

well, set it away to cool; then heat four eggs very light, and stir them into the milk in turn with half a pound of sifted flour; put in a spoonful of yeast, and set it aside. These are baked on a griddle like buck-wheat cakes, and are always buttered before being sent to table.

YEAST.

It is impossible to have good light bread, unless you have lively, sweet yeast. When common family beer is well brewed and kept in a clean cask, the settlings are the best of yeast. If you do not keep beer, then make common yeast by the following method.

Take two quarts of water, one handful of hops, two of wheat bran; boil these together twenty minutes; strain off the water, and while it is boiling hot, stir in either wheat or rye flour, till it becomes a thick batter; let it stand till it is about blood warm; then add a half pint of good smart yeast and a large spoonful of molasses, if you have it, and stir the whole well. Set it in a cool place in summer and a warm one in winter. When it becomes perfectly light, it is fit for use. If not needed immediately, it should, when it becomes cold, be put in a clean jug or bottle; do not fill the vessel, and the cork must be left loose till the next morning, when the yeast will have done working. Then cork it tightly, and set in a cool place in the cellar. It will keep ten or twelve days.

MILK YEAST.

Take one pint of new milk; one teaspoonful of fine salt, and a large spoon of flour—stir these well together; set the mixture by the fire, and keep it just lukewarm; it will be fit for use in an hour. Twice the quantity of common yeast is necessary; it will not keep long. Bread made of this yeast dries very soon; but in the summer it is sometimes convenient to make this kind when yeast is needed suddenly.

Never keep yeast in a tin vessel. If you find the old yeast sour, and have not time to prepare new, put in saleratus, a teaspoonful to a pint of yeast, when ready to use it. If it foams up lively, it will raise the bread; if it does not, never use it.

HARD YEAST.

Boil three ounces of hops in six quarts of water, till only two quarts remain. Strain it, and stir in while it is boiling hot, wheat or rye meal till it is thick as batter. When it is about milk-warm add half a pint of good yeast, and let it stand till it is very light, which will probably be about three hours. Then work in sifted Indian meal till it is stiff dough. Roll it out on a board; cut it in oblong cakes about three inches by two. They should be about half an inch thick. Lay these cakes on a smooth board, over which a little flour has been dusted; prick them with a fork, and set the board in a dry clean chamber or store-room, where the sun and air may be freely admitted. Turn them every day. They will dry in a fortnight unless the weather is damp. When the cakes are fully dry, put them into a coarse cotton bag; hang it up in a cool, dry place. If rightly prepared these cakes will keep a year, and save the trouble of making new yeast every week.

Two cakes will make yeast sufficient for a peck of flour. Break them into a pint of lukewarm water and stir in a large spoonful of flour,

the evening before you bake. Set the mixture where it can be kept moderately warm. In the morning it will be fit for use.

POTATOE YEAST

Is made of mealy potatoes boiled thoroughly soft—they are then skinned and mashed as smooth as possible, when as much hot water should be put on them as will make a mash of the consistency of good beer yeast. Add to every pound of potatoes two ounces of treacle, and when just warm stir in for every pound of potatoes two large spoonsful of yeast. Keep it warm till it has done fermenting, and in twenty-four hours it will be fit for use. A pound of potatoes will make nearly a quart of yeast, and it is said to be equally as good as brewers' yeast.

The following is Dr. Lettsom's directions for making another Prepared Yeast.

Thicken two quarts of water with four ounces of flour, boil it for half an hour, then sweeten it with three of brown sugar; when almost cold, pour it along with four spoonsful of bakers' yeast into an earthen jug, deep enough for the fermentation to go on without running over; place it for a day near the fire; then pour off the thin liquor from the top, shake the remainder, and close it up for use, first straining it through a sieve. To preserve it sweet, set it in a cool cellar, or hang it some depth in a well. Always keep some of this yeast to make the next quantity that is wanted.]

[CHAPTER XXIX.]

AMERICAN MODE OF COOKING INDIAN CORN, PUMPKINS, &c.

MAIZE or Indian corn has never been extensively used in Great Britain, and the editor has every reason to believe that this has arisen from the almost total ignorance of the English people as to the mode of preparing it for human food. It is, perhaps, the most productive crop that can be grown, and its nutritious qualities, when properly prepared, are equal to its productiveness. We are satisfied that it may be grown in that country, or, at any rate, in the south and eastern parts of it, with great advantage; indeed, the experiment has been tried, and with decided success. The late Mr. Cobbett grew an average crop of the dwarf kind on Barn Elms farm, Surrey, for three or four years.

INDIAN CAKE, OR BANNOCK.

This, as prepared in our own country, is cheap and very nice food. Take one quart of Indian meal, dressed or sifted, two table-spoonsful of treacle or molasses, two teaspoonsful of salt, a bit of "shortening" (butter or lard) half as big as a hen's egg, stirred together; make it pretty moist with scalding water, put it into a well-greased pan, smooth over the surface with a spoon, and bake it brown on both sides before a quick fire. A little stewed pumpkin, scalded with the meal, improves the cake. Bannock split and dipped in butter makes very nice toast.

