

Obs.—Lemon creams may, on occasion, be more expeditiously prepared, by rasping the rind of the fruit upon the sugar which is used for them; or, by paring it thin, and boiling it for a few minutes with the lemon-juice, sugar, and water, before they are stirred to the eggs.

FRUIT CREAMS, AND ITALIAN CREAMS.

These are very quickly and easily made, by mixing with good cream a sufficient proportion of the sweetened juice of fresh fruit, or of well-made fruit jelly or jam, to flavour it: a few drops of prepared cochineal may be added to deepen the colour when it is required for any particular purpose. A quarter-pint of strawberry or of raspberry jelly will fully flavour a pint of cream: a very little lemon-juice improves almost all compositions of this sort. When jam is used it must first be gradually mixed with the cream, and then worked through a sieve, to take out the seed or skin of the fruit. All fresh juice, for this purpose, must, of course, be cold; that of strawberries is best obtained by crushing the fruit and strewing sugar over it. Peaches, pine-apple, apricots, or nectarines, may be simmered for a few minutes in a little syrup, and this, drained well from them, will serve extremely well to mix with the cream when it has become thoroughly cold: the lemon-juice should be added to all of these. When the ingredients are well blended, lightly whisk or mill them to a froth; take this off with a skimmer as it rises, and lay it upon a fine sieve reversed, to drain, or if it is to be served in glasses, fill them with it at once.

Italian creams are either fruit-flavoured only, or mixed with wine like syllabubs, then whisked to a stiff froth and put into a perforated mould, into which a muslin is first laid: or into a small hair-sieve (which must also first be lined with the muslin), and left to drain until the following day, when the cream must be very gently turned out, and dished, and garnished as fancy may direct.

VERY SUPERIOR WHIPPED SYLLABUBS.

Weigh seven ounces of fine sugar and rasp on it the rinds of two fresh sound lemons of good size, then pound or roll it to powder, and put it into a bowl with the strained juice of the lemons, two large glasses of sherry, and two of brandy; when the sugar is nearly or quite dissolved add a pint of rich cream, and whisk or mill the mixture well; take off the froth as it rises, and put it into glasses. These syllabubs will remain good for several days, and should always be made, if possible, four and twenty hours before they are wanted for table. The full flavour of the lemon-rind is obtained with less trouble than in rasping, by paring it very thin indeed, and infusing it for some hours in the juice of the fruit.

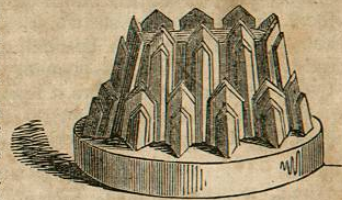
Sugar, 7 ozs.; rind and juice of lemons, 2; sherry, 2 large wine-glassesful; brandy, 2 wine-glassesful; cream, 1 pint.

Obs.—These proportions are sufficient for two dozens or more of syllabubs: they are often made with almost equal quantities of wine and cream, but are certainly neither so good nor so wholesome without a portion of brandy.

BLAMANGES.

GOOD COMMON BLAMANGE, OR BLANC MANGER. (*Author's Receipt.*)

Infuse for an hour in a pint and three quarters of new milk the very thin rind of one small, or of half a large lemon and eight bitter almonds, blanched and bruised; then add two ounces of sugar, or rather more for persons who like the blamange very sweet, and an ounce and a half of isinglass. Boil them gently over a clear fire, stirring them often until this last is dissolved; take off the scum, stir in half a pint of rich cream, and strain the blamange into a bowl: it should be moved gently with a spoon until nearly cold to prevent the cream from settling on the surface. Before it is moulded, mix with it by degrees a wineglassful of brandy.



Modern blamange or cake mould.

New milk, 1½ pint; rind of lemon, ½ large or whole small 1; bitter almonds, 8; infuse 1 hour. Sugar, 2 to 3 ozs.; isinglass, 1½ oz.: 10 minutes. Cream, ½ pint; brandy, 1 wineglassful.

RICHER BLAMANGE.

A pint of good cream with a pint of new milk, sweetened and flavoured as above, or with a little additional sugar, and the rind of one very fresh lemon with the same proportion of isinglass will make very good blamange. A couple of ounces of almonds may be pounded and mixed with it, but they are not needed with the cream.

