould, and arrange



these equally upon it, leaving them a little rough on the surface. Bake the pastry in a moderate oven from three quarters of an hour to an hour and a quarter, according to its size and its contents. Pin a folded napkin neatly round the mould, before it is served, and have ready a hot dish to receive the cover, which must not be lifted off until after the pasty is on the table.

Chicken, or veal and oysters; delicate pork chops with a seasoning of sage and a little parboiled onion, or an eschalot or two finely minced; partridges or rabbits neatly carved, mixed with small mushrooms, and moistened with a little good stock, will all give excellent varieties of this dish, which may be made likewise with highly seasoned slices of salmon freed from the skin, sprinkled with fine herbs or intermixed with shrimps; clarified butter, rich veal stock, or good white wine, may be poured to them to form the gravy. To thicken this, a little flour should be dredged upon the fish before it is laid into the mould. Other kinds, such as cod, mackerel in fillets, salt fish (previously kept at the point of boiling until three parts done, then pulled into flakes, and put into the mould with hard eggs sliced, a little cream, flour, butter, cayenne, and anchovy-essence, and baked with mashed parsneps on the top), will all answer well for this pasty. Veal, when used for it, should be well beaten first: sweetbreads, sliced, may be laid in with it.

For a pasty of moderate size, two pounds, or two and a half of meat, and from three to four of potatoes will be sufficient: a quarter-pint of milk or cream, two small teaspoonsful of salt, and from one to two ounces of butter must be mixed up with these last.\*

MODERN CHICKEN PIE.

Skin, and cut down into joints a couple of fowls, take out all the bones, and season the flesh highly with salt, cayenne, pounded mace, and nutmeg; line a dish with a thin paste, and spread over it a layer of the finest sausage-meat, which has previously been moistened with a spoonful or two of cold water; over this place closely together some of the boned chicken joints, then more sausage-meat, and continue thus

\* A larger proportion of cream and butter well dried into the potatoes over a gentle fire, after they are mashed, will render the crust of the pasty richer and finer.



with alternate layers of each, until the dish is full; roll out, and fasten securely at the edges, a cover half an inch thick, trim off the superfluous paste, make an incision in the top, lay some paste leaves round it, glaze the whole with yolk of egg, and bake the pie from an hour and a half to two hours in a well-heated oven. Lay a sheet or two of writing-paper over the crust, should it brown too quickly. Minced herbs can be mixed with the sausage-meat at pleasure, and a small quantity of eschalot also, where the flavour is much liked: it should be well moistened with water, or the whole will be unpalatably dry. The pie may be served hot or cold, but we would rather recommend the latter.

A couple of very young tender rabbits will answer exceedingly well for it instead of fowls, and a border, or half paste in the dish will generally be preferred to an entire lining of the crust, which is now but rarely served, unless for pastry, which is to be taken out of the dish in which it is baked before it is sent to table.

#### A COMMON CHICKEN PIE.

Prepare the fowls as for boiling, cut them down into joints, and season them with salt, white pepper, and nutmeg, or pounded mace; arrange them neatly in a dish bordered with paste, lay amongst them three or four fresh eggs, boiled hard, and cut in halves, pour in some cold water, put on a thick cover, pare the edge, and ornament it, make a hole in the centre, lay a roll of paste, or a few leaves round it, and bake the pie in a moderate oven from an hour to an hour and a half. The back and neck bones may be boiled down with a bit or two of lean ham, to make a little additional gravy, which can be poured into the pie after it is baked.

#### PIGEON PIE.

Border a large dish with fine puff-paste, and cover the bottom with a veal cutlet, or tender rump steak, free from fat and bone, and seasoned with salt, cayenne, and nutmeg, or pounded mace; prepare with great nicety as many freshly-killed young pigeons as the dish will contain in one layer; put into each a slice or ball of butter, seasoned with a little cayenne and mace; lay them into the dish with the breasts downwards, and between and over them put the yolks of half a dozen or more of hard-boiled eggs; stick plenty of butter on them, season the whole well with salt and spice, pour in some cold water or veal broth for the gravy, roll out the cover three quarters of an inch thick, secure it well round the edge, ornament it highly, and bake it for an hour or more in a well-heated oven. It is a great improvement to fill the birds with small mushroom-buttons, prepared as for partridges (see Chapter XIII.): their livers also may be put into them.