GREEN INDIAN CORN.

This is a most delicious vegetable. When used as a vegetable, the *cobs*, or ears, are plucked about the time that the corn has arrived at a milky state, or just before it assumes a solid substance. A part of the leaves or filaments by which the cob, or ear is surrounded, is taken away, and the cobs boiled from twenty to forty minutes, "according to its age." When it is done, it is served with cold or melted butter, and eaten (after being stripped of its remaining leaves) by taking the two ends of the cob in the hands, and biting off the corn. The editor can bear testimony to its delicious quality.

INDIAN CORN, OR MAIZE PUDDING, BAKED.

Scald a quart of milk (skimmed milk will do), and stir in seven table-spoonful of sifted Indian meal, a teaspoonful of salt, a teacupful of molasses or treacle, or coarse moist sugar, and a tablespoonful of powdered ginger or sifted cinnamon: bake three or four hours. If whey is wanted, pour in a little cold milk after it is all mixed.

BOILED MAIZE PUDDING.

Stir Indian meal and warm milk together "pretty stiff;" a little salt and two or three "great spoonful" of molasses added; also a spoonful of ginger, or any other spice that may be preferred. Boil it in a tight-covered pan, or in a very thick cloth; if the water gets in, it will ruin it. Leave plenty of room, for Indian meal swells very much. The milk with which it is mixed should be merely warmed; if it be scalding hot, the pudding will break to pieces. Some chop suet very fine, and warm in the milk; others warm thin slices of apple to be stirred into the pudding. Water will answer instead of milk.

PUMPKIN AND SQUASH PIE.

The usual way of dressing pumpkins in England in a pie is to cut them into slices, mixed with apples, and bake them with a top crust like ordinary pies. A quite different process is pursued in America, and the editor can testify to the immense superiority of the Yankee method. In England, the pumpkin is grown for show rather than for use; nevertheless, when properly dressed, it is a very delicious vegetable, and a universal favourite with our New England neighbours.

The following is the American method of making a pumpkin pie:— Take out the seeds, and pare the pumpkin or squash; but in taking out the seeds do not scrape the inside of the pumpkin; the part nearest the seed is the sweetest; then stew the pumpkin, and strain it through a sieve or colander. To a quart of milk, for a family pie, three eggs are sufficient. Stir in the stewed pumpkin with your milk and beaten-up eggs till it is as thick as you can stir round rapidly and easily. If the pie is wanted richer make it thinner, and add another egg or two; but even one egg to a quart of milk makes "very decent pies." Sweeten with molasses or sugar; add two teaspoonful of salt, two tablespoonful of sifted cinnamon, and one of powdered ginger; but allspice may be used, or any other spice that may be preferred. The peel of a lemon grated in gives it a pleasant flavour. The more eggs, says our American authority, the better the pie. Some put one egg to a gill of milk. Bake about an hour in deep plates, or shallow dishes, without an upper crust, in a warm oven.

There is another method of making this pie, which we know from experience, produces an excellent dish: Take out the seeds, and grate the pumpkin till you come to the outside skin. Sweeten the pulp; add a little ground allspice, lemon-peel, and lemon-juice; in short, flavour it to your taste. Bake without an upper crust.

CARROT PIES.

These pies are made like pumpkin pies. The carrots should be boiled very tender, skinned, and sifted.

AMERICAN CUSTARD PUDDINGS.

Sufficiently good for common use, may be made by taking five eggs beaten up and mixed with a quart of milk, sweetened with sugar and spiced with cinnamon, allspice, or nutmeg. It is well to boil your milk first, and let it get cold before using it. "Boiling milk enriches it so much, that boiled skim milk is about as good as new." (We doubt this assertion; at any rate, it can only be improved by the evaporation of the water.) Bake fifteen or twenty minutes.

AMERICAN PLUM PUDDING.

Pound six hard fine biscuits (crackers), soak them for some hours in milk sufficient to cover the mass; add three pints of milk, beat up six eggs, and mix; flavour with lemon-brandy, and a whole nutmeg grated; add three-quarters of a pound of stoned raisins, rubbed in flour. Bake not quite two hours.

AMERICAN APPLE PUDDINGS.

Take your apples, and bore out the core without cutting them in two. Fill up the holes with washed rice. Tie up each apple very tight, and separately in the corners of a pudding-bag. Boil an hour, or an hour and a half.

BIRD'S NEST PUDDING.

If you wish to make what is called a bird's nest pudding, prepare your custard; take eight or ten pleasant apples, prepare them and take out the core, but leave them whole; set them in a pudding-dish, pour your custard over them, and bake about thirty minutes.

HASTY PUDDING.

Boil water, a quart, three pints, or two quarts, according to the size of your family; sift your meal, stir five or six spoonful of it thoroughly into a bowl of water; when the water in the kettle boils, pour into it the contents of the bowl; stir it well, and let it boil up thick; put in salt to suit your own taste, then stand over the kettle, and sprinkle in meal, handful after handful, stirring it very thoroughly all the time, and letting it boil between whiles. When it is so thick that you stir it with great difficulty, it is about right. It takes half an hour's cooking. Eat it with milk or molasses. Either Indian meal or rye meal may be used. If the system is in a restricted state, nothing can be better than *rye* hasty pudding and *West India* molasses. This diet would save many a one the horrors of dyspepsia.

