

whole white pepper; bring these quickly to a boil, take off the scum, throw in the eschalots, simmer them for two minutes only; turn them into a clean stone jar, and when they are quite cold, tie a skin, or two folds of thick paper over it.

Eschalots, 1 quart; vinegar, 1 quart; salt, 1 dessertspoonful; whole white pepper, 1 oz.

Obs.—The sooner the eschalots are pickled after they are ripe and dry, the better they will be.

PICKLED ONIONS.

Take the smallest onions that can be procured, just after they are harvested, for they are never in so good a state for the purpose as then; proceed, after having peeled them, exactly as for the eschalots, and when they begin to look clear, which will be in three or four minutes, put them into jars, and pour the pickle on them. The vinegar should be very pale, and their colour will then be exceedingly well preserved. Any favourite spices can be added to it.

TO PICKLE LEMONS AND LIMES; (*excellent.*)

Wipe eight fine sound lemons very clean, and make, at equal distances, four deep incisions in each, from the stalk to the blossom end, but without dividing the fruit; stuff them with as much salt as they will contain, lay them into a deep dish, and place them in a sunny window, or in some warm place for a week or ten days, keeping them often turned and basted with their own liquor; then rub them with some good pale turmeric, and put them with their juice, into a stone jar with a small head of garlic, divided into cloves and peeled, and a dozen small onions stuck with twice as many cloves. Boil in two quarts of white-wine vinegar, half a pound of ginger lightly bruised, two ounces of whole black pepper, and half a pound of mustard-seed; take them from the fire and pour them directly on the lemons; cover the jar with a plate, and let them remain till the following day, then add to the pickle half a dozen capsicums (red peppers), and tie a skin and a fold of thick paper over the jar.

Large lemons stuffed with salt, 8: 8 to 10 days. Turmeric, 1 to 2 ozs.; ginger, $\frac{1}{2}$ lb.; mustard-seed, $\frac{1}{2}$ lb.; capsicums, 6 ozs.

Obs.—The turmeric and garlic may, we think, be omitted from this pickle with advantage. It will remain good for seven years if the lemons be kept well covered with vinegar; that which is added to them should be boiled and then left till cold before it is poured into the jar. The lemons will not be fit for table in less than twelve months; but if wanted for more immediate use, set them for one night into a cool oven after the bread is drawn; they may then be eaten almost directly.

Limes must have but slight incisions made in the rinds; and they will be sufficiently softened in four or five days. Two ounces of salt only will be required for half a dozen; and all which remains unmelted must, with their juice, be put into the jar with them before the vinegar is poured on: this should be mixed with spice and mustard-seed, and be boiling when it is added to the limes.

TO PICKLE BARBERRIES AND SIBERIAN CRABS.

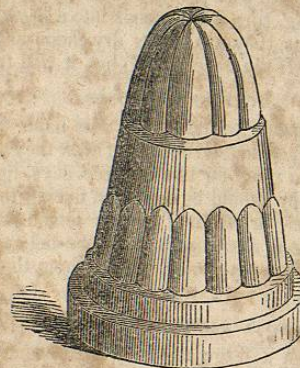
When wanted for garnishing only, take the fruit before it is very ripe, cut half the length of their stalks from the crabs, and free the

barberries from the leaves, and from any discoloured berries that may be amongst them. Put them into stone jars, and cover them well with brine, which has been boiled and left to become perfectly cold. Look at them occasionally during the winter, and should any scum or mould have gathered on the surface, clear it well off, drain the brine closely from the fruit, and fill the jars with some that is freshly made. Six ounces of salt, and a morsel of alum half the size of a bean to the quart of water should be boiled together for ten minutes, and well skimmed, both for the first brine, and for any that may be required afterwards.

To pickle these fruits in vinegar, add the alum to a sufficient quantity to cover them, and boil it with a few white peppercorns, which must be strained out before it is poured into the jars: it must be quite cold when added to the barberries or crabs; these last should not be ripe when they are used, or they will burst in the pickle; they should have attained their growth and full colour, but be still hard.

CHAPTER XXIII.

CAKES.



Modern Cake Mould.

GENERAL REMARKS ON CAKES.

THE ingredients for cakes, as well as for puddings, should all be fresh and good, as well as free from damp; the lightness of many kinds depends entirely on that given to the eggs by whisking, and by the manner in which the whole is mixed. A *small* portion of carbonate of soda, which will not be in the slightest degree perceptible to the taste after the cake is baked, if thrown in just before the mixture is put into the oven, will ensure its rising well.

To guard against the bitterness so often imparted by yeast when it is used for cakes or biscuits, it should be *sparingly* added, and the sponge should be left twice the usual time to rise. This method will be found

to answer equally with bread. For example: should a couple of spoonful of yeast be ordered in a receipt, when it is bitter, use but one, and let it stand two hours instead of half the time: the fermentation, though slow, will be quite as perfect as if it were more quickly effected, and the cake or loaf thus made will not become dry by any means so soon as if a large portion of yeast were mixed with it.

