

must again be liquefied with a very gentle degree of heat should it cool too quickly. As it soon dissolves if exposed to damp, it should be put into very dry canisters as soon as it is cold, and these should be kept in a dry place.

Best sugar, 3 lbs.; water, 1½ pint; white of egg, ¼ of 1; lemon-juice, 1 dessertspoonful.

GINGER CANDY.

Break a pound of highly-refined sugar into lumps, put it into a preserving-pan, and pour over it about the third of a pint of spring water: let it stand until the sugar is nearly dissolved, then set it over a perfectly clear fire, and boil it until it becomes a thin syrup. Have ready in a large cup a teaspoonful of the very best ginger in powder, mix it smoothly and gradually with two or three spoonfuls of the syrup, and then stir it well into the whole. Watch the mixture carefully, keep it stirred, and drop it often from a spoon to ascertain the exact point of boiling it has reached. When it begins to fall in *flakes*, throw in the freshly-grated rind of a very large lemon, or of two small ones, and work the sugar round quickly as it is added. The candy must now be stirred constantly until it is done: this will be when it falls in a mass from the spoon, and does not *sink* when placed in a small heap on a dish. It must be poured, or *laded* out, as expeditiously as possible when ready, or it will fall quite into powder. If this should happen, a little water must be added to it, and it must be reboiled to the proper point. The candy, if dropped in cakes upon cold dishes, may be moved off without difficulty before it is thoroughly cold, but must not be touched while quite hot or it will break.

Sugar, highly refined, 1 lb.; water, ¼ of a pint; ginger, 1 teaspoonful; rind of 1 large lemon.

ORANGE-FLOWER CANDY.

Beat in three quarters of a pint, or rather more, of water, about the fourth part of the white of an egg; and pour it on two pounds of the best sugar broken into lumps. When it has stood a little time, place it over a very clear fire, and let it boil for a few minutes, then set it on one side, until the scum has subsided; clear it off, and boil the sugar till it is very thick, then strew in by degrees three ounces of the *petals* of the orange-blossom, weighed after they are picked from their stems. Continue to stir the candy until it rises in one white mass in the pan, then pour it into small paper cases, or on to dishes, and follow for it precisely the same directions as are given for the ginger-candy in the preceding receipt. The orange-flowers will turn brown if thrown too soon into the syrup: it should be more than three parts boiled when they are added. They must be gathered on the day they are wanted for use, as they become soon discoloured from keeping.

Sugar, 2 lbs.; water, ¾ pint; ¼ white of egg; orange-blossoms, 3 ozs.

ORANGE-FLOWER CANDY; (*another Receipt.*)

The French, who are very fond of the delicious flavour of the orange-blossom, leave the petals in the candy; but a more delicate confection, to English taste, is made as follows:—Throw the orange-flowers into the syrup when it has boiled about ten minutes, and after they have simmered in it for five more, pour the whole out, and leave them to in-

fuse until the following day, or even longer, if more convenient; then bring the syrup to the point of boiling, strain it from the blossoms through a muslin, and finish it by the foregoing receipt.

PALACE-BONBONS.

Take some fine fresh candied orange or lemon-peel, take off the sugar that adheres to it, cut it into inch-squares, stick these singly on the prong of a silver fork, or on osier-twigs, dip them into liquid barley-sugar, and place them on a dish rubbed with the smallest possible quantity of very pure salad oil. When cold, put them into tin boxes or canisters well dried, with paper between each layer.

EVERTON TOFFIE.

Put into a brass skillet, if at hand, three ounces of very fresh butter, and as soon as it is just melted add a pound of brown sugar of moderate quality; keep these stirred gently over a very clear fire for about fifteen minutes, or until a little of the mixture, dropped into a basin of cold water, breaks clean between the teeth without sticking to them: when it is boiled to this point, it must be poured out immediately, or it will burn. The grated rind of a lemon, added when the toffee is half done, improves it much; or a small teaspoonful of powdered ginger, moistened with a little of the other ingredients, as soon as the sugar is dissolved, and then stirred to the whole, will vary it pleasantly to many tastes. The real Everton toffee is made, we apprehend, with a much larger proportion of butter, but it is the less wholesome on that very account. If dropped upon dishes first rubbed with a buttered paper, the toffee when cold can be raised from them easily.

