

pound the yolks perfectly, first by themselves, then with three ounces of good butter, a seasoning of salt, cayenne, and nutmeg, or mace, a large teaspoonful or more of minced parsley, and the yolks of two raw eggs. Slice a small bit off the whites to make them stand flat, hollow the insides well, fill them smoothly with the yolks, form a small dome in the centre of the dish with the remainder of the mixture, and lean the eggs against it, placing them regularly round. Set them into a gentle oven for ten minutes,\* and send them quickly to table.

## CHAPTER XX.

## SWEET DISHES, OR ENTREMETS.

## TO PREPARE CALF'S FEET STOCK.†

The feet are usually sent in from the butcher's ready to dress, but as a matter of economy‡ or of convenience it is sometimes desirable to have them altogether prepared by the cook. Dip them into cold water, lay them into a deep pan, and sprinkle equally over them on both sides some rosin in fine powder; pour in as much boiling water as will cover them well, and let them remain for a minute or two untouched; then scrape the hair clean from them with the edge of a knife. When this is done, wash them very thoroughly both in hot and in cold water; divide them at the joint, split the claws, and take away the fat that is between them. Should the feet be large, put a gallon of cold water to the four, but from a pint to a quart less if they be of moderate size or small. Boil them gently down until the flesh has parted entirely from the bones, and the liquor is reduced nearly or quite half; strain, and let it stand until cold; remove every particle of fat from the top before it is used, and be careful not to take the sediment.

Calf's feet, (large) 4; water, 1 gallon: 6 to 7 hours.

## TO CLARIFY CALF'S FEET STOCK.

Break up a quart of the stock, put it into a clean stewpan with the whites of five large or of six small eggs, two ounces of sugar, and the strained juice of a small lemon; place it over a gentle fire, and do not stir it after the scum begins to form; when it has boiled five or six minutes, if the liquid part be clear, turn it into a jelly-bag, and pass it through a second time should it not be perfectly transparent the first. To consumptive patients, and others requiring restoratives, but forbidden to take stimulants, the jelly thus prepared is often very acceptable, and may be taken with impunity, when it would be highly injurious made with wine. More white of egg is required to clarify it than when sugar and acid are used in large quantities, as both of these assist the process. For blamange omit the lemon-juice, and mix with the clarified stock an

\* Half of one of the raw egg-yolks may be omitted, and a spoonful of rich cream used instead; the eggs can also be steamed until the insides are firm, by placing them with a little good gravy, or white sauce, in a stewpan, and simmering them gently from fifteen to twenty minutes.

† For fuller and better directions for this, see page 160, Chapter IX.

‡ They are sold at a much lower price when not cleared from the hair.

equal proportion of cream (for an invalid new milk), with the usual flavouring, and weight of sugar; or pour the boiling stock very gradually to some finely pounded almonds, and express it from them as directed for Quince Blamange, allowing from six to eight ounces to the pint.

Stock, 1 quart; whites of eggs, 5; sugar, 2 ozs.; juice, 1 small lemon: 5 to 8 minutes.

## TO CLARIFY ISINGLASS.

The finely-cut purified isinglass, which is now in general use, requires no clarifying except for clear jellies: for all other dishes it is sufficient to dissolve, skim, and pass it through a muslin strainer. When two ounces are required for a dish, put two and a half into a delicately clean pan, and pour on it a pint of spring water which has been gradually mixed with a teaspoonful of beaten white of egg; stir these thoroughly together, and let them heat slowly by the side of a gentle fire, but do not allow the isinglass to stick to the pan. When the scum is well risen, which it will be after two or three minutes' simmering, clear it off, and continue the skimming until no more appears, then, should the quantity of liquid be more than is needed, reduce it by quick boiling to the proper point, strain it through a thin muslin, and set it by for use: it will be perfectly transparent, and may be mixed lukewarm with the clear and ready sweetened juice of various fruits, or used with the necessary proportion of syrup, for jellies flavoured with choice liquors. As the clarifying reduces the strength of the isinglass,—or rather as a portion of it is taken up by the white egg,—an additional quarter to each ounce must be allowed for this: if the scum be laid to drain on the back of a fine sieve which has been wetted with hot water, a little very strong jelly will drip from it.

Isinglass, 2½ ozs.; water, 1 pint; beaten white of egg, 1 teaspoonful.

## SPINACH GREEN, FOR COLOURING SWEET DISHES, CONFECTIONARY, OR SOUPS.

Pound quite to a pulp, in a marble or wedgewood mortar, a handful or two of young freshly-gathered spinach, then throw it into a hair-sieve, and press through all the juice that can be obtained from it; pour this into a clean white jar, and place it in a pan of water that is at the point of boiling, and which must be allowed to just simmer afterwards; in three or four minutes the juice will be poached or *set*; take it then gently with a spoon, and lay it upon the back of a fine sieve to drain. If wanted for immediate use, merely mix it in the mortar with some finely-powdered sugar;\* but if to be kept as a store, pound it with as much as will render the whole tolerably dry, boil it to candy-height over a very clear fire, pour it out in cakes, and keep them in a tin box or canister. For this last preparation consult the receipt for orange-flower candy.

