

Obs.—This is an excellent preparation, which may be used for tartlets, cannelons, and other forms of pastry, with extremely good effect.

SMALL VOLS-AU-VENTS, A LA HOWITT. (ENTREMETS.)

Make some small vols-au-vents by the directions of page 261, either in the usual way, or with the rings of paste placed upon the rounds. Ice the edges as soon as they are taken from the oven, by sifting fine sugar thickly on them, and then holding a salamander or heated shovel over them, until it melts and forms a sort of pale barley-sugar glaze. Have ready, and quite hot, some *crème patissière*, made as above; fill the vols-au-vents with it, and send them to table instantly.

PASTRY SANDWICHES.

Divide equally in two, and roll off square and as thin as possible, some rich puff-crust;* lay one half on a buttered tin, or copper oven-leaf, and spread it lightly with fine currant, strawberry, or raspberry jelly; lay the remaining half closely over, pressing it a little with the rolling-pin after the edges are well cemented together; then mark it into divisions, and bake it from fifteen to twenty minutes in a moderate oven.

FANCHONNETTES. (ENTREMETS.)

Roll out very thin and square some fine puff-paste, lay it on a tin or copper oven-leaf, and cover it equally to within something less than an inch of the edge with peach or apricot jam; roll a second bit of paste to the same size, and lay it carefully over the other, having first moistened the edges with beaten egg, or water; press them together securely, that the preserve may not escape; pass a paste-brush or small bunch of feathers dipped in water, over the top, sift sugar thickly on it, then with the back of a knife, mark the paste into divisions of uniform size, bake it in a well-heated but not fierce oven for twenty minutes, or rather more, and cut it while it is still hot, where it is marked. The *fanchonnettes* should be about three inches in length and two in width. In order to lay the second crust over the preserve without disturbing it, wind it lightly round the paste-roller, and in untwisting it, let it fall gently over the other part.

This is not the form of pasty called by the French *fanchonnettes*.

Fine puff-paste, 1 lb.; apricot or peach-jam, 4 to 6 ozs.: baked 20 to 25 minutes.

CURRANT-JELLY TARTLETS, OR CUSTARDS.

Put four tablespoonsful of the best currant-jelly into a basin, and stir to it gradually twelve spoonsful of beaten egg; if the preserve be rich and sweet, no sugar will be required. Line some pans with paste rolled very thin, fill them with the custard, and bake them for about ten minutes.†

RAMEKINS A L'UDE, OR SEPTON FANCIES.

Roll out, rather thin, from six to eight ounces of fine cream-crust, or *feuilletage* (see page 250); take nearly or quite half its weight of grated Parmesan, or something less of dry white cheese; sprinkle it equally over the paste, fold it together, roll it out very lightly twice, and

* Almond paste is sometimes substituted for this.

† Strawberry or raspberry jelly will answer admirably for these.

continue this until the cheese and crust are well mixed. Cut the ramekins with a small paste-cutter; wash them with yolk of egg mixed with a little milk, and bake them about fifteen minutes. Serve them very hot.

Cream-crust, or *feuilletage*, 6 ozs.; Parmesan, 3 ozs.; or English cheese, 2½ ozs.: 15 minutes.

CHAPTER XVII.

BOILED PUDDINGS.

GENERAL DIRECTIONS.

ALL the ingredients for puddings should be fresh and of good quality. It is a false economy to use for them such as have been too long stored, as the slightest degree of mustiness or taint in any one of the articles of which they are composed will spoil all that are combined with it. Eggs should *always* be broken separately into a cup before they are thrown together in the same basin, as a single very bad one will occasion the loss of many when this precaution is neglected. They should also be cleared from the specks with scrupulous attention, either with the point of a small three-pronged fork, while they are in the cup, or by straining the whole through a fine hair-sieve after they are beaten. The perfect sweetness of suet and milk should be especially attended to, before they are mixed into a pudding, as nothing can be more offensive than the first when it is over-kept, nor worse in its effect than the curdling of the milk, which is the certain result of its being ever so slightly soured.

Currants should be cleaned, and raisins stoned with exceeding care; almonds and spices very finely pounded, and the rinds of oranges or lemons rasped or grated lightly off, that the bitter part of the skin may be avoided, when they are used for this, or for any other class of dishes; if pared, they should be cut as *thin* as possible.

