

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

is not so fine as the other parts. The head is seldom used. The liver, melt, and roe, are generally served, but seldom eaten.

SOLES.

These are easily carved. You have only to cut through the middle part of the fish, bone and all, and subdivide and serve according to the size of fish. The thick parts are best; the roes when well done are very nice.

MACKEREL.

The trowel should be carried under the meat, horizontally over the back-bone, so as to raise one side of the meat from the bone. Remove the bone, and serve the other side of the fish. When fresh, well cleaned, and well done, the upper end is considered the best. The roes are much liked.

EELS, WHITING JACK, &c.

These when intended to be fried, are previously cut in pieces of a suitable size for serving. When they are boiled, cut through them in the same way as soles. Large jacks will admit of slices being taken off with a trowel without the bones. Small fish are served whole.

AITCH BONE OF BEEF.

Cut a slice an inch thick all through. Put this by, and serve in slices from the remainder. Some persons, however, like outside, and others take off a thinner slice before serving, for the sake of economy. The rich, delicious, soft fat, which resembles marrow, lies at the back of the bone: the firm fat is cut in horizontal slices at the edge of the meat. Some prefer one and some the other. The skewer used to keep the meat together when boiling, should be taken out before coming to the table, and, if necessary, be replaced by a silver one.

A ROUND, OR BUTTOCK, AND THICK FLANK OF BEEF.

These are carved in horizontal slices, that is, in slices from the top. Pare and neatly cut all round. Some prefer the silver side.

A BRISKET OF BEEF.

This is cut lengthways, right down to the bone. The soft mellow fat is found underneath. The upper part is firm, but gristly; if well done, they are equally good to our taste.

SIRLOIN OF BEEF,

The glory of the dinner-table, may be commenced carving, either by beginning at the end, and cutting slices along the bones, or across the middle; but this latter mode will drain the gravy from the remainder. The inside is very juicy and tender, but the outside is frequently preferred. The inside fat is rich and marrowy, and is considered too much so by many. The inside of a sirloin is frequently dressed (in various ways) separately.

FILLET OF VEAL

Is the corresponding part to the round in an ox, and is cut in the same way. If the outside brown be not desired, serve the next slice. Cut deep into the stuffing, and help a thin slice, as likewise of fat. A fillet of veal should be cut very smooth and thin.

BREAST OF VEAL

Answers to the brisket of an ox. It should be cracked lengthways, across the middle of the bones, to divide the thick gristly part from the ribs. There is a great difference in these parts; and as some prefer the one, and some the other, the best way is to ask to which the preference is to be given. The burr, or sweetmeat, is much liked, and a part should be served with each slice.

NECKS AND LOINS

Of all sorts of meat, if properly jointed by the butcher, require only to be cut through; but when the joints are too thick for one, cut a slice between each, that is, cut one slice without bone, and another with. Some prefer one, and some the other.

CALF'S HEAD

Affords a great variety of excellent meat, differing in texture and flavour, and therefore requires a judicious and skilful carver properly to divide it. Cut slices longways under the eye, taking care that the knife goes close to the bone. The throat sweetbread or kernel, lies in the fleshy part, at the neck end, which you should help a slice of with the other part. The eyes are considered great delicacies by some. They should be taken out with the point of your knife, and each cut into two. A piece of the palate (which lies under the head), a slice of the tongue, with a portion of the brains, should be given to each guest. On drawing out the jaw-bone, some delicious lean will be found. The heads of oxen, sheep, lambs, &c., are cut in the same way as those of calves.

A LEG OF MUTTON, &c.

Begin to cut in the midway, between the knuckle and farther end. The slices should be thin and deep. If the outside is not fat enough, cut some from the fat on the broad end, in slices. Many prefer the knuckle, or venison bit, to the middle part; the latter is the most juicy, the former, in good, well-done mutton, is gelatinous, and delicately tender. There is some good meat on the back of the leg, or aitch bone; this should be cut lengthways. It is, however, seldom carved when hot. To cut out the cramp bone, take hold of the shank in your left hand, and steadily cut down to the thigh bone; then pass the knife under the cramp bone. Legs of lamb and pork are cut in the same way.

A SADDLE OR COLLAR OF MUTTON,

Sometimes called the chine, should be cut lengthways, in long slices, beginning close to the backbone, and thus leaving the ribs bare. The fat is taken from the outer ends. The inside of the loin is very tender, and in the opinion of some gourmands, is preferred to the upper part. It is best, perhaps, to cut the inside lengthways.

SHOULDER OF MUTTON.

To carve this joint (which when properly dressed is very fine eating) economically for a very small family, the best way is to cut away the underneath part when hot, and if any more is required, to take it from the knuckle. This plan leaves all the gravy in the upper part, which is very nice when cold. The usual way, however, of carving a shoulder

of mutton, is to cut slices deep to the bone, in the hollow part. The prime part of the fat lies on the outer edge, and is to be cut in thin slices. Some good delicate slices of lean may be taken from each side of the ridge of the blade-bone. No slices can be cut across the edge of the blade-bone.