Butter, 3 ozs.; sugar, 1 lb.: 15 to 18 minutes.

TOFFIE. (ANOTHER WAY.)

Boil together a pound of sugar and five ounces of butter for twenty minutes; then stir in two ounces of almonds blanched, divided, and thoroughly dried in a slow oven, or before the fire. Let the toffee boil after they are added, till it crackles when dropped into cold water, and snaps between the teeth without sticking.

Sugar, 1 lb.; butter, 5 ozs.; almonds, 2 ozs.: 20 to 30 minutes.

CHAPTER XXV.

DESSERT DISHES.

MÉLANGE OF FRUIT.

HEAP a dessert-dish quite high with alternate layers of fine fresh strawberries stripped from the stalks, white and red currants, and white or red raspberries; strew each layer plentifully with sifted sugar, and just before the dish is sent to table, pour equally over the top a glass and a half of brandy, or, if preferred, the same quantity or rather more of white wine, mixed with the strained juice of one small, or of half a large lemon. Currants by themselves are excellent prepared in this

way, and strawberries also. The fruit should be gently stirred with a spoon when it is served. Each variety must be picked with great nicety from the stalks. The brandy would, we think, be less to the general taste in this country than the wine.

FRUIT EN CHEMISE, OR PERLÉ.

Select for this dish very fine bunches of red and white currants, large ripe cherries, and gooseberries of different colours, and strawberries or raspberries very freshly gathered. Beat up the white of an egg with about half as much cold water, dip the fruit into this mixture, drain it on a sieve for an instant, and then roll it in fine sifted sugar until it is covered in every part; give it a gentle shake, and lay it on sheets of white paper to dry. In England, thin gum-water is sometimes used, we believe, for this dish, instead of the white of egg; we give, however, the French method of preparing it. It will dry gradually in a warm room, or a sunny window, in the course of three or four hours.

PEACH SALAD.

Pare and slice half a dozen fine ripe peaches, arrange them in a dish, strew them with pounded sugar, and pour over them two or three glasses of champagne: other wine may be used, but this is best. Persons who prefer brandy can substitute it for wine. The quantity of sugar must be proportioned to the sweetness of the fruit.

ORANGE SALAD.

Take off the outer rinds, and then strip away entirely the white inside skin from some fine China oranges; slice them thin, and remove the pips as this is done; strew over them plenty of white sifted sugar, and pour on them a glass or more of brandy: when the sugar is dissolved, serve the oranges. In France, ripe pears of superior quality are sometimes sliced in with the oranges. Powdered sugar-candy used instead of sugar, is an improvement in this salad; and the substitution of port, sherry, or Madeira for the brandy is often considered so. The first may be used without being pared, and a little cuirasseau or any other liquor may be added to the brandy; or this last, when unmixed, may be burned after it is poured on the oranges.

COMPÔTE OF ORANGES; (*a Hebrew dish.*)

After having pared and stripped the white inner rind from some fine oranges, pull them into quarters, arrange them neatly in a dish, and just before they are sent to table pour over them some rich syrup, and garnish the whole tastefully with preserved citron cut in thin slices. Half a pint of syrup will be sufficient for a large number of oranges; it would be improved, we think, if the rind of one pared very thin were infused in it for an hour before it is used. This is one of the receipts which we have not considered it needful to prove.

ORANGES WARMED.

Place them in a Dutch oven at a considerable distance from the fire, and keep them constantly turned: they should only be just warmed through. Fold them in a napkin when done, and send them immediately to table. This mode of treating them is said to improve greatly the flavour of the oranges.

NORMANDY PIPPINS.

To one pound of the apples, put one quart of water and six ounces of sugar; let them simmer gently for three hours, or more should they not be perfectly tender. A few strips of fresh lemon-peel and a very few cloves are by some persons considered agreeable additions to the syrup.