JAUMANGE, OR JAUNE MANGER; SOMETIMES CALLED DUTCH FLUMMERY.

Pour on the very thin rind of a large lemon, and half a pound of sugar broken small, a pint of water, and keep them stirred over a gentle fire until they have simmered for three or four minutes, then leave the saucepan by the side of the stove, that the syrup may taste well of the lemon. In ten or fifteen minutes afterwards add two ounces of isinglass, and stir the mixture often until this is dissolved, then throw in the strained juice of four sound, moderate-sized lemons, and a pint of sherry; mix the whole briskly with the beaten yolks of eight fresh eggs, and then pass it through a delicately clean hair-sieve: next thicken it in a jar or jug placed in a pan of boiling water, turn it into a bowl, and when it has become cool, and been allowed to settle for a minute or two, pour it into moulds which have been laid in water. Some persons add a small glass of brandy to it, and deduct so much from the quantity of water.

Rind of 1 lemon; sugar, 8 ozs.; water, 1 pint: 3 or 4 minutes. Isinglass, 2 ozs.; juice, 4 lemons; yolks of 8 eggs; wine, 1 pint; brandy (at pleasure), 1 wineglassful.

EXTREMELY GOOD STRAWBERRY BLAMANGE.

Crush slightly, with a silver or a wooden spoon, a quart, measured without their stalks, of fresh and richly-flavoured strawberries; strew over them eight ounces of pounded sugar, and let them stand three or four hours; then turn them on to a fine hair-sieve reversed, and press

them through it. Melt over a gentle fire two ounces of the best isinglass in a pint of new milk, and sweeten it with four ounces of sugar; strain it through a muslin, and mix it with a pint and a quarter of sweet thick cream; keep these stirred until they are nearly or quite cold, then pour them gradually to the strawberries, whisking them briskly together; and last of all throw in, by small portions the strained juice of a fine sound lemon. Mould the blamange, and set it in a very cool place for twelve hours or more, before it is served.

Strawberries stalked, 1 quart; sugar, 8 ozs.; isinglass, 2 oz.; new milk, 1 pint; sugar, 4 ozs.; cream, $1\frac{1}{2}$ pint; juice, 1 lemon.

QUINCE BLAMANGE. (*Delicious.*)

This, if carefully made, and with ripe quinces, is one of the most richly-flavoured preparations of fruit that we have ever tasted; and the receipt, we may venture to say, will be altogether new to the reader. Dissolve in a pint of prepared juice of quinces (see page 305), an ounce of the best isinglass; next, add ten ounces of sugar, roughly pounded, and stir these together gently over a clear fire, from twenty to thirty minutes, or until the juice jellies in falling from the spoon. Remove the scum carefully, and pour the boiling jelly gradually to half a pint of thick cream, stirring them briskly together as they are mixed: they must be stirred until very nearly cold, and then poured into a mould which has been rubbed in every part with the smallest possible quantity of very pure salad oil, or, if more convenient, into one that has been dipped into cold water.

Juice of quinces, 1 pint; isinglass, 1 oz.: 5 to 10 minutes. Sugar, 10 ozs.; 20 to 30 minutes. Cream, $\frac{1}{2}$ pint.

QUINCE BLAMANGE, WITH ALMOND CREAM.

When cream is not procurable, which will sometimes happen in the depth of winter, almonds, if plentifully used, will afford a very good substitute, though the finer blamange is made from the foregoing receipt. On four ounces of almonds, blanched and beaten to the smoothest paste, and moistened in the pounding with a few drops of water, to prevent their oiling, pour a pint of boiling quince-juice; stir them together, and turn them into a strong cloth, of which let the ends be held and twisted different ways by two persons, to express the cream from the almonds; put the juice again on the fire, with half a pound of sugar, and when it boils, throw in nearly an ounce of fine isinglass; simmer the whole for five minutes, take off the scum, stir the blamange until it is nearly cold, then mould it for table. Increase the quantity both of this and of the preceding blamange, when a large dish of either is required.

Quince-juice, 1 pint; almonds, 4 ozs.; sugar, $\frac{1}{2}$ lb.; isinglass, nearly 1 oz.: 5 minutes.

APRICOT BLAMANGE, OR CREME PARISIENNE.