## PREPARED APPLE, OR QUINCE JUICE.

Pour into a clean earthen pan two quarts of spring water, and throw into it as quickly as they can be pared, cored, and weighed, four pounds of nonsuches, pippins, or any other good boiling apples of fine flavour. When all are done stew them gently until they are well broken, but

\* For soup, dilute it first with a little of the boiling stock, and stir it to the remainder.

not reduced quite to pulp; turn them into a jelly-bag or strain the juice from them without pressure through a closely-woven cloth, which should be gathered over the fruit, and tied, and suspended above a deep pan until the juice ceases to drop from it: this, if not very clear, must be rendered so before it is used for syrup or jelly, but for all other purposes once straining it will be sufficient. Quinces are prepared in the same way, and with the same proportions of fruit and water, but they must not be too long boiled, or the juice will become red. We have found it answer well to have them simmered until they are perfectly tender, and then to leave them with their liquor in a bowl until the following day, when the juice will be rich and clear. They should be thrown into the water very quickly after they are pared and weighed, as the air will soon discolour them.

Water, 2 quarts; apples, or quinces, 4 lbs.

COCOA-NUT FLAVOURED MILK. (*For sweet dishes, &c.*)

Pare the dark outer rind from a very fresh nut, and grate it on a fine and exceedingly clean grater; to every three ounces pour a quart of new milk, and simmer them *very softly* for three quarters of an hour, or more, that a full flavour of the nut may be imparted to the milk without its being much reduced; strain it through a fine sieve, or cloth, with sufficient pressure to leave the nut almost dry: it may then be used for blamange, custards, rice, and other puddings, light cakes and bread.

To each quart new milk, 3 ozs. grated cocoa-nut:  $\frac{3}{4}$  to 1 hour.

*Obs.*—The milk of the nut, when perfectly sweet and good, may be added to the other with advantage. To obtain it, bore one end of the shell with a gimlet, and catch the liquid in a cup; and to extricate the kernel, break the shell with a hammer: this is better than sawing it asunder.

COMPOTES OF FRUIT.

We would particularly invite the attention of the reader to these wholesome and agreeable preparations of fruit, which are much less served at English tables, generally, than they deserve to be. We have found them often peculiarly acceptable to persons of delicate habit who were forbidden to partake of pastry in any form; and accompanied by a dish of boiled rice, they are very preferable for children, as well as for invalids, to either tarts or puddings.

*Compote of spring fruit.*—(Rhubarb.) Take a pound of the stalks after they are pared, and cut them into short lengths, have ready a quarter-pint of water boiled gently for ten minutes with five ounces of sugar, or with six should the fruit be very acid; put it in, and simmer it for about ten minutes. Some kinds will be tender in rather less time, some will require more.

*Obs.*—Good sugar in lumps should be used generally for these dishes, and when they are intended for dessert the syrup should be enriched with an additional ounce or two. Lisbon sugar will answer for them very well on ordinary occasions, but that which is refined will render them much more delicate.

*Compote of green currants.*—Spring water half pint; sugar five ounces; boiled together ten minutes. One pint of green currants stripped from the stalks; simmered three to five minutes.

*Compote of green gooseberries.*—This is an excellent compote if made

with fine sugar, and very good with any kind. Break five ounces into small lumps and pour on them half a pint of water; boil these gently for ten minutes, and clear off all the scum; then add to them a pint of fresh gooseberries freed from the tops and stalks, washed, and well drained. Simmer them gently from eight to ten minutes, and serve them hot or cold. Increase the quantity for a large dish.

*Compote of green apricots.*—Wipe the down from a pound of quite young apricots, and stew them *very* gently for nearly twenty minutes in syrup made with eight ounces of sugar and three quarters of a pint of water, boiled together the usual time.

*Compote of red currants.*—A quarter-pint of water and five ounces of sugar: ten minutes. One pint of ready picked currants to be just simmered in the syrup from five to six minutes. This receipt will serve equally for raspberries, or for a compote of the two fruits mixed together. Either of them will be found an admirable accompaniment to batter, custard, bread, ground rice, and various other kinds of puddings, as well as to whole rice plainly boiled.

*Compote of cherries.*—Simmer five ounces of sugar with half a pint of water for ten minutes; throw into the syrup a pound of cherries weighed after they are stalked, and let them stew gently for twenty minutes; it is a great improvement to stone the fruit, but a larger quantity will then be required for a dish.

*Compote of Morella Cherries.*—Boil together for fifteen minutes, five ounces of sugar with half a pint of water; add a pound and a quarter of ripe Morella cherries, and simmer them *very* softly from five to seven minutes; this is a delicious compote.

*Compote of Damsons.*—Four ounces of sugar and half a pint of water to be boiled for ten minutes; one pound of damsons to be added, and simmered gently from ten to twelve minutes.

*Compote of the Magnum Bonum, or other large plums.*—Boil six ounces of sugar with half a pint of water the usual time; take the stalks from a pound of plums, and simmer them *very* softly for twenty minutes. Increase the proportion of sugar if needed, and regulate the time as may be necessary for the different varieties of fruit.