Dried Normandy pippins, 1 lb.; water, 1 quart; sugar, 6 ozs.: 3 to 4 hours.

Obs.—These pippins, if stewed with care, will be converted into a rich confection: they may be served hot in a border of rice, as a second course dish.

STEWED PRUNEAUX DE TOURS, OR TOURS DRIED PLUMS.

These plums, which resemble in form small dried Norfolk biffins, make a delicious compôte: they are also excellent served dry. In France they are stewed till tender in equal parts of water, and of the light red wine of the country, with about four ounces of sugar to the pound of fruit: when port wine is used for them a smaller proportion of it will suffice. The sugar should not be added in stewing any dried fruits until they are at least half-done, as they will not soften by any means so easily in syrup as in unsweetened liquid.

Dried plums, 1 lb.; water, $\frac{1}{2}$ pint, and light claret, $\frac{1}{2}$ pint, or water, $\frac{3}{4}$ pint, and port wine, $\frac{1}{4}$ pint: 1 $\frac{1}{2}$ hour. Sugar, 4 ozs.: 1 hour, or more.

Obs.—Common French plums are stewed in the same way with or without wine. A little experience will teach the cook the exact quantity of liquid and of sugar which they require.

BAKED COMPÔTE OF APPLES. (*Our little lady's receipt.*)

Put into a wide jar, with a cover, two quarts of golden pippins, or any small apple which resembles them in appearance, pared and cored, but without being divided; strew amongst them some small strips of very thin fresh lemon-rind, and throw on them, nearly at the top, half a pound of very good sugar, and set the jar, with the cover tied on, for some hours, or for a night, into a very slow oven. The apples will be extremely good, if not too quickly baked: they should remain entire, but be perfectly tender and clear in appearance. Add a little lemon-juice when the season is far advanced.

Apples, 2 quarts; rind, quite small lemon; sugar, $\frac{1}{2}$ lb.: 1 night in slow oven; or some hours baking in a very gentle one.

Obs.—These apples may be served hot or cold for a second course dish; or they will answer admirably to fill *Gabrielle's pudding*.

TO BAKE PEARS.

Wipe some large sound iron pears, arrange them on a dish with the stalk end upwards, put them into the oven after the bread is drawn, and let them remain all night. If well baked, they will be excellent, very sweet, and juicy, and much finer in flavour than those which are stewed or baked with sugar: the *bon chrétien* pear also is delicious baked thus.

STEWED PEARS.

Pare, cut in halves, and core a dozen fine iron pears, put them into a close-shutting stewpan with some thin strips of lemon-rind, half a pound

of sugar, in lumps, as much water as will nearly cover them, and should a very bright colour be desired, a dozen grains of cochineal, bruised, and tied in a muslin; stew the fruit as gently as possible, from four to six hours, or longer, should it not be very tender. The Chaumontel pear, which sometimes falls in large quantities before it is ripe, is excellent, if first baked until tolerably tender, and then stewed in a thin syrup.

BOILED CHESTNUTS.

Make a slight incision in the outer skin only of each chestnut, to prevent its bursting, and when all are done, throw them into plenty of boiling water, with about a dessertspoonful of salt to the half gallon. Some chestnuts will require to be boiled nearly or quite an hour, others little more than half the time; the cook should try them occasionally, and as soon as they are soft through, drain them, wipe them in a coarse cloth, and send them to table quickly in a hot napkin.

ROASTED CHESTNUTS.

The best mode of preparing these is to roast them, as in Spain, in a coffee-roaster, after having first boiled them from five to seven minutes, and wiped them dry. They should not be allowed to cool, and will require but from ten to fifteen minutes roasting. They may, when more convenient, be finished over the fire as usual, or in a Dutch or common oven, but in all cases the previous boiling will be found an improvement.

Never omit to cut the rind of each nut slightly before it is cooked. Serve the chestnuts very hot in a napkin, and send salt to table with them.

CHAPTER XXVI.

SYRUPS, LIQUEURS, &c.