#### BEEF-STEAK PIE.

From a couple to three pounds of rump-steak will be sufficient for a good family pie. It should be well kept though perfectly sweet, for in no form can tainted meat be more offensive than when it is enclosed in paste. Trim off the coarse skin, and part of the fat, should there be much of it (many eaters dislike it altogether in pies, and when this is the case every morsel should be carefully cut away). If the beef should not appear very tender, it may be gently beaten with a paste-roller until the fibre is broken, then divided into slices half as large as the hand,

and laid into a dish bordered with paste. It should be seasoned with salt and pepper, or cayenne, and sufficient water poured in to make the gravy and keep the meat moist. Lay on the cover, and be careful always to brush the edge in every part with egg or cold water, then join it securely to the paste which is round the rim, trim both off close to the dish, pass the point of the knife through the middle of the cover, lay some slight roll or ornament of paste round it, and decorate the border of the pie in any of the usual modes, which are too common to require description. Send the pie to a well-heated, but not fierce oven for about an hour and twenty minutes. To make a richer beef-steak pie put bearded oysters in alternate layers with the meat, add their strained liquor to a little good gravy, in which the beards may be simmered for a few minutes, to give it further flavour, and make a light puff paste for the crust. Some eaters like it seasoned with a small portion of minced onion or eschalot when the oysters are omitted. Mushrooms improve all meat-pies.

1 to 1½ hour.

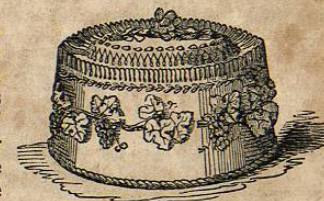
#### MUTTON PIE.

A pound and a quarter of flour will make sufficient paste for a moderate-sized pie, and two pounds of mutton freed from the greater portion of the fat will fill it. Butter a dish, and line it with about half the paste rolled thin; lay in the mutton evenly, and sprinkle over three quarters of an ounce of salt, and from half to a whole teaspoonful of pepper according to the taste; pour in cold water to within an inch of the brim. Roll the cover, which should be quite half an inch thick, to the size of the dish; wet the edges of the paste with cold water or white of egg, be careful to close them securely, cut them off close to the rim of the dish, stick the point of the knife through the centre, and bake the pie an hour and a quarter in a well-heated oven.

Flour, 1¼ lb.; dripping, ½ lb. (or suet, ½ lb. and butter, 2 ozs). Mutton, 2 lbs.; salt, ¾ oz.; pepper, half to whole teaspoonful; water, ¼ pint 1½ hour.

#### RAISED PIES.

These may be made of any size, and with any kind of meat, poultry, or game, but the whole must be entirely free from bone. When the crust is not to be eaten, it is made simply with a few ounces of lard or butter dissolved in boiling water, with which the flour is to be mixed (with a spoon at first, as the heat would be too great for the hands, but afterwards with the fingers) to a smooth and firm paste. The French, who excel greatly in this form of pie,\* use for it a good crust which they call a *pâte brisée* (see page 252), and this is eaten usually with the meat which it con-



Raised Pie.

\* We remember having partaken of one which was brought from Bordeaux, and which contained a small boned ham of delicious flavour, surmounted by boned partridges, above which were placed fine larks likewise boned; all the interstices were filled with superexcellent forcemeat; and the whole, being a solid mass of nourishing viands, would have formed an admirable traveller's larder in itself.

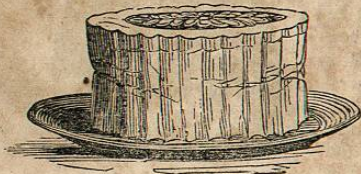


tains. In either case the paste must be sufficiently stiff to retain its form perfectly after it is raised, as it will have no support to prevent its falling. The celebrated Monsieur Ude gives the following directions for moulding it to a proper shape without difficulty; and as inexperienced cooks generally find a little at first in giving a good appearance to these pies, we copy his instructions for them: "Take a lump of paste proportionate to the size of the pie you are to make, mould it in the shape of a sugar loaf, put it upright on the table, then with the palms of your hands flatten the sides of it; when you have equalized it all round and it is quite smooth, squeeze the middle of the point down to half the height of the paste," then hollow the inside by pressing it with the fingers, and in doing this be careful to keep it in every part of equal thickness. Fill it,\* roll out the cover, egg the edges, press them securely together, make a hole in the centre, lay a roll of paste round it, and encircle this with a wreath of leaves, or ornament the pie in any other way, according to the taste; glaze it with well-beaten yolk of egg, and bake it from two to three hours in a well-heated oven if it be small, and from four to five hours if it be large, though the time must be regulated in some measure by the nature of the contents, as well as by the size of the dish.