*Compote of bullaces.*—The large, or shepherds' bullace, is very good stewed, but will require a considerable quantity of sugar to render it palatable, unless it be quite ripe. Make a syrup with eight ounces, and three-quarters of a pint of water, and boil in it gently from fifteen to twenty minutes, a pint and a half of the bullaces freed from their stalks.

COMPOTE OF PEACHES.

Pare half a dozen ripe peaches, and stew them *very* softly from eighteen to twenty minutes, keeping them often turned in a light syrup, made with five ounces of sugar, and half a pint of water boiled together for ten minutes. Dish the fruit; reduce the syrup by quick boiling, pour it over the peaches, and serve them hot for a second-course dish, or cold for dessert. They should be quite ripe, and will be found delicious dressed thus. A little lemon-juice may be added to the syrup, and the blanched kernels of two or three peach or apricot stones.

Sugar, 5 ozs.; water,  $\frac{1}{2}$  pint: 10 minutes. Peaches, 6: 18 to 20 minutes.

*Obs.*—Nectarines, without being pared, may be dressed in the same

way, but will require to be stewed somewhat longer, unless they be perfectly ripe.

ANOTHER RECEIPT FOR STEWED PEACHES.

Should the fruit be not perfectly ripe, throw it into boiling water and keep it just simmering, until the skin can be easily stripped off. Have ready half a pound of fine sugar boiled to a light syrup with three quarters of a pint of water; throw in the peaches, let them stew softly until quite tender, and turn them often that they may be equally done; after they are dished, add a little strained lemon-juice to the syrup, and reduce it by a few minutes' very quick boiling. The fruit is sometimes pared, divided, and stoned, then gently stewed until it is tender.

Sugar, 8 ozs.; water,  $\frac{3}{4}$  pint: 10 to 12 minutes. Peaches, 6 or 7; lemon-juice, 1 large teaspoonful.

STEWED BARBERRIES, OR COMPOTE D'EPINE-VINETTE.

Boil to a thin syrup half a pound of sugar and three quarters of a pint of water, skim it well, and throw into it three quarters of a pound of barberries stripped from the stalks; keep them pressed down into the syrup, and gently stirred: from five to seven minutes will boil them.

Sugar, 8 ozs.; water,  $\frac{3}{4}$  pint: 12 to 15 minutes. Barberries,  $\frac{3}{4}$  lb.: 5 to 7 minutes.

ANOTHER COMPOTE OF BARBERRIES FOR DESSERT.

When this fruit is first ripe it requires, from its excessive acidity, nearly its weight of sugar to render it palatable; but after hanging some time upon the trees it becomes much mellowed in flavour, and may be sufficiently sweetened with a smaller proportion. According to the state of the fruit then, take for each pound (leaving it in bunches) from twelve to sixteen ounces of sugar, and boil it with three quarters of a pint of water until it forms a syrup. Throw in the bunches of fruit, and simmer them for five or six minutes. If their weight of sugar be used, they will become in that time perfectly transparent. As all vessels of tin affect the colour of the barberries, they should be boiled in a copper stewpan, or in a German enamelled one, which would be far better.

Barberries, 1 lb.; sugar, 12 to 16 ozs.; water,  $\frac{3}{4}$  pint: fruitsimmered in syrup, 5 to 6 minutes.

GATEAU DE POMMES.

Boil together for fifteen minutes a pound of well-refined sugar and half a pint of water; then add a couple of pounds of nonsuches, or of any other finely-flavoured apples which can be boiled easily to a smooth pulp, and the juice of a couple of small, or of one very large lemon. Stew these gently until the mixture is perfectly free from lumps, then boil it quickly, keeping it stirred, without quitting it, until it forms a very thick and dry marmalade. A few minutes before it is done add the finely grated rinds of a couple of lemons; when it leaves the bottom of the preserving-pan visible and dry, press it into moulds of tasteful form; and either store it for winter use, or if wanted for table, serve it plain for dessert, or ornament it with spikes of blanched almonds, and pour a custard round it for a second-course dish.

Sugar, 1 lb.; water,  $\frac{1}{2}$  pint: 15 minutes. Nonsuches or other apples, 2 lbs.; juice, 1 large or 2 small lemons: 2 hours or more.

GATEAU OF MIXED FRUITS. (GOOD.)

Extract the juice from some fresh red currants by simmering them very gently for a few minutes over a slow fire; strain it through a folded muslin, and to one pound of it add a pound and a half of nonsuches or of freshly gathered apples, pared, and rather deeply cored, that the fibrous part of the apple may be avoided. Boil these quite slowly until the mixture is perfectly smooth, then, to evaporate part of the moisture, let the boiling be quickened. In from twenty-five to thirty minutes draw the pan from the fire, and throw in gradually a pound and a quarter of sugar in fine powder; mix it well with the fruit, and when it is dissolved continue the boiling rapidly for twenty minutes longer, keeping the mixture constantly stirred; put it into a mould, and store it, when cold, for winter use, or serve it for dessert, or for the second course: in the latter case decorate it with spikes of almonds blanched, and heap solid whipped cream round it, or pour a custard into the dish. For dessert, it may be garnished with dice of the palest apple-jelly.

Juice of red currants, 1 lb.; apples (pared and cored),  $1\frac{1}{2}$  lb.: 25 to 30 minutes. Sugar,  $1\frac{1}{2}$  lb.: 20 minutes.