All light cakes require a rather brisk oven to raise and set them; very large rich ones a well-sustained degree of heat sufficient to bake them through; and small sugar-cakes a very slow oven, to prevent their taking a deep colour before they are half done: gingerbread too should be gently baked, unless it be of the light thick kind. Meringues, macaroons, and ratafias, will bear a slight degree more of heat than these.

For sponge and savoy cakes the French butter their moulds thickly, and shake fine sugar in them until they are equally covered with it: the loose sugar must be turned out before they are used.

To ascertain whether a cake be done, thrust a knife into the centre, and should this come out clean draw it from the oven directly; but should the paste adhere to it, continue the baking. Several sheets of paper are placed usually under large plum-cakes.

TO BLANCH ALMONDS.

Put them into a saucepan with plenty of cold water, and heat it slowly; when it is just scalding, turn the almonds into a basin, peel, and throw them into cold water as they are done: dry them well in a soft cloth before they are used. If the water be too hot, it will turn them yellow.

TO POUND ALMONDS.

Almonds are more easily pounded, and less liable to become oily, if dried a little in a very gentle degree of heat after they are blanched; left for example, in a warm room for two or three days, lightly spread on a large dish or tin. They should be sprinkled during the beating with a few drops of cold water, or white of egg, or lemon-juice, and pounded to a smooth paste: this is more easily done, we believe, when they are first roughly chopped, but we prefer to have them thrown at once into the mortar.

TO REDUCE ALMONDS TO A PASTE. (*The quickest and easiest way.*)

Chop them a little on a large and very clean trencher, then with a paste-roller (rolling-pin), which ought to be thicker in the middle than at the ends, roll them well until no small bits are perceptible amongst them. We have found this method answer admirably; but as some of the oil is expressed from the almonds by it, and absorbed by the board, we would recommend a marble slab for them in preference, when it is at hand; and should they be intended for a sweet dish, that some pounded sugar should be strewed under them. When a board or strong trencher is used, it should be rather higher in the middle than at the sides.

TO COLOUR ALMONDS FOR CAKES, OR PASTRY.

Blanch, dry, and chop them rather coarsely; pour a little prepared cochineal into the hands, and roll the almonds between them until they are equally coloured; then spread them on a sheet of paper, and place

them in a *very* gentle degree of heat to dry. Use spinach-juice (see page 233) to colour them green, and a strong infusion of saffron to give them a yellow tint. They have a pretty effect when strewed over the icing of tarts or cakes, especially the rose-coloured ones, which should be rather pale.

TO PREPARE BUTTER FOR RICH CAKES.

For all large and very rich cakes the usual directions are, *to beat the butter to a cream*; but we find that they are quite as light, if not more so, when it is cut small and gently melted with just so much heat as will dissolve it, and no more. If it be shaken round in a saucepan previously warmed, and held near the fire for a short time, it will soon be liquefied, which is all that is required: it must on no account be *hot* when it is added to the other ingredients, to which it must be poured in small portions after they are all mixed, in the way which we have minutely described in the receipt for a Madeira cake, and that of the Sutherland puddings (Chapter XVIII.) *To cream* it, drain the water well from it, after it is cut, soften it a little before the fire should it be very hard, and then with the back of a large strong wooden spoon beat it until it resembles thick cream. When prepared thus, the sugar is added to it first, and then the other ingredients in succession.

TO WHISK EGGS FOR LIGHT RICH CAKES.

Break them one by one, and separate the yolks from the whites: this is done easily by pouring the yolk from one half of the shell to the other, and letting the white drop from it into a basin beneath. With a small three-pronged fork take out the specks from each egg as it is broken, that none may accidentally escape notice. Whisk the yolks until they appear light, and the whites until they are a quite solid froth; while any liquid remains at the bottom of the bowl they are not sufficiently beaten: when a portion of them, taken up with the whisk, and dropped from it, remains standing in points, they are in the proper state for use, and should be mixed into the cake directly.

ORANGE-FLOWER MACAROONS. (DELICIOUS.)

Have ready two pounds of very dry white sifted sugar. Weigh two ounces of the petals of freshly-gathered orange-blossoms after they have been picked from the stems; and cut them very small with a pair of scissors *into* the sugar, as they will become discoloured if not mixed with it quickly after they are cut. When all are done, add the whites of seven eggs, and beat the whole well together till it looks like snow; then drop the mixture upon paper without delay, and send the cakes to a very cool oven.

Pounded sugar, 2 lbs.; orange-blossoms, 2 ozs.; whites of eggs, 7: 20 minutes, or more.

Obs.—It is almost impossible to state with accuracy the precise time required for these cakes, so much depends on the oven: they should be very delicately coloured, and yet dried through.

ALMOND MACAROONS.