*Obs.*—We know not if we have succeeded in making the reader comprehend that this sort of pie (with the exception of the cover, for which a portion must at first be taken off) is made from one solid lump of paste, which, after having been shaped into a cone, as Monsieur Ude directs, or into a high round, or oval form, is hollowed by pressing down the centre with the knuckles, and continuing to knead the inside equally round with the one hand, while the other is pressed close to the outside. It is desirable that the mode of doing this should be once *seen* by the learner, if possible, as mere verbal instructions are scarcely sufficient to enable the quite-inexperienced cook to comprehend at once the exact form and appearance which should be given to the paste.

#### A VOL-AU-VENT. (ENTRÉE.)

This dish can be successfully made only with the finest and lightest puff-paste (see feuilletage, page 250), as its height, which ought to be



from four to five inches, depends entirely on its rising in the oven. Roll it to something more than an inch in thickness, and cut it to the shape and size of the inside of the dish in which it is to be served, or stamp it out with a fluted tin of proper dimensions; then mark the cover evenly about an inch from the edge all round, and ornament it and the border also, with a knife, as fancy may direct; brush yolk of egg quickly over them, and put the vol-au-vent immediately into a brisk oven, that it may rise well, and be finely coloured, but do not allow it to be scorched. In from twenty to thirty minutes, should it

\* For the mode of doing this, see observations, page 256, and note, page 257. A ham must be boiled or stewed tender, and freed from the skin and blackened parts before it is laid in; poultry and game, boned; and all meat highly seasoned.

appear baked through, as well as sufficiently browned, draw it out, and with the point of a knife detach the cover carefully where it has been marked, and scoop out all the soft unbaked crumb from the inside of the vol-au-vent; then turn it gently on to a sheet of clean paper, to drain the butter from it. At the instant of serving, fill it with a rich fricassee of lobster, or of sweetbreads, or with *turbot à la crème*, or with the white part of cold roast veal cut in thin collops not larger than a shilling, and heated in good white sauce with oysters (see minced veal and oysters, page 174), or with any other of the preparations which we shall indicate in their proper places, and send it immediately to table. The vol-au-vent, as the reader will perceive, is but the case, or crust, in which various kinds of delicate ragouts are served in an elegant form. As these are most frequently composed of fish, or of meats which have been already dressed, it is an economical as well as an excellent mode of employing such remains. The sauces in which they are heated must be quite thick, for they would otherwise soften, or even run through the crust. This, we ought to observe, should be examined before it is filled, and should any part appear too thin, a portion of the crumb which has been taken out should be fastened to it with some beaten egg, and the whole of the inside brushed lightly with more egg, in order to make the loose parts of the vol-au-vent stick well together. This method is recommended by an admirable and highly experienced cook, but it need only be resorted to when the crust is not solid enough to hold the contents securely.

For moderate-sized vol-au-vent, flour,  $\frac{1}{2}$  lb.; butter,  $\frac{1}{2}$  lb.; salt, small saltspoonful; yolk, 1 egg; little water. Larger vol-au-vent,  $\frac{3}{4}$  lb. flour; other ingredients in proportion: baked 20 to 30 minutes.

*Obs.*—When the vol-au-vent is cut out with the fluted cutter, a second, some sizes smaller, after being just dipped into hot water, should be pressed nearly half through the paste, to mark the cover. The border ought to be from three quarters of an inch to an inch and a half wide.