Obs.—A portion of raspberries, if still in season, may be mixed with the currants for this gâteau, should their flavour be liked.

JELLIES.

CALF'S FEET JELLY. (ENTREMETS.)

We hear inexperienced housekeepers frequently complain of the difficulty of rendering this jelly perfectly transparent; but, by mixing with the other ingredients, while quite cold, the whites, and the crushed shells of a sufficient number of eggs, and allowing the head of scum which gathers on the jelly to remain undisturbed after it once forms, they will scarcely fail to obtain it clear. It should be strained through a thick flannel-bag of a conical form (placed before the fire, should the weather be at all cold, or the mixture will jelly before it has run through), and if not perfectly clear it must be strained again and again until it becomes so; though we generally find that once suffices. Mix thoroughly in a large stewpan five half-pints of strong calf's-feet stock (see page 304,) a full pint of sherry, half a pound of sugar, roughly powdered, the juice of two fine lemons, the rind of one and a half, cut very thin, the whites and shells of four large eggs, and half an ounce of isinglass. Let these remain a few minutes off the fire, that the sugar may dissolve more easily; then let the jelly be brought to boil gradually, and do not stir it after it begins to heat. When it has boiled gently sixteen minutes, draw it from the fire, and let it stand a short time before it is poured into the jelly-bag, under which a bowl should be placed to receive it. When clear and cool, put it into the moulds which have been laid for some hours in water: these should always be of earthenware in preference to metal. If to be served in glasses, or roughed, the jelly will be sufficiently firm without the isinglass, of which, however, we recommend a small quantity to be thrown in always when the jelly begins to boil, as it facilitates the clearing.

Calf's feet stock,  $2\frac{1}{2}$  pints; sugar,  $\frac{1}{2}$  lb.; sherry, 1 pint; juice of lemons, 2 large; rind of  $1\frac{1}{2}$ ; whites and shells of eggs, 4 large, or 5 small: 16 minutes.

*Obs. 1.*—After all the jelly has dropped through the bag, an exceedingly agreeable beverage may be obtained by pouring in some boiling water; from one to three half-pints, according to the quantity of jelly which has been made. The same plan should be pursued in making orange or lemon jelly for an invalid.

*Obs. 2.*—As it is essential to the transparency of calf's-feet jelly of all kinds that the whole of the ingredients should be quite cold when they are mixed, and as the stock can only be measured in a liquid state, to which it must be reduced by heating, the better plan is, to measure it when it is first strained from the feet, and to put apart the exact quantity required for a receipt; but when this has not been done, and it is necessary to liquefy it, it must be left until quite cold again before it is used.

#### ANOTHER RECEIPT FOR CALF'S FEET JELLY.

To four calf's feet, well cleaned and divided, pour a gallon of water, and let them stew until it is reduced to rather less than two quarts; or if, after the flesh has quite fallen from the bones, the liquor on being strained off should exceed that quantity, reduce it by rapid boiling in a clean uncovered pan over a very clear fire. When it is perfectly firm and cold, take it, clear of fat and sediment, and add to it a bottle of sherry, which should be of good quality (for poor, thin wines are not well adapted to the purpose), three quarters of a pound of sugar broken small, the juice of five large or of six moderate-sized lemons, and the whites, with the shells finely crushed, of seven eggs, or of more, should they be very small. The rinds of three lemons, pared exceedingly thin, may be thrown into the jelly a few minutes before it is taken from the fire; or they may be put into the jelly-bag previously to its being poured through, when they will impart to it a slight and delicate flavour, without deepening its colour much. If it is to be moulded, something more than half an ounce of isinglass should be dropped lightly in where the liquid becomes visible through the head of scum, when the mixture begins to boil; for if not sufficiently firm, it will break when it is dished. It may be roughed, or served in glasses without this addition; and in a liquid state will be found an admirable ingredient for Oxford, or other punch.

Calf's feet, 4; water, 1 gallon; to be reduced more than half. Sherry, 1 bottle; sugar,  $\frac{3}{4}$  lb. (more to taste); juice of 5 large lemons, or of six moderate-sized; whites and shells of 7 eggs, or more if small; rinds of lemons, 3 (for moulding, nearly  $\frac{3}{4}$  oz. of isinglass): 15 to 20 minutes.

*Obs.*—An excellent and wholesome jelly for young people may be made with good orange or raisin wine, instead of sherry; to either of these the juice of three or four oranges, with a small portion of the rind, may be added instead of part of the lemons.

#### APPLE CALF'S FEET JELLY.

Pour a quart of prepared apple-juice (see page 305) on a pound of fresh apples pared and cored, and simmer them until they are well broken; strain the juice, and let it stand until cold; then measure, and put a pint and a half of it into a stewpan with a quart of calf's feet stock (see page 304), nine ounces of sugar broken small, or roughly pounded, the juice of two fine lemons, and the thin rinds of one and a

half, with the whites and shells of eight eggs. Let it boil gently for ten minutes, then strain it through a flannel-bag, and when cool put it into moulds. It will be very clear, and firm, and of pleasant flavour. Apples of good quality should be used for it, and the quantity of sugar must be regulated by the time of year, as the fruit will have lost much of its acidity during the latter part of the season. This receipt, which is the result of our own experiment, and which we have found very successful, was first tried just after Christmas, with pippins. A little syrup of preserved ginger, or a small glass of fine white brandy, would perhaps, to some tastes, improve the jelly; but we give it simply as we have had it proved ourselves.