DRY BREAD.

As far as possible, have bits of bread eaten up before they become hard. Spread those that are not eaten, and let them dry, to be pounded

for puddings, or soaked for brewis. *Brewis* is made of crusts and dry pieces of bread, soaked a good while in hot milk, mashed up and salted, and buttered like toast.

ANOTHER SORT OF BREWIS.

The author of Domestic Cookery observes, that a very good meal may be bestowed on poor people in a thing called *brewis*, which is thus made: Cut a very thick upper crust of bread, and put it into the pot where salt beef is boiling, and nearly ready; it will attach some of the fat, and when swelled out, will be no unpalatable dish to those who rarely taste meat.

TO PRESERVE CHEESE.

Cover the cheese carefully with paper, fastened on with paste, so as totally to exclude the air. In this way cheese may be kept for years.

AMERICAN MINCE MEAT.

Take the good bits of vegetables, and the cold meat left after dinner. Mash your vegetables fine, and chop your meat very fine. Warm it with what remains of gravy, or roast-meat dripping. Two or three apples, sliced and fried to mix with it, are considered an improvement. Some like a little sifted sage sprinkled in it. After it is warmed, lay it upon a large slice of toasted bread. Potatoes should not be used in the preparation of American mince meat.

AMERICAN SOUSE.

Take pigs' feet, ears, &c. well cleaned, and boil or rather simmer them for four or five hours, until they are too tender to be taken out with a fork. When taken from the boiling water, it should be put into cold water. After it is packed down tight, boil the jelly-like liquor in which it was cooked with an equal quantity of vinegar; salt as you think fit, and add cloves, allspice, and cinnamon.

PORK AND BEANS

Is an economical dish; but it does not agree with weak stomachs. Put a quart of beans into two quarts of cold water, and hang them all night over the fire, to swell. In the morning pour off the water, rinse them well with two or three waters poured over them in a colander. Take a pound of pork, that is not very fat, score the rind, then again place the beans just covered with water in the kettle and keep them hot over the fire for an hour or two; then drain off the water, sprinkle a little pepper and a teaspoonful of salt over the beans; place them in a well-glazed earthen pot, not very wide at the top, put the pork down in the beans, till the rind only appears; fill the pot with water till it just reaches the top of the beans, put it in a brisk oven and bake three or four hours.

Stewed beans and pork are prepared in the same way, only they are kept over the fire, and the pork in them three or four hours instead of being in the oven. The beans will not be white or pleasant to the taste unless they are well soaked and washed—nor are they healthy without this process.]

CHAPTER XXX.

[DIRECTIONS FOR CARVING.

GARNISHING, AND SETTING OUT A TABLE.

In preparing meat for the table, and in laying out the table, reference ought to be had to the carving department—a very onerous one to all, and to many a very disagreeable one. The carving-knife of course ought to be sharp, and if to be used by a lady, in particular, light and handy; dexterity and address in the manner of using it being more required than strength, either in the knife or the carver. When a lady presides, a seat sufficiently high for her to have a complete command over the joints should be provided, and the dish should be sufficiently deep and capacious, so as not to endanger the splashing of the gravy. It should also be placed as near to the carver as possible, leaving room for his or her plate. A knife with a long blade is required for a large fleshy joint; for ham or bacon a middling sized, sharp-pointed one is preferable, and for poultry or game a short knife and sharp-pointed is best. Some like this knife a little curved. We do not presume to give any directions as respects the serving of the guests; no one it is presumed would take the head of the table not acquainted with the common rules of politeness, which principally consist in endeavouring to please everybody.

FISH.

As fish is the first thing to be carved, or served, we shall first speak of it. In helping fish, take care not to break the flakes, which in cod and fine fresh salmon, and some other sorts, are large. A fish trowel is necessary, not to say indispensable, in serving many kinds of fish, particularly the larger sort.

TURBOT, &c.

The trowel is to be carried flatways from the middle of the fish, and the carver should bring out as much meat as will lie upon it. The thick part is the best, and of course most esteemed. When one side is cleared, the bones ought to be taken away—which done, serve the under part. The meat on the fins is considered by some a great delicacy. Halibuts, plaice, and other large fish, are served in a similar way.

A COD'S HEAD AND SHOULDERS.

These, perhaps, require more attention in serving than any other. It is, too, considered a handsome dish. In carving, introduce the trowel along the back, and take off a piece quite down to the bone, taking care not to break the flakes. Put in a spoon and take out the sound, a jelly-like substance, which lies inside the back-bone. A part of this should be served with every slice of fish. The bones and glutinous parts of a cod's head are much liked by most people, and are very nourishing.

SALMON.

Cut slices along the back-bone, and also along the flank. The flank or thin part is the best and richest, and is preferred by all accomplished gourmands. The back is the most solid and thick. The tail of salmon