Custard-puddings, to have a good appearance, must be *simmered* only, but without ceasing; for if boiled in a quick and careless manner, the surface, instead of being smooth and velvety, will be full of holes, or honey-combed, as it is called, and the whey will flow from it and mingle with the sauce. A thickly-buttered sheet of writing-paper should be laid between the custard-mixture and the cloth, before it is tied over, or the lid of the mould is closed upon it; and the mould itself, or the basin in which it is boiled, and which should always be quite full, must likewise be well buttered; and after it is lifted from the water the pudding should be left in it for quite five minutes before it is dished, to prevent its breaking or spreading about.

Batter is much lighter when boiled in a cloth, and allowed full room to swell, than when confined in a mould: it should be well beaten the instant before it is poured into it, and put into the water immediately

after it is securely tied. The cloth should be moist and thickly floured, and the pudding should be sent to table as expeditiously as possible after it is done, as it will quickly become heavy. This applies equally to all puddings made with paste, which are rendered uneatable by any delay in serving them after they are ready: they should be opened a little at the top as soon as they are taken from the boiler or stewpan.

Plum-puddings, which it is now customary to boil in moulds, are both lighter and less dry, when closely tied in stout cloths well buttered and floured, especially when they are made in part with bread; but when this is done, care should be taken not to allow them to burn to the bottom of the pan in which they are cooked; and it is a good plan to lay a plate or dish under them, by way of precaution against this mischance: it will not then so much matter whether they be kept floating or not. It is thought better to mix these entirely (except the liquid portion of them) the day before they are boiled, and it is perhaps an advantage when they are of large size to do so, but it is not really necessary for small or common ones.

A very little salt improves all sweet puddings, by taking off the insipidity, and bringing out the full flavour of the other ingredients, but its presence should not be in the slightest degree perceptible. When brandy, wine, or lemon-juice is added to them it should be stirred in briskly, and by degrees, quite at last, as it would be likely otherwise to curdle the milk or eggs.

Many persons prefer their puddings steamed; but when this is not done, they should be dropped into plenty of boiling water, and be kept well covered with it until they are ready to serve; and the boiling should never be allowed to cease for an instant, for they soon become heavy if it be interrupted.

Pudding and dumpling cloths should not only be laid into plenty of water as soon as they are taken off, and washed afterwards, as we shall direct, but it is essential to their perfect sweetness that they should be well and quickly dried (in the open air if possible), then folded and kept in a clean drawer. We have known them left wet by a careless servant, until when brought forward for use, they were as offensive almost as meat that had been too long kept. To prevent their ever imparting an unpleasant flavour when used, they should be washed in a ley made as follows; but when from any circumstance this cannot be done, and soap is used for them, they should be rinsed, and soaked in abundance of water, which should be changed several times.

A LIE, OR LEY, FOR WASHING PUDDING-CLOTHS.

To a pint of wood-ashes pour three quarts of boiling water, and either wash the cloths in the mixture without straining it, or give them two or three minutes boil in it first, then let the whole cool together; wash the cloths perfectly clean, and rinse them in abundance of water, changing it several times: this both takes the grease off, and renders them very sweet. Two ounces of soda dissolved in a gallon of water will answer almost as well, providing the rinsing afterwards be carefully attended to.

TO CLEAN CURRANTS FOR PUDDINGS OR CAKES.

Put them into a cullender, strew a handful of flour over them, and rub them with the hands to separate the lumps, and to detach the stalks;

work them round in the cullender, and shake it well, when the small stalks and stones will fall through it. Next pour plenty of cold water over the currants, drain, and spread them on a soft cloth, press it over them to absorb the moisture, and then lay them on a very clean oven-tin, or a large dish, and dry them *very gradually* (or they will become hard), either in a cool oven, or before the fire, taking care in the latter case that they are not placed sufficiently near it for the ashes to fall amongst them. When they are perfectly dry, clear them entirely from the remaining stalks, and from *every stone* that may be amongst them. The best mode of detecting these is to lay the fruit at the far end of a large white dish, or sheet of paper, and to pass it lightly, and in very small portions, with the fingers, towards oneself, examining it closely as this is done.

TO MIX BATTER FOR PUDDINGS.

Put the flour and salt into a bowl, and stir them together; whisk the eggs thoroughly, strain them through a fine hair-sieve, and add them *very gradually* to the flour; for if too much liquid be poured to it at once it will be full of lumps, and it is easy, with care, to keep the batter perfectly smooth. Beat it well and lightly, with the back of a strong wooden spoon, and after the eggs are added, thin it with milk to a proper consistency. The whites of the eggs beaten separately to a solid froth, and stirred gently into the mixture the instant before it is tied up for boiling, or before it is put into the oven to be baked, will render it remarkably light. When fruit is added to the batter, it must be made thicker than when it is served plain, or it will sink to the bottom of the pudding. Batter should never *stick to the knife* when it is sent to table; it will do this both when a sufficient number of eggs are not mixed with it, and when it is not enough cooked. About four eggs to the half-pound of flour will make it firm enough to cut smoothly.