Prepared apple juice, 1 quart; fresh apples, 1 lb.:  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Strained juice,  $1\frac{1}{2}$  pint; calf's feet stock, 1 quart; sugar, 9 ozs.; juice of lemons, 2; rind of  $1\frac{1}{2}$ ; whites and shells of eggs, 8: 10 minutes.

*Obs.*—We would recommend the substitution of quinces for apples in this receipt as likely to afford a very agreeable variety of the jelly: or equal portions of the two fruits might answer well.

Unless the stock be very stiff, add isinglass to this, as to the calf's feet jelly, when it is to be moulded.

#### ORANGE CALF'S FEET JELLY.

To a pint and a half of firm calf's feet stock, put a pint of strained China orange-juice, mixed with that of one or two lemons; add to these six ounces of sugar, broken small, the very thin rinds of three oranges and of one lemon, and the whites of six eggs with half the shells crushed small. Stir these gently over a clear fire until the head of scum begins to form, but not at all afterwards. Simmer the jelly for ten minutes from the first full boil; take it from the fire, let it stand a little, then pour it through a jelly-bag until perfectly clear. This is an original, and entirely new receipt, which we can recommend to the reader, the jelly being very pale, beautifully transparent, and delicate in flavour: it would, we think, be peculiarly acceptable to such invalids as are forbidden to take wine in any form.

The proportions both of sugar and of lemon-juice must be somewhat varied according to the season in which the oranges are used.

Strong calf's feet stock,  $1\frac{1}{2}$  pint; strained orange-juice, mixed with a small portion of lemon-juice, 1 pint; sugar, 6 ozs.; rinds of oranges, 3; of lemon, 1: 10 minutes.

*Obs.*—A small pinch of isinglass thrown into the jelly when it begins to boil will much assist to clear it. When the flavour of Seville oranges is liked, two or three can be used with the sweet ones.

#### ORANGE ISINGLASS JELLY.

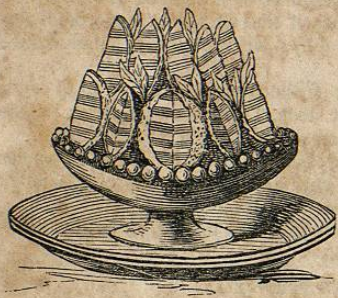
To render this perfectly transparent the juice of the fruit must be filtered, and the isinglass clarified; but it is not usual to take so much trouble for it. Strain as clear as possible, first through a sieve or muslin, then through a thick cloth or jelly-bag, one quart of orange-juice, mixed with as much lemon-juice as will give an agreeable degree of acidity. Dissolve two ounces and a half of isinglass in a pint of water, skim it well, throw in half a pound of sugar, and a few strips of the orange-rind, pour in the orange-juice, stir the whole well together, skim it clean without allowing it to boil, strain it through a cloth or through a muslin, many times folded, and when nearly cold put it into the

moulds.\* This jelly is sometimes made without any water, by dissolving the isinglass and sugar in the juice of the fruit.

Orange-juice, 1 quart; water, 1 pint; isinglass, 2½ ozs.; sugar, ½ lb.

#### ORANGES FILLED WITH JELLY.

This is one of the fanciful dishes which make a pretty appearance on a supper table, and are acceptable when much variety is desired. Take



some very fine oranges, and with the point of a small knife cut out from the top of each a round about the size of a shilling; then with the small end of a tea or egg spoon, empty them entirely, taking great care not to break the rinds.

Throw these into cold water, and make jelly of the juice, which must be well pressed from the pulp, and strained as clear as possible. Colour one half a fine rose colour with prepared cochineal, and leave the other very pale;

when it is nearly cold, drain and wipe the orange rinds, and fill them with alternate stripes of the two jellies; when they are perfectly cold cut them in quarters, and dispose them tastefully in a dish with a few light branches of myrtle between them. Calf's feet or any other variety of jelly, or different blamanges, may be used at choice to fill the rinds: the colours, however, should contrast as much as possible.

#### LEMON CALF'S FEET JELLY.

Break up a quart of strong calf's feet stock, which should have been measured while in a liquid state; let it be quite clear of fat and sediment, for which a small additional quantity should be allowed; add to it a not very full half-pint of strained lemon-juice, and ten ounces of sugar, broken small (rather more or less according to the state of the fruit), the rind of one lemon pared as thin as possible, or from two to three when a full flavour of it is liked, and the whites, with part of the shells crushed small, of five large or of six small eggs. Proceed as for the preceding jellies, and when the mixture has boiled five minutes throw in a small pinch of isinglass; continue the boiling for five or six minutes longer, draw the pan from the fire, let it stand to settle; then turn it into the jelly-bag. We have found it always perfectly clear with once passing through; but should it not be so, pour it in a second time.