#### A VAL-AU-VENT OF FRUIT. (ENTREMETS.)

After the crust has been made and baked as above, fill it at the moment of serving with peaches, apricots, mogul, or any other richly flavoured plums, which have been stewed tender in syrup; lift them from this, and keep them hot while it is boiled rapidly almost to jelly; then arrange the fruit in the vol-au-vent, and pour the syrup over it. For the manner of preparing it, see compotes of fruit, Chapter XX.; but increase the proportion of sugar nearly half, that the juice may be reduced quickly to the proper consistency for the vol-au-vent. Skin and divide the apricots, and quarter the peaches, unless they should be very small.

#### VOL-AU-VENT A LA CREME. (ENTREMETS.)

After having raised the cover and emptied the vol-au-vent, lay it on a sheet of paper, and let it become cold. Fill it just before it is sent to table with fruit, either boiled down to a rich marmalade, or stewed as for the preceding vol-au-vent, and heap well-flavoured, but not too highly sweetened, whipped cream over it. The edge of the crust may be glazed by sifting sugar over it, when it is drawn from the oven, and holding a salamander or red-hot shovel above it; or it may be left unglazed, and ornamented with bright-coloured fruit jelly.



## OYSTER-PATTIES.\* (ENTRÉE.)

Line some small patty-pans with fine puff-paste, rolled thin and to preserve their form when baked, put a bit of bread into each; lay on the covers, pinch and trim the edges, and send the patties to a brisk oven. Plump and beard from two to three dozens of small oysters; mix very smoothly a teaspoonful of flour with an ounce of butter, put them into a clean saucepan, shake them round over a gentle fire, and let them simmer for two or three minutes; throw in a little salt, pounded mace, and cayenne, then add, by slow degrees, two or three spoonsful of rich cream, give these a boil, and pour in the strained liquor of the oysters; next, lay in the fish, and keep at the point of boiling for a couple of minutes. Raise the covers from the patties, take out the bread, fill them with the oysters and their sauce, and replace the covers. We have found it an improvement to stew the beards of the fish with a strip or two of lemon-peel, in a little good veal stock for a quarter of an hour, then to strain and add it to the sauce. The oysters, unless very small, should be once or twice divided.

## GOOD CHICKEN PATTIES. (ENTRÉE.)

Raise the white flesh entirely from a young undressed fowl, divide it once or twice, and lay it into a small clean saucepan, in which about an ounce of butter has been dissolved, and just begins to simmer; strew in a slight seasoning of salt, mace, and cayenne, and stew the chicken very softly indeed for about ten minutes, taking every precaution against its browning: turn it into a dish with the butter, and its own gravy, and let it become cold. Mince it with a sharp knife; heat it, without allowing it to boil, in a little good white sauce (which may be made of some of the bones of the fowl), and fill ready-baked patty-crusts, or small *vol-au-vents* with it, just before they are sent to table; or stew the flesh only just sufficiently to render it firm, mix it after it is minced and seasoned with a spoonful or two of strong gravy, fill the patties, and bake them from fifteen to eighteen minutes. It is a great improvement to stew and mince a few mushrooms with the chicken.

The breasts of cold turkeys, fowls, partridges, or pheasants, or the white part of cold veal, minced, heated in a béchamel sauce, will serve at once for patties: they may also be made of cold game, heated in an *Espagnole*, or in a good brown gravy.

*Obs.*—A spoonful or two of jellied stock or gravy, or of good white sauce, converts these into admirable patties: the same ingredients make also very superior rolls or cannelons. For patties à la Cardinale, small mushroom-buttons stewed as for partridges, Chapter XIII., before they are minced, must be substituted for truffles; and the butter in which they are simmered should be added with them to the eggs.

## EXCELLENT MEAT ROLLS.

Pound, as for potting (see page 227), and with the same proportion of butter and of seasonings, some half-roasted veal, chicken, or turkey. Make some forcemeat by the receipt No. 1, Chapter VI., and form it

These patties should be made small, with a thin crust, and be *well-filled* with the oysters and their sauce. The substitution of fried crumbs for the covers will vary them very agreeably. For lobster-patties, prepare the fish as for a *vol-au-vent*, but cut it smaller.

into small rolls, not larger than a finger; wrap twice or thrice as much of the pounded meat equally round each of these, first moistening it with a teaspoonful of water; fold them in good puff-paste, and bake them from fifteen to twenty minutes, or until the crust is perfectly done. A small quantity of the lean of a boiled ham may be finely minced and pounded with the veal, and very small mushrooms, prepared as for a partridge (page 217), may be substituted for the forcemeat.