SUET-CRUST, FOR MEAT OR FRUIT PUDDINGS.

Clear off the skin from some fresh beef kidney-suet, and with a sharp knife slice it thin, free it entirely from fibre, and mince it very fine: six ounces thus prepared will be found quite sufficient for a pound of flour. Mix them well together, add half a teaspoonful of salt for meat puddings, and a third as much for fruit ones, and sufficient cold water to make the whole into a very firm paste: work it smooth, and roll it out of equal thickness when it is used. The weight of suet should be taken after it is minced. This crust is so much lighter, and more wholesome than that which is made with butter, that we cannot refrain from recommending it in preference to our readers. Some cooks merely slice the suet in thin shavings, mix it with the flour, and beat the crust with a paste roller, until the flour and suet are perfectly incorporated.

Flour, 2 lbs.; suet, 12 ozs.; salt, 1 teaspoonful; water, 1 pint.

BUTTER CRUST FOR PUDDINGS.

When suet is disliked for crust, butter must supply its place, but there must be no intermixture of lard in paste which is to be boiled. Eight ounces to the pound of flour will render it sufficiently rich for most eaters, and less will generally be preferred; rich crust of this kind being more indigestible by far than that which is baked. The butter may be lightly broken into the flour before the water is added, or it may be laid

on, and rolled into the paste as for puff-crust. A small portion of salt must be added to it always, and for a meat pudding the same proportion as directed in the preceding receipt. For kitchen, or for quite common family puddings, butter and clarified dripping are used sometimes in equal proportions. From three to four ounces of each will be sufficient for the pound and quarter of flour.

Flour, 1 lb.; butter, 8 ozs.; salt, for fruit puddings, $\frac{1}{2}$ saltspoonful; for meat puddings, $\frac{1}{2}$ teaspoonful.

SMALL BEEF-STEAK PUDDING.

Make into a very firm, smooth paste, one pound of flour, six ounces of beef-suet, finely minced, half a teaspoonful of salt, and half a pint of cold water. Line with this a basin which holds a pint and a half. Season a pound of tender steak, free from bone and skin, with half an ounce of salt and half a teaspoonful of pepper well mixed together; lay it in the crust, pour in a quarter-pint of water, roll out the cover, close the pudding carefully, tie a floured cloth over, and boil it three hours and a half. We give this receipt as an exact guide for the proportions of meat-puddings in general.

Flour, 1 lb.; suet, 6 ozs.; salt, $\frac{1}{2}$ teaspoonful; water, $\frac{1}{2}$ pint; rump-steak, 1 lb.; salt, $\frac{1}{2}$ oz.; pepper, $\frac{1}{2}$ teaspoonful; water, $\frac{1}{4}$ pint: 3 $\frac{1}{2}$ hours.

RUTH PINCH'S BEEF-STEAK PUDDING.

To make *Ruth Pinch's* celebrated pudding (known also as beef-steak pudding *à la Dickens*), substitute six ounces of butter for the suet in this receipt, and moisten the paste with the well-beaten yolks of four eggs, or with three whole ones, mixed with a little water; butter the basin very thickly before the crust is laid in, as the pudding is to be turned out of it for table. In all else, proceed exactly as above.

SUPERLATIVE BEEF-PUDDING.

Take a fine woodcock (or half a dozen rice-birds) that is ready for the spit, and put it into the middle of a large beef-pudding, laying the meat under, over, and round it; finish it as usual, and boil it four hours or more: the fine flavour of the bird will pervade the whole contents of the pudding.

MUTTON PUDDING.

Mutton freed perfectly from fat, and mixed with two or three sliced kidneys, makes an excellent pudding. The meat may be sprinkled with fine herbs as it is laid into the crust. This will require rather less boiling than the preceding puddings, but it is made in precisely the same way.

PARTRIDGE PUDDING.

Skin a couple of well-kept partridges and cut them down into joints; line a deep basin with suet crust, observing the directions given in the preceding receipts; lay in the birds, which should be rather highly seasoned with pepper or cayenne, and moderately with salt; pour in water for the gravy, close the pudding with care, and boil it from three hours to three and a half. The true flavour of the game is admirably preserved by this mode of cooking. When mushrooms are plentiful, put a layer of buttons, or small flaps, cleaned as for pickling, alternately with

a layer of partridge, in filling the pudding, which will then be most excellent eating: the crust may be left untouched, and merely emptied of its contents, where it is objected to; or its place may be supplied with a richer one made of butter. A seasoning of pounded mace or nutmeg can be used at discretion. Puddings of veal, chickens, and young rabbits, may all be made by this receipt, or with the addition of oysters, which we have already noticed.