Blanch a pound of fresh Jordan almonds, wipe them dry, and set them into a very cool oven to render them perfectly so; pound them to an exceedingly smooth paste, with a little white of egg; then whisk to

a firm solid froth the whites of seven eggs, or of eight, should they be small; mix with them a pound and a half of the finest sugar; add these by degrees to the almonds, whisk the whole up well together, and drop the mixture upon wafer-paper, which may be procured at the confectioner's: bake them in a moderate oven a very pale brown. It is an improvement to the flavour of these cakes to substitute an ounce of bitter almonds for one of the sweet: they are sometimes made with an equal weight of each; and another variety of them is obtained by gently browning the almonds in a slow oven before they are pounded.

Jordan almonds blanched, 1 lb.; sugar, 1½ lb.; whites of 7 or 8 eggs: 15 to 20 minutes.

IMPERIALS. (NOT VERY RICH.)

Work into a pound of flour six ounces of butter, and mix well with them half a pound of sifted sugar, six ounces of currants, two ounces of candied orange-peel, the grated rind of a lemon, and four well-beaten eggs. Flour a tin lightly, and with a couple of forks place the paste upon it in small rough heaps quite two inches apart. Bake them in a very gentle oven, from a quarter of an hour to twenty minutes, or until they are equally coloured to a pale brown.

Flour, 1 lb.; butter, 6 ozs.; sugar, 8 ozs.; currants, 6 ozs.; candied peel, 2 ozs.; rind of 1 lemon; eggs, 4: 15 to 20 minutes.

VERY GOOD SMALL RICH CAKES.

Beat and mix well together four eggs properly whisked, and half a pound of fine sifted sugar; pour to them by degrees a quarter pound of clarified butter, as little warmed as possible; stir lightly in with these four ounces of dry sifted flour, beat the mixture for about ten minutes, put it into small buttered patty-pans, and bake the cakes a quarter of an hour in a moderate oven. They should be flavoured with the rasped or grated rind of a small lemon, or with pounded mace or cinnamon.

Eggs, 4; sugar, ½ lb.; butter, 4 ozs.; flour, 4 ozs.; lemon-rind, mace, or cinnamon: baked, 15 minutes.

ALMOND ROCHER.

Chop very fine together eight ounces of almonds, blanched, and dried, six of candied orange-rind, or of orange and lemon-rind mixed, and one ounce of citron; then add to them two ounces of flour, three quarters of a pound of sugar, a small teaspoonful of mace and cinnamon mixed, and the whites of three large eggs; roll the mixture into balls about the size of a large marble, and bake them on wafer-paper twenty minutes in a moderate oven: they should be quite crisp, but not deeply coloured.

Almonds, 8 ozs.; candied orange-rind, 6 ozs.; citron, 1 oz.; flour, 2 ozs.; sugar, ¾ lb.; mace and cinnamon mixed, 1 teaspoonful; whites of eggs, 3 large: baked, moderate oven, 20 minutes.

Obs.—When the flavour is not disliked, it will be found an improvement to substitute an ounce of bitter almonds for one of the sweet; and we prefer the whole of the almonds and candied peel also cut into spikes instead of being chopped: the ingredients must then be made into a lighter paste, and placed in small heaps on the paper.

BITTER ALMOND BISCUITS.

Blanch, and then chop as fine as possible, two ounces of bitter almonds,

and add them to half a pound of flour, half a pound of sifted sugar, and two ounces of butter, previously well mixed together. Whisk the whites of a couple of eggs to a strong froth, beat them lightly to the other ingredients, drop the cakes on a buttered tin, or copper oven-leaf, and bake them rather slowly from ten to twelve minutes: they should be very small. Should the proportion of bitter almonds be considered unhealthful, use half as many, and substitute sweet ones for the remainder.

Flour, ½ lb.; sugar, ½ lb.; butter, 2 ozs.; bitter almonds, 2 ozs.; whites of eggs, 2: slow oven, 10 to 12 minutes.

FINE ALMOND CAKE.

Blanch, dry, and pound to the finest possible paste, eight ounces of fresh Jordan almonds, and one ounce of bitter; moisten them with a few drops of cold water or white of egg, to prevent their oiling; then mix with them very gradually twelve fresh eggs which have been whisked until they are exceedingly light; throw in by degrees one pound of fine, dry, sifted sugar, and keep the mixture light by constant beating, with a large wooden spoon, as the separate ingredients are added. Mix in by degrees three quarters of a pound of dried and sifted flour of the best quality; then pour gently from the sediment a pound of butter which has been just melted, but not allowed to become hot, and beat it very gradually, but very thoroughly, into the cake, letting one portion entirely disappear before another is thrown in: add the rasped or finely-grated rinds of two sound fresh lemons, fill a thickly-buttered mould rather more than half full with the mixture, and bake the cake from an hour and a half to two hours in a well-heated oven. Lay paper over the top when it is sufficiently coloured, and guard carefully against it being burned.

Sweet almonds, ½ lb.; bitter almonds, 1 oz.; eggs, 12; sugar, 1 lb.; flour, ¾ lb.; butter, 1 lb.; rinds lemons, 2: 1½ to 2 hours.

Obs.—Three quarters of a pound of almonds may be mixed with this cake when so large a portion of them is liked, but an additional ounce or two of sugar, and one egg or more, will then be required.

POUND CAKE.