Strong calf's feet stock, 1 quart; strained lemon-juice, short ½ pint; sugar, 10 ozs. (more or less according to state of fruit); rind of from 1 to 3 large lemons; whites and part of shells of 5 large or 6 small eggs: 5 minutes. Pinch of isinglass: 5 minutes longer.

*Obs.*—About seven large lemons will produce the half pint of juice. This quantity is for one mould only. The jelly will be found almost colourless unless much of the rinds be used, and as perfectly transparent as clear spring water: it is also very agreeable in flavour. For variety,

\* In France, orange-jelly is very commonly served in the halved rinds of the fruit, or in little baskets.

part of the juice of the fruit might be omitted, and its place supplied by maraschino, or any other rich white liquor of appropriate flavour.

#### CONSTANTIA JELLY.

Infuse in a pint of water for five minutes the rind of half a Seville orange, pared extremely thin; add an ounce of isinglass; and when this is dissolved throw in four ounces of good sugar in lumps; stir well, and simmer the whole for a few minutes, then mix with it four large wineglassesful of Constantia, and strain the jelly through a fine cloth of close texture; let it settle and cool, then pour it gently from any sediment there may be, into a mould which has been laid for an hour or two into water. We had this jelly made in the first instance for an invalid who was forbidden to take acids, and it proved so agreeable in flavour that we can recommend it for the table. The isinglass, with an additional quarter ounce, might be clarified, and the sugar and orange-rind boiled with it afterwards.

Water, 1 pint; rind ½ Seville orange: 5 minutes. Isinglass, 1 oz.; sugar, 4 ozs.: 5 to 7 minutes. Constantia, 4 large wineglassesful.

#### STRAWBERRY ISINGLASS JELLY.

A great variety of equally elegant and excellent jellies for the table may be made with clarified isinglass, clear syrup, and the juice of almost any kind of fresh fruit; but as the process of making them is nearly the same for all, we shall limit our receipts to one or two, which will serve to direct the makers for the rest. Boil together quickly for fifteen minutes one pint of water and three quarters of a pound of very good sugar; measure a quart of ripe richly-flavoured strawberries without their stalks; the scarlet answer best from the colour which they give; on these pour the boiling syrup, and let them stand all night. The next day clarify two ounces and a half of isinglass in a pint of water, as directed at the beginning of this chapter; drain the syrup from the strawberries very closely, add to it two or three tablespoonsful of red currant juice, and the clear juice of one large or of two small lemons; and when the isinglass is nearly cold mix the whole, and put it into moulds. The French, who excel in these fruit-jellies, always mix the separate ingredients when they are almost cold; and they also place them over ice for an hour or so after they are moulded, which is a great advantage, as they then require less isinglass, and are in consequence much more delicate. When the fruit abounds, instead of throwing it into the syrup, bruise lightly from three to four pints, throw two tablespoonsful of sugar over it, and let the juice flow from it for an hour or two; then pour a little water over, and use the juice without boiling, which will give a jelly of finer flavour than the other.

Water, 1 pint; sugar, ¾ lb.: 15 minutes. Strawberries, 1 quart; isinglass, 2½ ozs.: water, 1 pint (white of egg 1 to 2 teaspoonsful); juice, 1 large or 2 small lemons.

*Obs.*—The juice of any fruit mixed with sufficient sugar to sweeten, and of isinglass to stiffen it, with as much lemon-juice as will take off the insipidity of the flavour, will serve for this kind of jelly. Pine-apples, peaches, and such other fruits as do not yield much juice, must be infused in a larger quantity of syrup, which must then be used in lieu of it. In this same manner jellies are made with various kinds of

wine and liquors, and with the ingredients for punch as well; but we cannot further multiply our receipts for them.

## FANCY JELLIES.

To give greater transparency of appearance to jelly, it is often made in a mould with a cylindrical tube in the centre. The space left in the centre is sometimes filled with very light, whipped cream, flavoured and coloured so as to eat agreeably with it, and to please the eye as well: this may be tastefully garnished with preserved, or with fresh fruit. Italian jelly is made by half filling a mould of this, or any of more convenient shape, and laying round upon it in a chain, as soon as it is set, some blamange made rather firm, and cut of equal thickness and size with a small round cutter; the mould is then filled with the remainder of the jelly, which must be nearly cold, but not beginning to set. Brandied morella cherries, drained very dry, are sometimes dropped into moulds of pale jelly; and fruits, either fresh or preserved, are arranged in them with exceedingly good effect when skilfully managed; but this is best accomplished by having a mould for the purpose, with another of smaller size fixed in it by means of slight wires, which hook on to the edge of the outer one. By pouring water into this it may easily be detached from the jelly; the fruit is then to be placed in the space left by it, and the whole filled up with more jelly: to give the proper effect, it must be recollected that the dish will be reversed when sent to table.