Dissolve gently an ounce of fine isinglass in a pint of new milk or of thin cream, and strain it through a folded muslin; put it into a clean saucepan, with three ounces of sugar, broken into small lumps, and when it boils, stir to it half a pint of rich cream; add it, at first, by spoonful only, to eight ounces of the finest apricot jam, mix them very smoothly, and stir the whole until it is nearly cold, that the jam may not sink to the bottom of the mould: a tablespoonful of lemon-juice will improve the flavour.

When cream is scarce, use milk instead, with an additional quarter-ounce of isinglass, and enrich it by pouring it boiling on the same proportion of almonds as for the second quince blamange (see page 320). Cream can in all cases be substituted entirely for the milk, when a very rich preparation is desired. Peach jam will answer admirably for this receipt; but none of any kind should be used for it which has not been passed through a sieve when made.

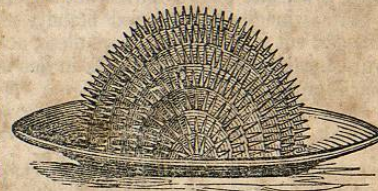
Isinglass, 1 oz.; new milk, 1 pint; cream, $\frac{1}{2}$ pint; sugar, 3 ozs.; apricot jam, $\frac{1}{2}$ lb.; lemon-juice, 1 tablespoonful. Or: peach jam, $\frac{1}{2}$ lb.; cream, $1\frac{1}{2}$ pint.

BLAMANGE RUBANÉ, OR, STRIPED BLAMANGE.

Make in the ordinary way, but a little firmer, one quart or two of blamange, according to the number of moulds that are to be filled; divide it into three or four equal portions; add to one, sufficient prepared spinach-juice (see page 305), to colour it a full or a pale green; to another, some liquid cochineal or carmine; to a third, should further variety be desired, a few drops of strong infusion of saffron, or if its peculiar flavour be objected to, stir quickly some of the blamange quite boiling to the well-beaten yolks of three or four fresh eggs, and thicken it a little over a gentle fire with an additional spoonful or two of milk, for unless the whole be nearly of the same consistency, it will be liable to separate in the unmoulding. Chocolate, first boiled very smooth in a small quantity of water, will give an additional colour; and some firm, clear isinglass, or calf's-foot jelly, may be used for an occasional stripe, where great variety is desired. The different kinds of blamange should be poured into the mould in half-inch depths, when so cool as to be only just liquid, and one colour must be perfectly cold before another is added, or they will run together, and spoil the appearance of the dish. When ice is not procurable, the moulds in warm weather may be set into water, mixed with plenty of salt and saltpetre: the insides should be rubbed with a drop of very pure salad oil, instead of being laid into fresh water, as usual.

AN APPLE HEDGE-HOG, OR SUÉDOISE.

This dish is formed of apples, pared, cored without being divided, and stewed tolerably tender in a light syrup. These are placed in a dish, after being well drained, and filled with apricot, or any other rich marmalade, and arranged in two or more layers, so as to give, when the whole is complete, the form shown in the engraving. The number required must depend on the size of the dish. From three to five pounds more must be stewed down into a smooth and dry marmalade, and with this all the spaces between them are to be filled up, and the whole are to be covered with it; an icing of two eggs, beaten to a very solid froth, and mixed with two heaped table-spoonful of sugar, must then be spread evenly over the suédoise, fine sugar sifted on this, and spikes of blanched almonds, cut lengthwise, stuck over the entire surface; the dish is then to be placed in a moderate oven until



the almonds are browned, but not too deeply, and the apples are hot through. It is not easy to give the required form with less than fifteen apples; eight of these may first be simmered in a syrup made with half a pint of water and six ounces of sugar, and the remainder may be thrown in after these are lifted out. Care must be taken to keep them firm. The marmalade should be sweet, and pleasantly flavoured with lemon.

IMPERIAL GOOSEBERRY-FOOL.

Simmer a pound of green gooseberries which have been freed from the buds and stalks, in three-quarters of a pint of water, until they are well broken, then strain them, and to half a pound of the juice add half a pound of sugar, broken small: boil these together for fifteen minutes. Dissolve half an ounce of isinglass in a quarter-pint of rich cream, pour them into a basin, and stir them till only lukewarm, then mix them by degrees with the sugar and gooseberry-juice, which should also have been allowed to cool; add the strained juice of half a small lemon, and mould the mixture, which should stand at least twelve hours, in a cool place, before it is turned out.