Mix, as directed in the foregoing receipt, ten eggs (some cooks take a pound in weight of these), one pound of sugar, one of flour, and as much of butter. A glass of brandy and a pound of currants may be added very gradually just before the cake is put into the oven, with any spice that is liked; and two or three ounces of candied orange or lemon-rind, sliced thin, or an ounce of caraway-seeds, may supply the place of all. A cake made with half the quantity of the ingredients must be baked one hour.

RICE CAKE.

Take six eggs, with their weight in fine sugar, and in butter also, and half their weight of flour of rice, and half of wheaten flour; make the cake as directed for the Madeira or almond cake, but throw in the rice after the flour: then add the butter in the usual way, and bake the cake about an hour and ten minutes. Give any flavour that is liked. The butter may be altogether omitted. This is a moderate-sized cake.

Eggs, in the shell, 6; their weight in butter and in sugar; half as much flour of rice, and the same of wheaten flour: 1 hour, 10 minutes.

WHITE CAKE.

Beat half a pound of fresh butter to a cream, add to it an equal weight of dried and sifted sugar, the yolks and whites of eight eggs, separately whisked, two ounces of candied orange-peel, half a teaspoonful of mace, a glass of brandy, one pound of flour strewed in by degrees, and last of all a pound and a quarter of currants. Directly it is mixed send the cake to a well-heated oven, and bake it for a couple of hours. Four ounces of beaten almonds are sometimes added to it.

Butter, $\frac{1}{2}$ lb.; sugar, $\frac{1}{2}$ lb.; eggs, 8; mace, $\frac{1}{2}$ teaspoonful; brandy, 1 wineglassful; flour, 1 lb.; candied peel, 2 ozs.; currants, $1\frac{1}{4}$ lb.: 2 hours.

A GOOD SPONGE CAKE.

Rasp on some lumps of well-refined sugar the rind of a fine sound lemon, and scrape off the part which has imbibed the essence, or crush the plums to powder, and add them to as much more as will make up the weight of eight or ten fresh eggs in the shell; break these one by one, and separate the whites from the yolks; beat the latter in a large bowl for ten minutes, then strew in the sugar gradually, and beat them well together. In the mean time let the whites be whisked to a quite solid froth, add them to the yolks, and when they are well blended sift and *stir* the flour gently to them, but do not beat it into the mixture; pour the cake into a well-buttered mould, and bake it an hour and a quarter in a moderate oven.

Rasped rind, 1 large lemon; fresh eggs, 8 or 10; their weight of dry, sifted sugar; and half their weight of flour: baked, $1\frac{1}{4}$ hour, moderate oven.

A SMALLER SPONGE CAKE. (*Very good.*)

Five full-sized eggs, the weight of four in sugar, and of nearly three in flour, will make an exceedingly good cake: it may be flavoured, like the preceding one, with lemon-rind, or with bitter almonds, vanilla, or confected orange-blossoms reduced to powder. An hour will bake it thoroughly. All the ingredients for sponge cakes should be of good quality, and the sugar and flour should be dry; they should also be passed through a fine sieve kept expressly for such purposes. The excellence of the whole depends much on the manner in which the eggs are whisked; this should be done as lightly as possible; but it is a mistake to suppose that they cannot be too long beaten, as after they are brought to a state of perfect firmness they are injured by a continuation of the whisking, and will at times curdle, or render a cake heavy from this cause.

A SPONGE CAKE. (*Good and quickly made.*)

Beat together for between twenty and thirty minutes the yolks of nine and the whites of five fresh eggs; then by degrees add three-quarters of a pound of sugar, and six and a half of flour. Flavour it or not, at choice, with the grated rind of a lemon, and bake it an hour, or rather more, in a brisk oven.

A GOOD MADEIRA CAKE.

Whisk four fresh eggs until they are as light as possible, then, con-

tinuing still to whisk them, throw in by *slow* degrees the following ingredients in the order in which they are written: six ounces of dry, pounded, and sifted sugar; six of flour, also dried and sifted; four ounces of butter just dissolved, but not heated; the rind of a fresh lemon; and the instant before the cake is moulded, beat well in the third of a teaspoonful of carbonate of soda: bake it an hour in a moderate oven. In this, as in all compositions of the same nature, observe particularly that each portion of butter must be beaten into the mixture until no appearance of it remains before the next is added; and if this be done, and the preparation be kept light by constant and light whisking, the cake will be as good, if not better, than if the butter were creamed. Candied citron can be added to the paste, but it is not needed.

Eggs, 4; sugar, 6 ozs.; flour, 6 ozs.; butter, 4 ozs.; rind of 1 lemon, carbonate of soda, $\frac{1}{3}$ of teaspoonful: 1 hour, moderate oven.

BANBURY CAKES.