QUEEN MAB'S PUDDING; (*an elegant summer dish.*)

Throw into a pint of new milk the thin rind of a small lemon, and six or eight bitter almonds, blanched and bruised; or substitute for these half a pod of vanilla, cut small, heat it slowly by the side of the fire, and keep it at the point of boiling until it is strongly flavoured, then add a small pinch of salt, and three quarters of an ounce of the finest isinglass, or a full ounce should the weather be extremely warm; when this is dissolved, strain the milk through a muslin, and put it into a clean saucepan, with four ounces and a half of sugar in lumps, and half a pint of rich cream; give the whole one boil, and then stir it briskly and by degrees to the well-beaten yolks of six fresh eggs; next, thicken the mixture as a custard, over a gentle fire, but do not hazard its curdling; when it is of tolerable consistency, pour it out, and continue the stirring until it is half cold, then mix with it an ounce and a half of candied citron, cut in small spikes, and a couple of ounces of dried cherries, and pour it into a mould rubbed with a drop of oil: when turned out it will have the appearance of a pudding. From two to three ounces of preserved ginger, well drained and sliced, may be substituted for the cherries, and an ounce of pistachio-nuts, blanched and split, for the citron; these will make an elegant variety of the dish, and the syrup of the ginger, poured round as sauce, will be a further improvement. Currants steamed until tender, and candied orange or lemon-rind, are often used instead of the cherries, and the well-sweetened juice of strawberries, raspberries (white or red), apricots, peaches, or syrup of pine-apple, will make an agreeable sauce; a small quantity of this last will also give a delicious flavour to the pudding itself, when mixed with the other ingredients. Cream may be substituted entirely for the milk, when its richness is considered desirable.

New milk, 1 pint; rind 1 small lemon; bitter almonds, 6 to 8 (or, vanilla,  $\frac{1}{2}$  pod); salt, few grains; isinglass,  $\frac{3}{4}$  oz. (1 oz. in sultry weather); sugar,  $4\frac{1}{2}$  oz.; cream,  $\frac{1}{2}$  pint; yolks, 6 eggs; dried cherries, 2 ozs.; candied citron,  $1\frac{1}{2}$  oz.; (or preserved ginger, 2 to 3 ozs., and the syrup as sauce, and 1 oz. of blanched pistachio-nuts; or 4 ozs. currants, steamed 20 minutes, and 2 ozs. candied orange-rind). For sauce, sweetened juice of strawberries, raspberries, or plums, or pine-apple syrup.

*Obs.*—The currants should be steamed in an earthen cullender, placed over a saucepan of boiling water, and covered with the lid. It will be a *great* improvement to place the pudding over ice for an hour before it is served.

## NESSELRODE CREAM.

Shell and blanch twenty-four fine Spanish chestnuts, and put them with three quarters of a pint of water into a small and delicately clean saucepan. When they have simmered from six to eight minutes, add to them two ounces of fine sugar, and let them stew very gently until they are perfectly tender; then drain them from the water, pound them, while still warm, to a smooth paste, and press them through the back of a fine sieve. While this is being done, dissolve half an ounce of isinglass in two or three spoonful of water, and put to it as much cream as will, with the small quantity of water used, make half a pint; two ounces of sugar, about the third of a pod of vanilla, cut small, and well bruised, and a strip or two of fresh lemon-rind, pared extremely thin. Give these a minute's boil, and then keep them quite hot by the side of the fire, until a strong flavour of the vanilla is obtained. Now, mix gradually with the chestnuts half a pint of rich, unboiled cream, strain the other half pint through a fine muslin, and work the whole well together until it becomes *very* thick; then stir to it a couple of ounces of dried cherries, cut into quarters, and two of candied citron, divided into very small dice. Press the mixture into a mould which has been rubbed with a particle of the purest salad-oil, and in a few hours it will be ready for table. The cream should be sufficiently stiff, when the fruit is added, to prevent its sinking to the bottom, and both kinds should be *dry* when they are used.

Chestnuts, large, 24; water,  $\frac{3}{4}$  pint; sugar, 2 ozs.; isinglass,  $\frac{1}{2}$  oz.; water, 3 to 4 table-spoonful; cream, nearly  $\frac{1}{2}$  pint; vanilla,  $\frac{1}{2}$  of pod; lemon-rind,  $\frac{1}{4}$  of 1 large; infuse 20 minutes or more. Unboiled cream,  $\frac{1}{2}$  pint; dried cherries, 2 ozs.; candied citron, 2 ozs.

*Obs.*—When vanilla cannot easily be obtained, a little noyau may be substituted for it, but a *full* weight of isinglass must then be used. This receipt is entirely new, and our directions must be followed with *exactness*, should the reader wish to ensure its success.

## AN EXCELLENT TRIFLE.

Take equal parts of wine and brandy, about a wineglassful of each, or two thirds of good sherry or Madeira, and one of spirit, and soak in the mixture four sponge-biscuits, and half a pound of macaroons; cover the bottom of the trifle-dish with part of these, and pour upon them a full pint of rich boiled custard made with three quarters of a pint, or rather more, of milk and cream taken in equal portions, and six eggs; and sweetened, flavoured and thickened by the receipt of page 322; lay the remainder of the soaked cakes upon it, and pile over the whole,

to the depth of two or three inches, the whipped syllabub of page 318, previously well drained; then sweeten and flavour slightly with wine only, less than half a pint of thin cream (or of cream and milk mixed); wash and wipe the whisk, and whip it to the lightest possible froth: take it off with a skimmer and heap it gently over the trifle.