These proportions are sufficient for a small mould only, and must be doubled for a large one. The dish is too sweet for our own taste, but as it has been highly approved by several persons who have tasted it, we give the receipt exactly as we had it tried in the first instance: it will be found extremely easy to vary it.

VERY GOOD OLD-FASHIONED BOILED CUSTARD.

Throw into a pint and a half of new milk, the very thin rind of a fresh lemon, and let it infuse for half an hour, then simmer them together for a few minutes, and add four ounces and a half of white sugar. Beat thoroughly the yolks of fourteen fresh eggs, mix with them another half-pint of new milk, stir the boiling milk quickly to them, take out the lemon-peel, and turn the custard into a deep jug; set this over the fire in a pan of boiling water, and keep the custard stirred gently, but without ceasing, until it begins to thicken; then move the spoon rather more quickly, making it always touch the bottom of the jug, until the mixture is brought to the point of boiling, when it must be instantly taken from the fire, or it will curdle in a moment. Pour it into a bowl, and keep it stirred until nearly cold, then add to it by degrees a wineglassful of good brandy, and two ounces of blanched almonds, cut into spikes; or omit these, at pleasure. A few bitter ones, bruised, can be boiled in the milk in lieu of lemon-peel, when their flavour is preferred.

New milk, 1 quart; rind of 1 lemon; sugar, 4½ ozs.; yolks of eggs, 14; salt, ¼ saltspoonful.

RICH BOILED CUSTARD.

Take a small cupful from a quart of fresh cream, and simmer the remainder for a few minutes with four ounces of sugar and the rind of a lemon, or give it any other flavour that may be preferred. Beat and strain the yolks of eight eggs, mix them with the cupful of cream, and stir the rest boiling to them: thicken the custard like the preceding one.

Cream, 1 quart; sugar, 4 ozs.; yolks of eggs, 8.

THE QUEEN'S CUSTARD.

On the beaten and strained yolks of twelve new-laid eggs pour a pint and a half of boiling cream which has been sweetened, with three ounces of sugar; add the smallest pinch of salt, and thicken the custard as usual. When nearly cold, flavour it with a glass and a half of noyau, maraschino, or cuirasseau; add the sliced almonds or not, at pleasure.

Yolks of eggs, 12; cream, 1½ pint; sugar, 3 ozs.; little salt; noyau, maraschino, or cuirasseau, 1½ wineglassful.

CURRANT CUSTARD.

Boil in a pint of clear currant-juice ten ounces of sugar for three minutes, take off the scum, and pour the boiling juice on eight well-beaten eggs; thicken the custard in a jug set into a pan of water, pour it out, stir it till nearly cold, then add to it carefully, and by degrees, half a pint of rich cream, and last of all two tablespoonsful of strained lemon-juice. When the currants are very ripe, omit one ounce of the sugar.

White currants and strawberries, cherries, red or white raspberries, or a mixture of any of these fruits, may be used for these custards with good effect: they are excellent.

Currant-juice, 1 pint; sugar, 10 ozs.: 3 minutes. Eggs, 8; cream, ½ pint; lemon-juice, 2 tablespoonsful.

QUINCE OR APPLE CUSTARDS.

Add to a pint of apple-juice prepared as for jelly, a tablespoonful of strained lemon-juice, and from four to six ounces of sugar according to the acidity of the fruit; stir these boiling, quickly, and in small portions, to eight well-beaten eggs, and thicken the custard in a jug placed in a pan of boiling water, in the usual manner. A large proportion of lemon-juice and a high flavouring of the rind can be given when approved. For quince custards, which if well made are excellent, observe the same directions as for the apple, but omit the lemon-juice. As we have before observed, all custards are much finer when made with the yolks only of the eggs, of which the number must be increased nearly half, when this is done.

Prepared apple-juice (see page 305), 1 pint; lemon-juice, 1 tablespoonful; sugar, 4 to 6 ozs.; eggs, 8. Quince custards, same proportions, but no lemon-juice.

Obs.—In making lemon-creams the apple-juice may be substituted very advantageously for water, without varying the receipt in other respects.

CHOCOLATE CUSTARDS.