First, mix well together a pound of currants, cleaned with great nicety and dried, a quarter-pound of beef-suet, finely minced, three ounces each of candied orange and lemon-rind, shred small, a few grains of salt, a full quarter-ounce of pounded cinnamon and nutmeg mixed, and four ounces of macaroons or ratafias rolled to powder. Next, make a light paste with fourteen ounces of butter to the pound of flour; give it an extra turn or two to prevent its rising too much in the oven; roll out one half in a very thin square, and spread the mixed fruit and spice equally upon it; moisten the edges, lay on the remaining half of the paste, rolled equally thin, press the edges securely together, mark the whole with the back of a knife in regular divisions of two inches wide and three in length; bake the pastry in a well-heated oven from twenty-five to thirty minutes, and divide it into cakes while it is still warm. They may be served as a second-course dish either hot or cold, and may be glazed at pleasure.

Currants, 1 lb.; beef-suet, 4 ozs.; candied orange and lemon-rind each, 3 ozs.; salt, small pinch; mixed spices, $\frac{1}{4}$ oz.; macaroons or ratafias, 4 ozs.: baked 25 to 30 minutes.

MERINGUES.

Beat to a very solid froth the whites of six fresh eggs, and have ready to mix with them half a pound of the best sugar, well dried and sifted. Lay some squares or long strips of writing-paper closely upon a board, which ought to be an inch thick to prevent the meringues from receiving any colour from the bottom of the oven. When all is ready for them, stir the sugar to the beaten eggs, and with a table or dessert-spoon lay the mixture on the paper in the form of a half egg; sift sugar quickly over, blow off all that does not adhere, and set the meringues immediately into a moderate oven: the process must be expeditious, or the sugar melting will cause the meringues to spread, instead of retaining their shape. When they are coloured a light brown, and are firm to the touch, draw them out, raise them from the paper, and press back the insides with a teaspoon, or scoop them out so as to leave space enough to admit some whipped cream or preserve, with which they are to be filled, when cold, before they are served. Put them again into the oven to dry gently, and when they are ready for table fasten them

together in the shape of a whole egg, and pile them lightly on a napkin for the second course.

Whites of *fresh eggs*, 6; sifted sugar, $\frac{1}{2}$ lb.

Obs.—Four ounces of pounded almonds may be mixed with the eggs and sugar for these cakes, and any flavour added to them at pleasure. If well made, they are remarkably good and elegant in appearance. They must be fastened together with a little white of egg.

THICK, LIGHT GINGERBREAD.

Crumble down very small eight ounces of butter into a couple of pounds of flour, then add to, and mix thoroughly with them, half a pound of good brown sugar, two ounces of powdered ginger, and half an ounce of good caraway-seeds; beat gradually to these, first two pounds of treacle (molasses), next three well-whisked eggs, and last of all half an ounce of carbonate of soda, dissolved in a very small cupful of warm water; stir the whole briskly together, pour the mixture into very shallow tins, put it immediately into a moderate oven, and bake it for an hour and a half. The gingerbread made thus will be remarkably light and good. For children, part of the spice and butter may be omitted.

Flour, 2 lbs.; butter, 8 ozs.; sugar, $\frac{1}{2}$ lb.; powdered ginger, 2 lbs.; eggs, 3; carbonate of soda, $\frac{1}{2}$ oz.; water, *very small* cupful: baked 1 $\frac{1}{2}$ hour.

Obs.—We think that something less than the half ounce of soda would be sufficient for this gingerbread, for with the whole quantity it rises in the oven to three times its height, and is apt to run over the tops of the tins even when they are but half filled with it at first.

GOOD COMMON GINGERBREAD.

Work very smoothly six ounces of fresh butter (or some that has been well washed from the salt, and wrung dry in a cloth) into one pound of flour, and mix with them thoroughly an ounce of ginger in fine powder, four ounces of brown sugar, and half a teaspoonful of beaten cloves and mace. Wet these with three-quarters of a pound, or rather more, if needful, of cold treacle; roll out the paste, cut the cakes with a round tin cutter, lay them on a floured or buttered baking tin, and put them into a very slow oven. Lemon-grate or candied peel can be added, when it is liked.

Flour, 1 lb.; butter, 6 ozs.; sugar, $\frac{1}{2}$ lb.; ginger, 1 oz.; cloves and mace, $\frac{1}{2}$ teaspoonful; treacle, $\frac{3}{4}$ lb.: $\frac{1}{2}$ to $\frac{3}{4}$ hour.

RICHER GINGERBREAD.

Melt together three-quarters of a pound of treacle and half a pound of fresh butter, pour these hot on a pound of flour mixed with half a pound of sugar and three quarters of an ounce of ginger. When the paste is quite cold, roll it out with as much flour as will prevent its adhering to the board: bake the cakes in a very gentle oven.

COCOA-NUT GINGERBREAD.

Mix well together ten ounces of fine wheaten flour, and six of flour of rice (or rice ground to powder), the grated rind of a lemon, and three-quarters of an ounce of ginger; pour nearly boiling upon these a pound of treacle, five ounces of fresh butter, and five of sugar,

melted together in a saucepan; beat the mixture, which will be almost a batter, with a wooden spoon, and when quite smooth leave it till it is perfectly cold, then add to it five ounces of grated cocoa-nut, and when it is thoroughly blended with the other ingredients, lay the paste in small heaps upon a buttered tin, and bake them in a very slack oven from half to three-quarters of an hour.