## PATTIES, TARTLETS, OR SMALL VOLS-AU-VENTS.

These are quickly and easily made with two round paste-cutters, of which one should be little more than half the size of the other: to give the pastry a better appearance, they should be fluted. Roll out some of the lightest puff-paste to a half inch of thickness, and with the larger of the tins cut the number of patties required; then dip the edge of the small shape into hot water, and press it about half through them. Bake them in a moderately quick oven from ten to twelve minutes, and when they are done, with the point of a sharp knife, take out the small rounds of crust from the tops, and scoop all the crumb from the insides of the patties, which may then be filled with oysters, lobster, chicken, or any other of the ordinary varieties of patty meat, prepared with white sauce. Fried crumbs may be laid over them instead of the covers, or these last can be replaced.

For sweet dishes, glaze the pastry, and fill it with rich whipped cream, preserve, or boiled custard; if with the last of these, put it back into a very gentle oven until the custards are set.

## ANOTHER RECEIPT FOR TARTLETS.

For a dozen tartlets, cut twenty-four rounds of paste of the usual size, and form twelve of them into rings by pressing the small cutter quite through them; moisten these with cold water, or white of egg, and lay them on the remainder of the rounds of paste, so as to form the rims of the tartlets. Bake them from ten to twelve minutes, fill them with preserve while they are still warm, and place over it a small ornament of paste cut from the remnants, and baked gently of a light colour. Serve the tartlets cold, or if wanted hot for table put them back into the oven for one minute after they are filled.

## A SEFTON, OR VEAL CUSTARD.

Pour boiling, a pint of rich, clear, pale veal gravy on six fresh eggs, which have been well beaten and strained: sprinkle in directly the grated rind of a fine lemon, a little cayenne, some salt if needed, and a quarter-teaspoonful of mace. Put a paste border round a dish, pour in, first two ounces of clarified butter, and then the other ingredients; bake the Sefton in a very slow oven from twenty-five to thirty minutes, or until it is quite firm in the middle, and send it to table with a little good gravy. Very highly flavoured game stock, in which a few mushrooms have been stewed, may be used for this dish with great advantage in lieu of veal gravy; and a sauce made of the smallest mushroom buttons, may be served with it in either case. The mixture can be baked in a whole paste, if preferred so, or in well-buttered cups; then turned out and covered with the sauce before it is sent to table.

Rich veal or game stock, 1 pint; fresh eggs, 6; rind, 1 lemon; little



salt and cayenne; pounded mace,  $\frac{1}{4}$  teaspoonful; butter, 2 ozs.: baked, 25 to 30 minutes, *slow oven*.

APPLE CAKE, OR GERMAN TART.

Work together with the fingers ten ounces of butter and a pound of flour, until they resemble fine crumbs of bread; throw in a *small* pinch of salt, and make them into a firm smooth paste with the yolks of two eggs and a spoonful or two of water. Butter thickly a plain tin cake, or pie mould (those which open at the sides are best adapted for the purpose); roll out the paste thin, place the mould upon it, trim a bit to its exact size, cover the bottom of the mould with this, then cut a band the height of the sides, and press it smoothly round them, joining the edge, which must be moistened with egg or water, to the bottom crust; and fasten upon them, to prevent their separation, a narrow and thin band of paste, also moistened. Next, fill the mould nearly from the brim with the following marmalade, which must be quite cold when it is put in. Boil together, over a gentle fire at first, but more quickly afterwards, three pounds of good apples with fourteen ounces of pounded sugar, or of the finest Lisbon, the strained juice of a large lemon, three ounces of the best butter, and a teaspoonful of pounded cinnamon, or the lightly grated rind of a couple of lemons: when the whole is perfectly smooth and dry, turn it into a pan to cool, and let it be quite cold before it is put into the paste. In early autumn, a larger proportion of sugar may be required, but this can be regulated by the taste. When the mould is filled, roll out the cover, lay it carefully over the marmalade that it may not touch it; and when the cake is securely closed, trim off the superfluous paste, add a little pounded sugar to the parings, spread them out very thin, and cut them into leaves to ornament the top of the cake, round which they may be placed as a sort of wreath.\* Bake it for an hour in a moderately brisk oven; take it from the mould, and should the sides not be sufficiently coloured, put it back for a few minutes into the oven upon a baking tin. Lay a paper over the top, when it is of a fine light brown, to prevent its being too deeply coloured. This cake should be served hot.