Dissolve gently by the side of the fire an ounce and a half of the best chocolate in rather more than a wineglassful of water, and then boil it until it is perfectly smooth; mix with it a pint of milk well flavoured with lemon-peel or vanilla, add two ounces of fine sugar, and when the whole boils, stir it to five well-beaten eggs that have been strained. Put the custard into a jar or jug, set it into a pan of boiling water, and stir it without ceasing until it is thick. Do not put it into glasses or a dish till nearly or quite cold. These, as well as all other custards, are infinitely finer when made with the yolks only of the eggs,

of which the number must then be increased. Two ounces of chocolate, a pint of milk, half a pint of cream, two ounces and a half or three ounces of sugar, and eight yolks of eggs, will make very superior custards of this kind.

Rasped chocolate, $1\frac{1}{2}$ oz.; water, 1 *large* wineglassful: 5 to 8 minutes. New milk, 1 pint; eggs, 5; sugar, 2 ozs. Or, chocolate, 2 ozs.; water, $\frac{1}{2}$ pint; new milk, 1 pint; sugar, $2\frac{1}{2}$ to 3 ozs.; cream, $\frac{1}{2}$ pint; yolks of eggs, 8.

Obs.—Either of these may be moulded by dissolving from half to three quarters of an ounce of isinglass in the milk. The proportion of chocolate can be increased to the taste.

COMMON BAKED CUSTARD.

Mix a quart of new milk with eight well-beaten eggs, strain the mixture through a fine sieve, and sweeten it with from five to eight ounces of sugar, according to the taste; add a small pinch of salt, and pour the custard into a deep dish with or without a lining or rim of paste, grate nutmeg or lemon rind over the top, and bake it in a *very* slow oven from twenty to thirty minutes, or longer, should it not be firm in the centre. A custard, if well made, and properly baked, will be quite smooth when cut, without the honey-combed appearance which a hot oven gives; and there will be no whey in the dish.

New milk, 1 quart; eggs, 8; sugar, 5 to 8 ozs.; salt, $\frac{1}{4}$ salt-spoonful; nutmeg or lemon-grate: baked, slow oven, 20 to 30 minutes, or more.

A FINER BAKED CUSTARD.

Boil together gently, for five minutes, a pint and a half of new milk, a few grains of salt, the very thin rind of a lemon, and six ounces of loaf sugar; stir these boiling, but very gradually to the well-beaten yolks of ten fresh eggs, and the whites of four; strain the mixture, and add to it half a pint of good cream; let it cool, and then flavour it with a few spoonful of brandy, or a little ratafia; finish and bake it by the directions given for the common custard above; or pour it into small well-buttered cups, and bake it very slowly from ten to twelve minutes.

FRENCH CUSTARDS.

To a quart of new milk allow the yolks of twelve fresh eggs, but to equal parts of milk and cream of ten only. From six to eight ounces of sugar will sweeten the custard sufficiently for general taste, but more can be added at will; boil this for a few minutes gently in the milk with a grain or two of salt, and stir the mixture briskly to the eggs, as soon as it is taken from the fire. Butter a round deep dish, pour in the custard, and place it in a pan of water at the point of boiling, taking care that it shall not reach to within an inch of the edge; let it *just simmer*, and no more, from an hour to an hour and a half: when quite firm in the middle, it will be done. A very few live embers should be kept on the lid of the stewpan to prevent the steam falling from it into the custard. When none is at hand of a form to allow of this, it is better to use a charcoal fire, and to lay an oven-leaf, or tin, over the pan, and the embers in the centre. The small French furnace, shown in Chapter XXI., is exceedingly convenient for preparations of this kind; and there is always more or less of difficulty in keeping a coal fire en-

tirely free from smoke for any length of time. Serve the custard cold, with chopped macaroons, or ratafias, laid thickly round the edge so as to form a border an inch deep. A few petals of fresh orange-blossom infused in the milk, will give it a most agreeable flavour, very superior to that derived from the distilled water. Half a pod of vanilla, cut in short lengths, and well bruised, may be used instead of either; but the milk should then stand some time by the fire before or after it boils, and it must be strained through a muslin before it is added to the eggs, as the small seed of the vanilla would probably pass through a sieve.

New milk, 1 quart; yolks of eggs, 12; sugar, 6 to 8 ozs. Or, new milk, 1 pint; cream, 1 pint; yolks of eggs, 10; flavouring of orange-flowers or vanilla: simmered in water-bath, 1 to $1\frac{1}{2}$ hour.

GERMAN PUFFS.