Flour, 10 ozs.; ground rice, 6 ozs.; rind of one lemon; ginger, $\frac{3}{4}$ oz.; treacle, 1 lb.; sugar, 5 ozs.; butter, 5 ozs.; cocoa-nut, 5 ozs.: $\frac{1}{2}$ to $\frac{3}{4}$ hour.

CHEAP GINGER BISCUITS.

Work into quite small crumbs three ounces of good butter, with two pounds of flour, then add three ounces of pounded sugar and two of ginger, in fine powder, and knead them into a stiff paste, with new milk. Roll it thin, cut out the biscuits with a cutter, and bake them in a slow oven until they are crisp quite through, but keep them of a pale colour. A couple of eggs are sometimes mixed with the milk for them, but are no material improvement; an additional ounce of sugar may be used when a sweeter biscuit is liked. To make good ginger cakes, increase the butter to six ounces, and the sugar to eight, for each pound of flour, and wet the ingredients into a paste with eggs: a little lemon-grate will give it an agreeable flavour.

Biscuits: flour, 2 lbs.; butter, 3 ozs.; pounded sugar, 3 ozs.; ginger, 2 ozs.

Cakes: flour, 1 lb.; butter, 6 ozs.; sugar, 8 ozs.; ginger, 1 oz.; 3 to 4 eggs; rind of $\frac{1}{2}$ lemon.

A GOOD SODA CAKE.

Rub half a pound of good butter into a pound of fine dry flour, and work it very small; mix well with these half a pound of sifted sugar, and pour to them first a quarter of a pint of boiling milk, and next three well-whisked eggs; add some grated nutmeg, or fresh lemon-rind, and eight ounces of currants; beat the whole well and lightly together, and the instant before the cake is moulded and set into the oven, stir to it a teaspoonful of carbonate of soda in the finest powder. Bake it from an hour to an hour and a quarter, or divide it in two, and allow from half to three quarters of an hour for each cake.

Flour, 1 lb.; butter, 3 ozs.; sugar, 8 ozs.; milk, full quarter-pint; eggs, 3; currants, $\frac{1}{2}$ lb.; carbonate of soda, 1 teaspoonful; 1 to 1 $\frac{1}{2}$ hour. Or, divided, $\frac{1}{2}$ to $\frac{3}{4}$ hour, moderate oven.

Obs.—This, if well made, resembles a pound-cake, but is much more wholesome. It is very good with two ounces less of butter, and with caraway-seeds or candied orange or citron substituted for the currants.

CINNAMON, OR LEMON CAKES.

Rub six ounces of good butter into a pound of fine dry flour, and work it lightly into crumbs, then add three quarters of a pound of sifted sugar, a dessertspoonful of pounded cinnamon (or half as much when only a slight flavour is liked), and make these ingredients into a firm paste with three eggs, or four, if needed. Roll it, not very thin, and cut out the cakes with a tin shape. Bake them in a very gentle oven from fifteen to twenty minutes, or longer, should they not be done quite through. As soon as they are cold, put them into a clean and dry tin canister, a precaution which should be observed with all small sugar

cakes, which ought also to be loosened from the oven-tins while they are still warm.

Flour, 1 lb.; butter, 6 ozs.; sugar, $\frac{3}{4}$ lb.; cinnamon, 1 dessertspoonful (more or less, to the taste); eggs, 3 to 4.

Obs.—Lemon cakes can be made by this receipt by substituting for the cinnamon the rasped or grated rinds of two lemons, and the strained juice of one, when its acidity is not objected to. More butter, and more or less of sugar, can be used at will, both for these and for the cinnamon cakes.

QUEEN CAKES.

To make these, proceed exactly as for Sutherland puddings (see Chapter XVII.), but allow ten eggs for the pound of sugar, butter, and flour, and when these are all well mixed, throw in half a teaspoonful of mace, and a pound of clean dry currants. Bake the cakes in small well-buttered tin pans (heart-shaped ones are usual), in a somewhat brisk oven, for about twenty minutes.

A GOOD LIGHT BUN.

Break quite small three ounces of good butter into a pound and a quarter of flour, stir into the middle of these a spoonful and a quarter of solid, well-purified yeast, mixed with something more than a quarter-pint of warm milk, and leave it to rise before, but not close to the fire, for an hour, or longer, should it not then appear extremely light. Add to three eggs, properly whisked, a few spoonfuls of warm milk, strain and beat them to the bun; next, mix with it six ounces of pale brown sugar, six of well-cleaned currants, and the grated rind of a small lemon, or some nutmeg, if preferred; or, in lieu of either, slice into it an ounce and a half of candied orange-rind. Let it again rise for an hour, then beat it up lightly with a wooden spoon, put it into a buttered pan, and bake it in a brisk oven for nearly or quite an hour. An additional ounce of butter will improve it.