COMMON BATTER PUDDING.

Beat four eggs thoroughly, mix with them half a pint of milk, and pass them through a sieve, add them by degrees to half a pound of flour, and when the batter is perfectly smooth, thin it with another half pint of milk. Shake out a wet pudding-cloth, flour it well, pour the batter in, leave it room to swell, tie it securely, and put it immediately into plenty of fast-boiling water. An hour and ten minutes will boil it. Send it to table the instant it is dished, with wine sauce, a hot compote of fruit, or raspberry vinegar: this last makes a delicious pudding sauce. Unless the liquid be added very gradually to the flour, and the mixture be well stirred and beaten as each portion is poured to it, the batter will not be smooth: to render it *very* light, a portion of the whites of the eggs, or the whole of them, should be whisked to a froth and stirred into it just before it is put into the cloth.

Flour, $\frac{1}{2}$ lb.; eggs, 4; salt, $\frac{1}{4}$ teaspoonful; milk, 1 pint: 1 hour and 10 minutes.

Obs.—Modern taste is in favour of puddings boiled in moulds, but, as we have already stated, they are seldom or ever so light as those which are tied in cloths only. Where *appearance* is the first consideration, we would recommend the use of the moulds, of course.

ANOTHER BATTER PUDDING.

Mix the yolks of three eggs smoothly with three heaped tablespoonsful of flour, thin the batter with new milk until it is of the consistency of cream, whisk the whites of eggs apart, stir them into the batter, and boil the pudding in a floured cloth or buttered basin for an hour. Before it is served, cut the top quickly into large dice, half through the pudding, pour over it a small jarful of fine currant, raspberry, or strawberry jelly, and send it to table without delay.

Flour, 3 tablespoonsful; eggs, 3; salt, $\frac{1}{2}$ teaspoonful; milk, from $\frac{1}{2}$ to a whole pint: 1 hour.

Obs.—For a very large pudding, double the quantity of ingredients and the time of boiling will be required.

BATTER FRUIT PUDDING.

Butter thickly a basin which holds a pint and a half, and fill it nearly to the brim with *good* boiling apples pared, cored, and quartered; pour over them a batter made with four tablespoonsful of flour, two large or three small eggs, and half a pint of milk. Tie a buttered and floured cloth over the basin, which ought to be quite full, and boil the pudding for an hour and a quarter. Turn it into a hot dish when done, and strew sugar thickly over it: this, if added to the batter at first, renders it heavy. Morella cherries make a very superior pudding of this kind; and green gooseberries, damsons, and various other fruits, answer for it extremely well: the time of boiling it must be varied according to their quality and its size.

For a pint and a half mould or basin filled to the brim with apples or other fruit; flour, 4 tablespoonsful; eggs, 2 large or three small; milk, $\frac{1}{2}$ pint: $1\frac{1}{4}$ hour.

Obs.—Apples cored, halved, and mixed with a good batter, make an excellent baked pudding, as well as red currants, cherries, and plums of different sorts.

ANOTHER SUET PUDDING.

Make into a somewhat lithe, but smooth paste, half a pound of fine stale bread-crumbs, three quarters of a pound of flour, from ten to twelve ounces of beef-suet, chopped extremely small, a large half-teaspoonful of salt, and rather less of pepper, with two eggs and a little milk. Boil it two hours and a quarter.

A CHEAP SUET PUDDING.

With a pound of flour mix well an equal weight of good potatoes boiled and grated (or prepared by Captain Kater's receipt, page 230), a quarter pound of suet, and a small teaspoonful of salt. Make these into a stiff batter, with milk, and boil the pudding one hour in a well-floured cloth.

APPLE, CURRANT, CHERRY, OR OTHER FRESH FRUIT PUDDING.

Make a paste as for a beef-steak pudding, either with suet or butter; lay into a basin a well-floured cloth, which has been dipped into hot water, wrung dry, and shaken out; roll the paste thin, press it evenly into the basin upon the cloth, fill it with apples, pared, cored, and quartered, or with any other fruit; put on the cover, taking care to moisten the edges of the paste, to press them well together, and fold them over; gather up the ends of the cloth, and tie it firmly close to the pudding, which should then be dropped into plenty of fast boiling water. When it is done, lift it out by twisting a strong fork into the corner of the cloth, turn it gently into the dish in which it is to be served, and cut immediately a small round or square from the top, or the pudding will quickly become heavy; send it to table without the slightest delay, accompanied by pounded, and by good Lisbon sugar, as many persons prefer the latter, from its imparting a more mellowed flavour to the fruit. A small slice of fresh butter, and some finely grated nutmeg, are usually considered improvements to an apple pudding; the juice, and the grated rind of a lemon may be added with good effect, when the fruit is laid into the crust, especially in spring, when the apples generally will have become insipid in their flavour. When puddings are preferred boiled in moulds or basins, these must be thickly buttered before the paste is laid into them, and the puddings must be turned from them gently, that they may not burst.