STRAWBERRY VINEGAR, OF DELICIOUS FLAVOUR.

TAKE the stalks from the fruit, which should be of a highly flavoured sort, quite ripe, fresh from the beds, and gathered in dry weather; weigh and put it into large glass jars, or wide-necked bottles, and to each pound pour about a pint and a half of fine pale white wine vinegar, which will answer the purpose better than the entirely colourless kind sold under the name of *distilled vinegar*, but which is, we believe, the pyroligneous acid greatly diluted. Tie a thick paper over them, and let the strawberries remain from three to four days; then pour off the vinegar and empty them into a jelly-bag, or suspend them in a cloth that all the liquid may drop from them without pressure; replace them with an equal weight of fresh fruit, pour the vinegar upon it, and three days afterwards repeat the same process, diminishing a little the proportion of strawberries, of which the flavour ought ultimately to overpower that of the vinegar. In from two to four days drain off the liquid very closely, and after having strained it through a linen or a flannel bag, weigh it, and mix with it an equal quantity of highly-refined sugar roughly powdered; when this is nearly dissolved, stir the syrup over a

very clear fire until it has boiled five minutes, and skim it *thoroughly*; pour it into a delicately clean stone pitcher, or into large china jugs, throw a folded cloth over and let it remain until the morrow; put it into pint or half-pint bottles, and cork them lightly with new velvet corks; for if these be pressed in tightly at first, the bottles would be liable to burst: in four or five days they may be closely corked, and stored in a dry and cool place. Damp destroys the colour and injures the flavour of these fine fruit-vinegars; of which a spoonful or two in a glass of water affords so agreeable a summer beverage, and one which, in many cases of illness, is so acceptable to invalids. They make also most admirable sauces for common custard, batter, and various other simple and sweet light puddings.

Strawberries (stalked), 4 lbs.; vinegar, 3 quarts: 3 to 4 days. Vinegar drained and poured on fresh strawberries, 4 lbs.: 3 days. Drained again on to fresh fruit, 3 to 4 lbs.: 2 to 4 days. To each pound of the vinegar, 1 lb. of highly-refined sugar: boiled 5 minutes. *Lightly* corked, 4 or 5 days.

Obs.—Where there is a garden the fruit may be thrown into the vinegar as it ripens, within an interval of forty-eight hours, instead of being all put to infuse at once, and it must then remain in it a proportionate time: one or two days in addition to that specified will make no difference to the preparation. The enamelled German stewpans are the best possible vessels to boil it in; but it may be simmered in a stone jar set into a pan of boiling water when there is nothing more appropriate at hand; though the syrup does not usually keep so well when this last method is adopted.

Raspberries and strawberries mixed will make a vinegar of very pleasant flavour; black currants also will afford an exceedingly useful syrup of the same kind.

STRAWBERRY ACID ROYAL.

Dissolve in a quart of spring water two ounces of citric acid, and pour it on as many quite ripe and richly-flavoured strawberries, stripped from their stalks, as it will just cover; in twenty-four hours drain the liquid closely from the fruit, and pour on it as much more; keep it in a cool place, and the next day drain it again entirely from the fruit, and boil it gently for three or four minutes, with its weight of very fine sugar, which should be dissolved in it before it is placed over the fire. It should be boiled, if possible, in an enamelled stewpan. When perfectly cold put it into small dry bottles for use, and store it in a cool but not damp place. It is one of the most delicate and deliciously flavoured preparations possible, and of beautiful colour. If allowed to remain longer than the eight-and-forty hours before it is boiled, a brisk fermentation will commence. It must be well secured from the air when stored.

Water, 1 quart; citric acid, 2 ozs.; strawberries, 2 to 3 lbs.: 24 hours. Same quantity of fruit: 24 hours. Equal weight of sugar and this liquid: 3 to 4 minutes *at the utmost*.

VERY FINE RASPBERRY VINEGAR.

Fill glass jars, or large wide-necked bottles, with very ripe but perfectly sound, freshly gathered raspberries, freed from their stalks, and cover them with pale white wine vinegar: they may be left to infuse