Flour, $1\frac{1}{2}$ lb.; yeast, $1\frac{1}{4}$ tablespoonful: 1 hour, or more. Eggs, 3; milk, in all not $\frac{1}{2}$ pint; sugar, 6 ozs.; currants, 6 ozs.; lemon-grate, nutmeg, or candied orange-rind, at pleasure: 1 hour. Baked nearly or quite an hour; brisk oven.

COCOA-NUT BISCUIT; (*excellent.*)

With a pound of flour mix three ounces of a sound fresh cocoa-nut, rasped on a fine grater; make a leaven as for the bun in the foregoing receipt, with a large tablespoonful of good yeast, and about the third of a pint of warm new milk; let it stand for an hour, then strew over and mix well up with it four ounces of pounded sugar; next, dissolve two ounces of butter in a very little milk, cool it down with a few spoonfuls of cold milk if needful, and pour it to a couple of well-whisked eggs; with these wet the other ingredients into a very light dough, let it stand from three quarters of an hour to an hour, and bake it about the same time in a rather quick oven. Two ounces more of sugar, one of butter, and two of candied orange-rind, sliced thin, will convert this into a good *cake*, the cocoa-nut imparting great richness as well as flavour to the mixture: the proportion of this can also be regulated by the taste, after the first trial.

Flour, 1 lb.; grated cocoa-nut, 3 ozs.; yeast, 1 *large* tablespoonful;

milk, $\frac{1}{2}$ of pint: 1 hour. Pounded sugar, 4 ozs.; butter, 2 ozs.; eggs, 2; little milk: $\frac{3}{4}$ to 1 hour. Or: sugar, 6 ozs.; butter, 3 ozs.; candied orange-rind, 2 ozs.; baked nearly or quite an hour.

THREADNEEDLE STREET BISCUITS.

Mix with a couple of pounds of sifted flour of the very best quality, three ounces of good butter, and work it into the smallest possible crumbs; add four ounces of fine, dry, sifted sugar, and make them into a firm paste with new milk; beat this forcibly for some minutes with the rolling-pin, and when it is extremely smooth roll it the third of an inch thick, cut it with a small square cutter, and bake the biscuits in a very slow oven until they are crisp to the centre: no part of them should remain soft. Half a teaspoonful of carbonate of soda is said to improve them, but we have not put it to the test. Caraway-seeds can be added when liked.

Flour, 2 lbs.; butter, 3 ozs.; sugar, 4 ozs.; new milk, 1 pint, or more: biscuits *slowly* baked till crisp.

A GALETTE.

The galette is a favourite cake in France, and may be made rich, and comparatively delicate, or quite common, by using more or less butter for it, and by augmenting or diminishing the size. Work lightly three quarters of a pound of good butter into a pound of flour, add a large saltspoonful of salt, and make these into a paste with the yolks of a couple of eggs mixed with a small cup of good cream, should it be at hand; if not, with water; roll this into a complete round, three quarters of an inch thick; score it in small diamonds, brush yolk of egg over the top, and bake the galette for about half an hour in a tolerably brisk oven; it is usually eaten hot, but is served cold also. An ounce of sifted sugar is sometimes added to it.

A good galette: flour, 1 lb.; butter, $\frac{3}{4}$ lb.; salt, 1 saltspoonful; yolks of eggs, 2; cream, small cupful: baked $\frac{1}{2}$ hour. Common galette: flour, 2 lbs.; butter, $\frac{3}{4}$ to 1 lb.; no eggs.

CORNISH HEAVY CAKE.

Mix with a pound and a half of flour, ten ounces of well-cleaned currants, and a *small* teaspoonful of salt; make these into a smooth paste with clotted cream (any which is *very* thick will do), roll the cake till it is an inch and a quarter in depth, and bake it thoroughly in a quick oven, after having scored the top.

Flour, $1\frac{1}{2}$ lb.; currants, 10 ozs.; salt, small teaspoonful; clotted, or *very thick* cream, $\frac{3}{4}$ to full pint: 35 to 45 minutes, brisk oven.

FLEED OR FLEAD CAKES.

These are very much served as a tea-cake at the tables of the superior order of Kentish farmers. For the mode of making them, proceed as for flead-crust (see Chapter XVI.); cut the cakes small with a round cutter, and leave them more than half an inch thick; if well made, they will rise much in the oven. Bake them in a moderate but not slow oven.

Flour, 2 lbs.; flead, $1\frac{1}{2}$ lb.; butter, 6 ozs.: baked 10 to 15 minutes.

GOOD CAPTAIN'S BISCUITS.

Make some fine white flour into a smooth paste with new milk; divide it into small balls; roll, and afterwards pull them with the fin-

gers as *thin as possible*; prick them all over, and bake them in a somewhat brisk oven from ten to twelve minutes.

THE COLONEL'S BISCUITS.

Mix a slight pinch of salt with some fine sifted flour; make it into a very smooth paste with good cream, and bake the biscuits gently, after having prepared them for the oven like those which precede. Store them as soon as they are cold in a dry canister, to preserve them crisp: they are excellent.