Currant, gooseberry, or cherry pudding, 1 to $1\frac{1}{4}$ hour. Greengage, damson, mussel, or other plum, 1 to $1\frac{1}{2}$ hour. Apple pudding, from 1 to 2 hours, according to its size, and the time of year.

Obs.—If made of mellow fruit, an apple pudding will require only so much boiling as may be needed for the crust.

A COMMON APPLE PUDDING.

Make a light crust with one pound of flour and six ounces of very finely minced beef-suet, roll it thin, and fill it with one pound and a quarter of good boiling apples; add the grated rind and strained juice

of a small lemon, tie it in a cloth, and boil it one hour and twenty minutes before Christmas, and from twenty to thirty minutes longer after Christmas. A small slice of fresh butter, stirred into it when it is sweetened, will, to many tastes, be an acceptable addition; grated nutmeg, or a little cinnamon in fine powder, may be substituted for the lemon-rind when either is preferred. To convert this into a richer pudding, use half a pound of butter for the crust, and add to the apples a spoonful or two of orange or quince marmalade.

Crust: flour, 1 lb.; suet, 6 ozs. Fruit, pared and cored, $1\frac{1}{2}$ lb.; juice and rind of 1 small lemon (or some nutmeg or cinnamon in powder).

Richer pudding: flour, 1 lb.; butter, $\frac{1}{2}$ lb.; in addition to fruit, 1 or 2 tablespoonsful of orange or quince marmalade.

THE PUBLISHER'S PUDDING.

This pudding can scarcely be made *too rich*. First blanch, and then beat to the smoothest possible paste, six ounces of fresh sweet almonds, and a dozen bitter ones; pour very gradually to them, in the mortar, three quarters of a pint of boiling cream; then turn them into a cloth, and wring it from them again with strong expression. Heat a full half pint of it afresh, and pour it, as soon as it boils, upon four ounces of fine bread-crumbs, set a plate over, and leave them to become nearly cold; then mix thoroughly with them four ounces of macaroons, crushed tolerably small; five of finely-minced beef-suet, five of marrow, cleared very carefully from fibre, and from the splinters of bone which are sometimes found in it, and shred, not very small, two ounces of flour, six of pounded sugar, four of dried cherries, four of the best Muscatel raisins, weighed after they are stoned, half a pound of candied citron, or of citron and orange-rind mixed, a quarter saltspoonful of salt, half a nutmeg, the yolks only of seven full-sized eggs, the grated rind of a large lemon, and last of all, a glass of the best Cognac brandy, which must be stirred briskly in by slow degrees. Pour the mixture into a *thickly* buttered mould or basin, which contains a full quart, fill it to the brim, lay a sheet of buttered writing-paper over, then a well-floured cloth, tie them securely, and boil the pudding for four hours and a quarter; let it stand for a couple of minutes before it is turned out; dish it carefully, and serve it with the German pudding sauce of page 112.

Jordan almonds, 6 ozs.; bitter almonds, 12; cream, $\frac{3}{4}$ pint; bread-crumbs, 4 ozs.; cream wrung from almonds, $\frac{1}{2}$ pint; crushed macaroons, 4 ozs.; flour, 2 ozs.; beef-suet, 5 ozs.; marrow, 5 ozs.; dried cherries, 4 ozs.; stoned Muscatel raisins, 4 ozs.; pounded sugar, 6 ozs.; candied citron (or citron and orange-rind mixed), $\frac{1}{4}$ lb.; pinch of salt; $\frac{1}{2}$ nutmeg; grated rind 1 lemon; yolks of eggs, 7; best cognac, 1 wine-glassful: boiled in mould or basin, $4\frac{1}{4}$ hours.

Obs.—This pudding, which, if well made, is very light as well as rich, will be sufficiently good for most tastes without the almonds: when they are omitted, the boiling cream must be poured at once to the bread-crumbs.

SMALL CUSTARD PUDDING; (Aldeburgh White Lion Receipt.)

Dissolve in half a pint of new milk a dessertspoonful of pounded sugar, and pour it to three well-beaten eggs; strain the mixture into a but-