HAUNCH OF VENISON OR MUTTON.

Cut down to the bone in circular slices at the narrow end, to let out the gravy. You may then turn the broad end of the haunch towards you; insert the knife in the middle of the cut, and cut thin deep slices lengthways to the broad end of the haunch. The fat of venison is much esteemed; those who help should take care properly to apportion both the fat and gravy.

FORE-QUARTER OF LAMB.

Separate the shoulder from the scovel, or breast and ribs, by passing the knife under it (the shoulder). The shoulder of grass lamb, which is generally pretty large, should have a little lemon or Seville orange-juice squeezed over it, and be sprinkled with a little pepper and salt, and then placed upon another dish. If the lamb be small, it is usual to replace the shoulder. The breast and ribs should be cracked across by the butcher, and be divided. Help either from that, the ribs, or shoulder, according to choice.

HAM.

The most economical way of cutting a ham, which is seldom or never eaten at one meal, is to begin to cut at the knuckle end, and proceed onwards. The usual way, however, is to begin at the middle, and cut in long slices through the thick fat. By this means you come at once to the prime, but you let out the gravy. Another plan is to cut a small hole on the top of the ham, and with a very sharp knife enlarge the hole, by cutting thin circular slices. In this latter way you preserve the gravy, and of course keep the meat moist to be eaten when cold.

TONGUE.

This much-esteemed relish, which often supplies the place of ham, should be cut in thin slices across, beginning at the thick middle part. Serve slices of fat and kernel from the root.

A SUCKING PIG

Is generally slit down the middle in the kitchen, and the cook garnishes the dish with the jaws and ears. Separate a shoulder from the carcase on one side, and then do the same thing with the leg. Divide the ribs, which are frequently considered the most choice part, into two or three helpings, presenting an ear or jaw with them as far as they will go, and plenty of sauce. Some persons prefer the leg, because not so rich and luscious as the ribs. The neck end between the shoulders is also sometimes preferred. The joints may be divided into two each, or pieces may be cut from them.

A FOWL.

The legs of a boiled fowl are always bent inwards, and tucked into the belly, but before it is put upon the table, the skewers by which they are secured ought to be removed. The fowl should be laid on the carver's plate, and the joints as they are cut off placed on

the dish. In taking off the wing, the joint only must be divided with the knife, for, by lifting up the pinion of the wing with the fork, and then drawing it towards the legs, the muscles will separate in a much better form than you can effect by cutting with a knife. Next place the knife between the leg and body, and cut to the bone; turn the leg back with the fork, and the joint will give way, if the fowl be young and well done. The merrythought is taken out when the legs and wings are all removed; the neck bones are taken off by putting in the knife, and pressing it under the long broad part of the bone, then lift the neck-bone up and break it off from the part that sticks to the breast. The breast itself has now to be divided from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail; then lay the back upwards, put your knife into the bone half-way from the neck to the rump, and on raising the lower end it will readily separate. The last thing to be done is to turn the rump from you, and neatly to take off the two sidesmen. Each part should be neatly arranged on the dish, but it is almost impossible to give effectual written descriptions for carving fowls; the best plan is to observe carefully a good carver, and then, by a little practice, you will become perfect. The breast and the wings are considered the best parts.

A PHEASANT.

Take out the skewers; fix your fork in the centre of the breast, slice it down; remove the leg by cutting in the sideway direction, then take off the wing, taking care to miss the neck-bone. When the legs and wings are all taken off, cut off slices of the breast. The merrythought is separated by passing the knife under it towards the neck; the other parts are cut as before directed in a fowl. The breast, wings, and merrythought, are the favourites, particularly the former, but the leg has a higher flavour.

PARTRIDGES AND PIGEONS.

Partridges are carved like fowls, but the breast and wings are not often divided, the bird being small. The wing is the prime bit, particularly the tip; the other choice parts are the breast and merrythought. Pigeons may be cut in two, either from one end to the other of the bird, or across.

GOOSE OR DUCK.

Cut off the apron of the goose and pour into the body a large spoonful of gravy, which should be mixed with the stuffing. Some persons put, instead of the gravy, a glass of port-wine, in which a large tea-spoonful of mustard has been previously stirred. Cut as many slices from the breast as possible, and serve with a portion of the apron to each plate. When the breast is all served, and not till then, cut off the joints; but observe, the joints of water-fowl are wider spread and go farther back than those of land-fowl.

A TURKEY

Should not be divided till the breast is disposed of; but if it be thought proper to divide, the same process must be followed as directed in a fowl. The following is the best mode of serving this delicious bird: Begin cutting close to the breast-bone, scooping round so as to leave the mere pinions. Each slice should carry with it a portion of the pudding, or force meat, with which the craw is stuffed.

HARE.