Pound to a perfectly smooth paste two ounces of sweet almonds and six bitter ones; mix with them, by slow degrees, the yolks of six, and the whites of three eggs. Dissolve in half a pint of rich cream, four ounces of fresh butter, and two of fine sugar; pour these hot to the eggs, stirring them briskly together, and when the mixture has become cool, flavour it with half a glass of brandy, or of orange-flower water; or, in lieu of either, with a little lemon-brandy. Butter some cups thickly, and strew into them a few slices of candied citron, or orange rind; pour in the mixture, and bake the puffs twenty minutes, in a slow oven.

Sweet almonds, 2 ozs.; bitter almonds, 6; eggs, whites, 3,—yolks, 6; cream, $\frac{1}{2}$ pint; butter, 4 ozs.; sugar, 2 ozs.; brandy, cuirasseau, or orange-flower water, $\frac{1}{2}$ wineglassful (or little lemon-brandy): 20 minutes, slow oven.

RASPBERRY PUFFS.

Roll out thin some fine puff-paste, cut it in rounds or squares of equal size, lay some raspberry jam into each, moisten the edges of the paste, fold and press them together, and bake the puffs from ten to fifteen minutes. Strawberry, or any other jam will serve for them equally well.

CREAMED TARTLETS.

Line some patty-pans with very fine paste, and put into each a layer of apricot jam; on this pour some thick-boiled custard, or the pastry cream of page 267. Whisk the whites of a couple of eggs to a solid froth, mix a couple of table-spoonful of sifted sugar with them, lay this icing lightly over the tartlets, and bake them in a gentle oven from twenty to thirty minutes, unless they should be very small, when less time must be allowed for them.

AN APPLE CHARLOTTE, OR CHARLOTTE DES POMMES.

Butter a plain mould (a round or square cake-tin will answer the purpose quite well), and line it entirely with thin slices of the crumb of a stale loaf, cut so as to fit into it with great exactness, and dipped into clarified butter. When this is done, fill the mould to the brim with apple marmalade; cover the top with slices of bread dipped in butter, and on these place a dish, a large plate, or the cover of a stewpan with a weight upon it. Send the charlotte to a brisk oven for three quarters of an hour should it be small, and for an hour if large. Turn it out with

great care, and serve it hot. If baked in a slack oven it will not take a proper degree of colour, and it will be liable to break in the dishing. The strips of bread must of course join very perfectly, for if any spaces were left between them the syrup of the fruit would escape, and destroy the good appearance of the dish: should there not have been sufficient marmalade prepared to fill the mould entirely, a jar of quince or apricot jam, or of preserved cherries even, may be added to it with advantage. The butter should be well drained from the charlotte before it is taken from the mould; and sugar may be sifted thickly over it before it is served, or it may be covered with any kind of clear red jelly.

A more elegant, and we think an easier mode of forming the crust, is to line the mould with small rounds of bread stamped out with a plain cake, or paste-cutter, then dipped in butter, and placed with the edges sufficiently one over the other to hold the fruit securely: the strips of bread are sometimes arranged in the same way.

$\frac{3}{4}$ to 1 hour, quick oven.

MARMALADE FOR THE CHARLOTTE.

Weigh three pounds of good boiling apples, after they have been pared, cored, and quartered; put them into a stewpan with six ounces of fresh butter, three quarters of a pound of sugar beaten to powder, three quarters of a teaspoonful of pounded cinnamon, and the strained juice of a lemon: let these stew over a gentle fire, until they form a perfectly smooth and *dry* marmalade; keep them often stirred that they may not burn, and let them cool before they are put into the crust. This quantity is for a moderate-sized charlotte.

A CHARLOTTE A LA PARISIENNE.

This dish is sometimes called a Vienna cake; and it is known also, we believe, as a *Gâteaux de Bordeaux*. Cut horizontally into half-inch slices a sponge cake, and cover each slice with a different kind of preserve; replace them in their original form, and spread equally over the cake an icing made with the whites of three eggs, and four ounces of the finest pounded sugar; sift more sugar over it in every part, and put it into a very slack oven to dry. The eggs should be whisked to snow before they are used. One kind of preserve, instead of several, can be used for this dish; and a rice or a pound cake may, on an emergency, supply the place of the Savoy, or sponge biscuit.

A GERTRUDE A LA CREME.