Macaroons,  $\frac{1}{2}$  lb.; wine and brandy mixed,  $\frac{1}{4}$  pint; rich boiled custard, 1 pint; whipped syllabub (see page 318); light froth to cover the whole, short  $\frac{1}{2}$  pint of cream and milk mixed; sugar, dessertspoonful; wine,  $\frac{1}{2}$  glassful.

SWISS CREAM, OR TRIFLE; (*very good*.)

Flavour pleasantly with lemon-rind and cinnamon a pint of rich cream, after having taken from it as much as will mix smoothly to a thin batter four teaspoonsful of the finest flour; sweeten it with six ounces of well-refined sugar, in lumps; place it over a clear fire in a delicately clean sancepan, and when it boils stir in the flour, and simmer it for four or five minutes, stirring it gently without ceasing; then pour it out, and when it is quite cold mix with it by degrees the strained juice of two moderate-sized and very fresh lemons. Take a quarter of a pound of macaroons, cover the bottom of a glass dish with a portion of them, pour in a part of the cream, lay the remainder of the macaroons upon it, add the rest of the cream, and ornament it with candied citron, sliced thin. It should be made the day before it is wanted for table. The requisite flavour may be given to this dish by infusing in the cream the very thin rind of a lemon, and part of a stick of cinnamon, slightly bruised, and then straining it before the flour is added; or, these and the sugar may be boiled together, with two or three spoonsful of water, to a strongly flavoured syrup, which, after having been passed through a muslin strainer, may be stirred into the cream. Some cooks boil the cinnamon and the *grated* rind of a lemon with all the other ingredients, but the cream has then to be pressed through a sieve after it is made, a process which it is always desirable to avoid.

Rich cream, 1 pint; sugar, 6 ozs.; rind, 1 lemon; cinnamon, 1 drachm; flour, 4 teaspoonsful; juice, 2 lemons; macaroons, 4 ozs.; candied citron, 1 to 2 ozs.



Chantilly Basket,

FILLED WITH WHIPPED CREAM AND FRESH STRAWBERRIES.

Take a mould of any sort that will serve to form the basket on, just dip the edge of some macaroons in melted barley sugar, and fasten them

together with it; take it out of the mould, keep it in a dry place until wanted, then fill it high with whipped strawberry cream which has been drained on a sieve from the preceding day, and stick very fine ripe strawberries over it. It should not be filled until just before it is served.

CREME MERINGUÉE.

Infuse in a pint of new milk the very thin rind of a lemon, with four or five bitter almonds bruised. As the quantity should not be reduced, it should be kept by the side of the fire until strongly flavoured, and not be allowed to boil for more than two or three minutes. Sweeten it with three ounces of fine sugar in lumps, and when this is dissolved, strain, and mix the milk with half a pint of cream; then stir the whole gradually to the well-beaten yolks of six fresh eggs, and thicken it like boiled custard. Put it, when cold, into a deep dish, beat to a solid froth the whites of six eggs, mix them with five tablespoonsful of pounded and sifted sugar, and spread them evenly over the custard, which should be set immediately into a moderate oven, baked half an hour, and served directly it is taken out.

New milk, 1 pint; rind of one lemon; bitter almonds, 5; sugar, 3 ozs.; cream,  $\frac{1}{2}$  pint; yolks of eggs, 6; frothed whites of eggs, 6; sifted sugar, 5 tablespoonsful: baked,  $\frac{1}{2}$  hour.

*Obs.*—A layer of apricot, peach, or magnum bonum, marmalade placed in the dish before the custard-mixture is poured in will convert this into the gentleman commoner's pudding.

LEMON CREAM, MADE WITHOUT CREAM.

Pour on the very thin rinds of two fresh lemons, and a pound of fine sugar broken small, or roughly powdered, one pint of boiling water, and let them remain an hour; then add the whites of six eggs and the yolks of two, previously well beaten together, and the juice of six lemons; mix them thoroughly, strain the whole into a deep jug, set this into a pan of boiling water, and stir the cream without quitting it until it is well thickened; pour it out, and continue the stirring at intervals until it is nearly cold, when it may be put into the glasses. In cool weather this cream will remain good for several days, and it should always be made at least twenty-four hours before it is served.

Lemon-rinds, 2; sugar, 1 lb.; water, 1 pint: 1 hour. Whites of 6 eggs; yolks of 2; juice of 6 lemons.

VERY GOOD LEMON CREAMS.

Pour over the very thin rinds of two moderate-sized but perfectly sound fresh lemons, and six ounces of sugar, half a pint of spring water, and let them remain six hours; then add the strained juice of the lemons, and five fresh eggs well beaten, and also strained; take out the lemon-rind, and stir the mixture without ceasing over a gentle fire until it has boiled softly from six to eight minutes: it will not curdle as it would did milk supply the place of the water and lemon-juice. The creams are, we think, more delicate, though not quite so thick, when the yolks only of six eggs are used for them. They will keep well for nearly a week in really cold weather.

Rinds of lemons, 2; sugar, 6 ozs. (or 8 when a *very* sweet dish is preferred); cold water,  $\frac{1}{2}$  pint: 6 hours. Juice of lemons, 2; eggs, 5: to be boiled softly 6 to 8 minutes.