Put the point of the knife under the shoulder, and cut all the way down to the rump, on the side of the back-bone. By doing the same on the other side, the hare will be divided into three parts. The back should be cut into four parts: the shoulder must be taken off in a circular line. The pieces as they are cut should be neatly placed on the dish; in helping, some pudding and gravy should be given to each person. The above mode of carving is only applicable to a young hare; when the hare is old, it is not practicable to divide it down, but put the knife between the leg and back, and give it a little turn inwards at the joints, which you must endeavour to hit, and then cut, and with the fork turn it completely back. When both legs are taken off, you will find a fine collop on each side of the back, which back you may divide into as many pieces as are necessary. Take off the shoulders, which some persons are very fond of, and which are called the sportsman's pieces; but the legs and back are considered the prime. When all the guests are served, it is usual to take off the head, and by putting the knife between the upper and lower jaw, you may divide them; then lay the upper flat upon your plate, put the point of the knife into the centre, and cut the head into two; you will thus get at the brains, which may be served with the ears and tail to those who like them. Some persons direct the carver to serve with slices, as much as possible, off the sides of the back-bone, from the shoulder to the rump.

RABBITS

Are generally cut up in the same way as hares. The back and legs are considered the best parts. The back should be cut into two pieces.

[GARNISHES.]

Parsley is the most universal garnish to all kinds of cold meat, poultry, fish, butter, cheese, and so forth. Horse-radish is the garnish for roast beef, and for fish in general; for the latter, slices of lemon are sometimes laid alternately with heaps of horse-radish.

Slices of lemon for boiled fowl, turkey, and fish, and for roast veal and calf's head.

Carrot in slices for boiled beef, hot or cold.

Barberries fresh or preserved for game.

Red beet-root sliced for cold meat, boiled beef, and salt fish.

Fried smelts as garnish for turbot.

Fried sausages or force meat-balls round roast turkey, capon, or fowl.

Lobster coral and parsley round boiled fish.

Fennel for mackerel and salmon, either fresh or pickled.

Currant jelly for game, also for custard or bread pudding.

Seville orange in slices for wild ducks, widgeons, teal and so forth.

Mint, either with or without parsley, for roast lamb, either hot or cold.

Pickled gherkins, capers, or onions, for some kinds of boiled meat and stews.

SETTING OUT A TABLE.

A prudent housekeeper, in providing for a family, or for company, will endeavour to secure variety, and avoid extravagance, taking care not to have two dishes alike, or nearly alike, such as ducks and pork, veal and fowls; and avoiding, when several sorts are required, to have such things as cannot be eaten cold, or cannot be warmed or re-cooked. There is a great waste occasioned if these principles are overlooked in providing for a party. When a table is to be set out, it is usual to place nearly the whole provisions at once; but if comfort is the object, it is better to have each dish and its accompanying sauces and vegetables sent in separately, hot from the kitchen.

For plain family dinners, soup or pudding is placed at the head of the table, and meat at the lower end; vegetables on each side of the middle, and sauce boats in the middle. Boiled meat at the top; roast meat at bottom; soup in the middle; then the vegetables and sauce boats at cross corners of the middle dish. Poultry or mutton at bottom; boiled poultry at top; roast poultry, or game, at bottom; vegetables and sauces so disposed as to give the appearance of the whole table being covered without being crowded.

When there are several courses, the first consists of soups, stews, boiled fish, fricassees; poultry with ham, bacon, tongue, or chine; and roast or boiled meat.

For second course, birds and game of all sorts, fish fried, pickled, or potted; pigeon pies, patties, brawn, omelets, oysters stewed or scolloped, and lobsters or crabs. Tarts, cheesecakes, and sweet dishes of all kinds, are sometimes placed with the second course, but more frequently form separate courses by themselves.

The dessert is usually served in another room, which is a great accommodation both to the servants, who can prepare it at leisure, and to the guests in quitting the smell of a hot dinner. A d'oyley, a finger-glass, two wine-glasses, a China dessert plate, and silver knife and fork, and spoon, to each person. Every variety of fruit, fresh and preserved, is admissible; and biscuits, and pound-cake, with an epergne or stand of jellies in the middle. Varieties of wine are generally placed at each end.

The modern practice of dining late has added importance to the luncheon, and almost annihilated the supper meal. The following are suitable for either: soups, sandwiches of ham, tongue, dried sausage, or beef; anchovy, toast or husks; potted beef, lobster, or cheese; dried salmon, lobsters, crayfish, or oysters, poached eggs; patties; pigeon-pies; sausages; toast with marrow (served on a water-plate), cheesecakes; puffs, mashed or scolloped potatoes, brocoli; asparagus, sea-kale with toast, creams, jellies, preserved or dried fruits, salad, radishes, &c. If a more substantial supper is required, it may consist of fish, poultry, game; slices of cold meat, pies of chickens, pigeons, or game; lamb or mutton chops, cold poultry, broiled with high seasoning, or fricasseed; rations or toasted cheese.