AUNT CHARLOTTE'S BISCUITS.

These biscuits, which are very simple and wholesome, may be made with the same dough as good white bread, with the addition of from half to a whole ounce of butter to the pound kneaded into it after it has risen. Break the butter small, spread out the dough a little, knead it in well and equally, and leave it for about half an hour; then roll it a quarter of an inch thick; prick it well all over; cut out the biscuits; and bake them in a moderate oven from ten to fifteen minutes: they should be crisp quite through, but not deeply coloured.

White-bread dough, 2 lbs.; butter, 1 to 2 ozs.: to rise $\frac{1}{2}$ hour. Baked in moderate oven 10 to 15 minutes.

Obs.—To make the biscuits by themselves, proceed as for Bordenyke bread; but use new milk for them, and work three ounces of butter into two pounds of flour before the yeast is added.

CHAPTER XXIV.

CONFECTIONARY.

TO CLARIFY SUGAR.

It is an economy to use at once the very best sugar for confectionary in general, for when highly refined it needs little or no clarifying, even for the most delicate purposes; and the coarser kinds lose considerable weight in the process. Break it into large lumps, and put it into a very clean preserving-pan; measure for each pound a pint of spring water if it be intended for syrup, but less than half that quantity for candying or making barley-sugar. Beat first apart (but not to a strong froth), and afterwards with the water, about half the white of an egg for six pounds of sugar, unless it should be *very* common, when twice as much may be used. When they are well mixed, pour them over the sugar, and let it stand until it is nearly dissolved; then stir the whole thoroughly, and place it over a gentle fire, but do not disturb it after the scum begins to gather on the top; let it boil for five minutes, then take the pan from the fire, and when it has stood a couple of minutes clear off the scum entirely, with a skimmer; set the pan again over the fire, and when the sugar begins to boil throw in a little cold water, which has been reserved for the purpose from the quantity first measured, and repeat the skimming until the syrup is very clear; it may then be strained through a muslin, or a thin cloth, and put into a clean pan for further boiling.

For syrup: sugar, 6 lbs.; water, 3 quarts; $\frac{1}{2}$ white of 1 egg. For candying, &c.: sugar, 6 lbs.; water, $2\frac{1}{2}$ pints: 5 to 10 minutes.

TO BOIL SUGAR FROM SYRUP TO CANDY, OR TO CARAMEL.

The technicalities by which confectioners distinguish the different degrees of sugar-boiling, seem to us calculated rather to puzzle than to assist the reader; and we shall, therefore, confine ourselves to such plain English terms as may suffice, we hope, to explain them. After having boiled a certain time, the length of which will in a measure depend upon the quality of the sugar as well as the quantity of water added, it becomes a thin syrup, and it will scarcely form a short thread if a drop be pressed between the thumb and finger and they are then drawn apart; from five to ten minutes more of rapid boiling will bring it to a *thick* syrup, and when this degree is reached the thread may be drawn from one hand to the other at some length without breaking; but its appearance in dropping from the skimmer will perhaps best denote its being at this point, as it hangs in a sort of string as it falls. After this the sugar will soon begin to whiten, and to form large bubbles in the pan, when, if it be intended for barley-sugar, or caramel, some lemon-juice or other acid must be added to it, to prevent its *graining* or *becoming sugar again*; but if wanted to candy, it must be stirred without ceasing, until it rises almost to the top of the pan, in one large white mass, when it must be used immediately or ladled out into paper cases or on to dishes, with the utmost expedition, as it passes in an instant almost from this state to one in which it forms a sort of powder, which will render it necessary to add water, to stir it until dissolved, and to reboil it to the proper point. For barley-sugar likewise it must be constantly stirred, and carefully watched after the lemon-juice is added. A small quantity should be dropped from time to time into a large basin of cold water by those who are inexperienced in the process; when in falling into this it makes a bubbling noise, and if taken out immediately after it snaps clean between the teeth without sticking to them, it must be poured out *instantly*: if wanted for sugar-spinning, the pan must be plunged as quickly as possible into a vessel of cold water.

BARLEY-SUGAR.

Add to three pounds of highly-refined sugar one pint and a quarter of spring water, with sufficient white of egg to clarify it in the manner directed in the last receipt but one: pour to it, when it begins to whiten and to be very thick, a dessertspoonful of the strained juice of a fresh lemon; and boil it quickly till it is at the point which we have indicated above. A few drops of essence of lemon may be added to it, just as it is taken from the fire. Pour it on to a marble slab, or on to a shallow dish which has been slightly oiled, or rubbed with a *morsel* of fresh butter; and when it begins to harden at the edges, form it into sticks, lozenges, balls, or any other shapes at pleasure. While it is still liquid it may be used for various purposes, such as Chantilly baskets, palace bonbons, *des croques-en-bouches*,* *cerises au caramel*, &c.: for these the vessel containing it must be set into a pan of water, and it

*These are formed of small cakes, roasted chestnuts, and various other things, just dipped singly into the barley-sugar, and then arranged in good form and joined in a mould, from which they are turned out for table.