Slice a plain pound or rice cake as for the *Charlotte à la Parisienne*, and take a round out of the centre of each slice with a tin-cutter before the preserve is laid on; replace the whole in its original form, ice the outside with a green or rose-coloured icing at pleasure, and dry it in a gentle oven; or decorate it instead with leaves of almond paste, fastening them to it with white of egg. Just before it is sent to table, fill it with well-drained whipped cream, flavoured as for a trifle, or in any other way to the taste.

POMMES AU BEURRE; (*buttered apples*. *Excellent*.)

Pare six or eight fine apples of a firm kind, but of a good cooking sort, and core without piercing them through, or dividing them; fill the cavities with fresh butter, put a quarter-pound more cut small into a

stewpan just large enough to contain the apples in a single layer, place them closely together on it, and stew them as softly as possible, turning them occasionally until they are almost sufficiently tender to serve; then strew upon them as much sifted sugar as will sweeten the dish highly, and a teaspoonful of pounded cinnamon; shake these well in and upon the fruit, and stew it for a few minutes longer. Lift it out, arrange it in a hot dish, put into each apple as much warm apricot jam as it will contain, and lay a small quantity on the top; pour the syrup from the pan round, but not on the fruit, and serve it immediately.

Apples, 6 to 8; fresh butter, 4 ozs., just simmered till tender. Sugar, 6 to 8 ozs.; cinnamon, 1 teaspoonful: 5 minutes. Apricot jam as needed.

Obs.—Particular care must be taken to keep the apples entire; they should rather steam in a gentle heat than boil. It is impossible to specify the precise time which will render them sufficiently tender, as this must depend greatly on the time of year and the sort of fruit. If the stewpan were placed in a very slow oven, the more regular heat of it would perhaps be better in its effect than the stewing.

SUÉDOISE OF PEACHES.

Pare and divide four fine, ripe peaches, and let them *just simmer* from five to eight minutes in a syrup made with the third of a pint of water and three ounces of very white sugar, boiled together for fifteen minutes; lift them out carefully into a deep dish, and pour about half the syrup over them, and into the remaining half throw a couple of pounds more of quite ripe peaches, and boil them to a perfectly smooth, dry pulp, or marmalade, with as much additional sugar, in fine powder, as the nature of the fruit may require. Lift the other peaches from the syrup, and reduce it by very quick boiling more than half. Spread a deep layer of the marmalade in a dish, arrange the peaches symmetrically round it, and fill all the spaces between them with the marmalade; place the half of a blanched peach-kernel in each, pour the reduced syrup equally over the surface, and border the dish with Italian macaroons, or, in lieu of these, with candied citron, sliced very thin, and cut into leaves with a small paste-cutter. A little lemon-juice brings out the flavour of all preparations of peaches, and may be added with good effect to this. When the fruit is scarce, the marmalade (which ought to be very white) may be made in part or entirely with nonsuches. The better to preserve their form, the peaches are sometimes merely wiped, and then boiled tolerably tender in the syrup before they are pared or split. Half a pint of water, and from five to six ounces of sugar must then be allowed for them. If any of those used for the marmalade should not be quite ripe, it will be better to pass it through a sieve, when partially done, to prevent its being lumpy.

Large ripe peaches, pared and halved, 4; simmered in syrup, 5 to 8 minutes. Marmalade: peaches (or nonsuches), 2 lbs.; sugar, $\frac{1}{2}$ to $\frac{3}{4}$ lb.: $\frac{3}{4}$ to 1 hour, and more: strained lemon-juice, 1 tablespoonful. Citron, or macaroons, as needed.

Peaches, if boiled whole in syrup, 15 to 18 minutes.

Obs.—The number of peaches can, at pleasure, be increased to six and three or four of the halves can be piled above the others in the centre of the dish.

AROCÉ DOCE (OR SWEET RICE. A LA PORTUGAISE)

Wipe thoroughly, in a dry soft cloth, half a pound of the best Carolina rice, after it has been carefully picked; put to it three pints of new milk, and when it has stewed gently for half an hour, add eight ounces of sugar, broken into small lumps; let it boil until it is dry and tender, and when it is nearly so, stir to it two ounces of blanched and pounded almonds. Turn the rice, when done, into shallow dishes, or soup-plates, and shake it until the surface is smooth; then sift over it, rather thickly, through a muslin, some freshly-powdered cinnamon, which will give it the appearance of a baked pudding. Serve it cold. It will remain good for several days. This is quite the best sweet preparation of rice that we have ever eaten, and it is a very favourite dish in Portugal, whence the receipt was derived. One or two bitter almonds, pounded with the sweet ones, might a little improve its flavour, and a few spoonful of rich cream could occasionally be substituted for a small portion of the milk, but it should not be added until the preparation is three parts done.