Paste: flour, 1 lb.; butter, 10 ozs.; yolks of eggs, 2; little water. Marmalade: apples, 3 lbs.; sugar, 14 ozs. (more if needed); juice of lemon, 1; rinds of lemons, 2; butter, 3 ozs.: baked, 1 hour.

TOURTE MERINGUÉE, OR TART WITH ROYAL ICING.†

Lay a band of fine paste round the rim of a tart-dish, fill it with any kind of fruit mixed with a moderate proportion of sugar, roll out the cover very evenly, moisten the edges of the paste, press them together carefully, and trim them off close to the dish; spread equally over the top, to within rather more than an inch of the edge all round, the whites of three fresh eggs beaten to a quite solid froth, and mixed quickly at the moment of using them, with three table-spoonsful of dry sifted sugar.

\* Or, instead of these, fasten on it with a little white of egg, after it is taken from the oven, some ready-baked leaves of almond-paste (see page 263), either plain or coloured.

† The limits to which we are obliged to confine this volume, compel us to omit many receipts which we would gladly insert; we have, therefore, rejected those which may be found in almost every English cookery book, for such as are, we apprehend, less known to the reader: this will account for the small number of receipts for pies and fruit tarts to be found in the present chapter.

Put the tart into a moderately brisk oven, and when the crust has risen well, and the icing is set, either lay a sheet of writing-paper lightly over it, or draw it to a part of the oven where it will not take too much colour. This is now a fashionable mode of icing tarts, and greatly improves their appearance.

Bake half an hour.

A GOOD APPLE TART.

A pound and a quarter of apples, weighed after they are pared and cored, will be sufficient for a small tart, and four ounces more for one of moderate size. Lay a border of English puff-paste, or of cream-crust round the dish, just dip the apples into water, arrange them very compactly in it, higher in the centre than at the sides, and strew amongst them from three to four ounces of pounded sugar, or more should they be very acid: the grated rind, and the strained juice of half a lemon will much improve their flavour. Lay on the cover rolled thin, and ice it or not at pleasure. Send the tart to a moderately brisk oven for about half an hour. This may be converted into the old-fashioned *creamed* apple tart, by cutting out the cover while it is still quite hot, leaving only about an inch-wide border of paste round the edge, and pouring over the apples when they have become cold, from half to three quarters of a pint of rich boiled custard. The cover divided into triangular sippets, was formerly stuck round the inside of the tart, but ornamental leaves of pale puff-paste have a better effect. Well-drained whipped cream may be substituted for the custard, and piled high, and lightly over the fruit.

BARBERRY TART.

Barberries, with half their weight of fine brown sugar, when they are thoroughly ripe, and with two ounces more when they are not quite so, make an admirable tart. For one of moderate size, put into a dish bordered with paste, three quarters of a pound of barberries stripped from their stalks, and six ounces of sugar in alternate layers; pour over them three table-spoonsful of water, put on the cover, and bake the tart for half an hour. Another way of making it is, to line a shallow tin pan with very thin crust, to mix the fruit and sugar well together with a spoon, before they are laid in, and to put bars of paste across instead of a cover; or it may be baked without either.\*

ALMOND PASTE.

For a single dish of pastry, blanch seven ounces of fine sweet almonds and one of bitter;† throw them into cold water as they are done, and let them remain in it for an hour or two; then wipe, and pound them to the finest paste, moistening them occasionally with a few drops of cold water, to prevent their oiling; next, add to, and mix thoroughly with them, seven ounces of highly-refined, dried, and sifted sugar; put them into a small preserving-pan, or enamelled stewpan, and stir them over a clear and very gentle fire until they are so dry as not to adhere

\* The French make their fruit-tarts generally thus, in large shallow pans. Plums, split and stoned (or if small kinds, left entire), cherries and currants freed from the stalks, and various other fruits, all rolled in plenty of sugar, are baked in the uncovered crust; or this is baked by itself, and then filled afterwards with fruit previously stewed tender.

† When these are objected to, use half a pound of the sweet almonds.