Rice, 8 ozs.; milk, 3 pints: 30 minutes. Sugar, 8 ozs.: 1 hour, or more. Pounded almonds, 2 ozs.; cinnamon, 1 teaspoonful.

Obs.—The rice must be frequently stirred while boiling, particularly after it begins to thicken; and it will be better not to add the entire quantity of milk at first, as from a quarter to half a pint less will sometimes prove sufficient. The grain should be thoroughly tender, but dry and unbroken.

BERMUDA WITCHES.

Slice equally some rice, pound, or sponge cake, not more than the sixth of an inch thick; take off the brown edges, and spread one half of it with Guava jelly, or, if more convenient, with fine strawberry, raspberry, or currant jelly of good quality (see Norman receipt, 338); on this strew thickly some fresh cocoonut grated small, and lightly; press over it the remainder of the cake, and trim the whole into good form; divide the slices if large, pile them slopingly in the centre of a dish upon a very white napkin folded flat, and garnish or intersperse them with small sprigs of myrtle. For very young people a French roll or two, and good currant jelly, red or white, will supply a wholesome and inexpensive dish.

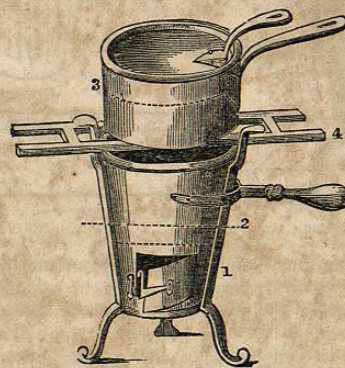
STRENGTHENING BLAMANGE.

Dissolve in a pint of new milk, half an ounce of isinglass, strain it through a muslin, or a fine silk sieve, put it again on the fire with the rind of half a small lemon pared very thin, and two ounces of sugar, broken small; let it simmer gently till well flavoured, then take out the lemon-peel, and stir the milk to the beaten yolks of three fresh eggs; pour the mixture back into the saucepan, and hold it over the fire, keeping it stirred until it begins to thicken; put it into a deep basin, and keep it moved with a whisk or spoon, until it is nearly cold; pour it into moulds which have been laid in water, and set in a cool place till firm.

New milk, 1 pint; isinglass, $\frac{1}{2}$ oz.; lemon-rind, $\frac{1}{2}$ of 1: 10 to 15 minutes. Sugar, 2 ozs.; yolks of eggs, 3.

CHAPTER XXI.

PRESERVES.



Portable French Furnace, with Stewpan and Trevet.

No. 1. Portable French Furnace.—2. Depth at which the grating is placed.—3. Stew pan.—4. Trevet.

INTRODUCTORY REMARKS.

FRUIT for preserving should always be gathered in perfectly dry weather; it should also be free both from the morning and evening dew, and as much so as possible from dust. When bottled, it must be steamed or baked during the day on which it is gathered, or there will be great loss from the bursting of the bottles; and for jams and jellies it cannot be too soon boiled down after it is taken from the trees.

The small portable French stove, or furnace,* shown above, with the trevet and stewpan adapted to it, is exceedingly convenient for all preparations which require either more than usual attention, or a fire entirely free from smoke; as it can be placed on a table in a clear light, and the heat can be regulated at pleasure. It has been used for all the preserves, of which the receipts are given in this chapter, as well as for various dishes contained in the body of the work. There should always be a free current of air in the room in which it stands when lighted, as charcoal or *braise* (that is to say, the little embers of large well-burned wood, drawn from an oven, and shut immediately into a closely-stopped iron or copper vessel to extinguish them) is the only fuel suited to it. To kindle either of these, two or three bits must be lighted in a common fire, and laid on the top of that in the furnace, which should be evenly placed between the grating and the brim, and then blown gently with the bellows until the whole is alight: the door

* Called in France, *Unfourneau Economique*. A baking-tin should be placed on the table for the furnace to stand upon, to guard against danger from the ashes or embers falling. American stoves or furnaces may be made in a similar manner.