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DOMESTIC ECONOMY;

OR,

A COMPLETE SYSTEM

OF

ENGLISH HOUSEKEEPING:

CONTAINING

The most approved Receipts, confirmed by Observation and Practice, in every reputable English Book of Cookery now extant; besides a great Variety of others which have never before been offered to the Public. Also a valuable Collection, translated from the Productions of Cooks of Eminence who have published in *France*, with their respective Names to each Receipt; which, together with the ORIGINAL ARTICLES, form the most complete System of HOUSEKEEPING ever yet exhibited, under the following Heads, viz.

ROASTING,	SOUPS,	TARTS,
BOILING,	SAUCES,	PIES,
MADE-DISHES,	GRAVIES,	PASTIES,
FRYING,	HASHES,	CHEESECAKES,
BROILING,	STEWES,	JELLIES,
POTTING,	FUDDINGS,	PICKLING,
FRICASSEES,	CUSTARDS,	PRESERVING, and
RAGOUTS,	CAKES,	CONFECTIONARY.

To which is prefixed, in order to render it as complete and perfect as possible,

AN ELEGANT COLLECTION OF LIGHT DISHES FOR SUPPER,
ADAPTED FOR EVERY MONTH IN THE YEAR.

ALSO

THE COMPLETE BREWER;

CONTAINING

Familiar Instructions for brewing all Sorts of Beer and Ale; including the proper Management of the Vault or Cellar.

LIKEWISE

THE FAMILY PHYSICIAN;

Being a Collection of the most valuable and approved Prescriptions by MEAD, SYDENHAM, TISSOT, FOTHERGILL, ELLIOT, BUCHAN, and Others.

BY MAXIMILIAN HAZLEMORE.

L O N D O N:

PRINTED FOR J. CRESWICK, AND CO.

DOMESTIC ECONOMY

A COMPLETE SYSTEM

FOR THE HOUSEHOLD

The object of this work is to afford a complete system of domestic economy, and to show the most judicious and economical manner of conducting the household, in all its various branches, from the purchase of provisions to the management of the family.

Wheat	100	100
Rye	100	100
Barley	100	100
Oats	100	100
Peas	100	100
Beans	100	100
Lentils	100	100
Flour	100	100
Wheat	100	100
Rye	100	100
Barley	100	100
Oats	100	100
Peas	100	100
Beans	100	100
Lentils	100	100
Flour	100	100

By the Author of the 'Domestic Economy'.

THE COMPLETE SYSTEM

FOR THE HOUSEHOLD

BY THE AUTHOR OF THE 'DOMESTIC ECONOMY'

AND OF 'THE ART AND MYSTERY OF COOKING'

BY MISS MARY HAZLTON

LONDON: J. JOHNSON AND CO. 1793.

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TO THE PUBLIC.

THE numerous Publications on the ART of COOKERY may appear, on the first blush, to render any other Treatise on that subject unnecessary; but accurate examination will evince the propriety of the present Work.

Without a desire to depreciate the productions of former Writers, on a subject apparently so much exhausted, I may venture to assert, that this System of

DOMESTIC ECONOMY;

OR,

COMPLETE ENGLISH HOUSEKEEPING,

will be found to contain the essence of all preceding works on that subject, enriched with a variety of new and valuable receipts. I have carefully excluded all extravagant, and almost impracticable ones, which too frequently abound in books of this kind; at the same time have studiously retained every thing that merits preservation in all the productions extant on that subject. The most frugal and least complicated dishes have generally been preferred; though care has been taken that nothing should be omitted that might gratify the appetite of the epicure.

In order to render this performance generally useful and acceptable, I have added, by way of supplement, INSTRUCTIONS in the ART of BREWING in all its BRANCHES
together

together with a collection of valuable Medical Receipts,
under the title of

THE FAMILY PHYSICIAN;

COMPILED FROM THE WORKS OF

BUCHAN, MEAD, SYDENHAM, FOTHERGILL, TISSOT, &c. &c.

which will be found applicable to the relief of all common complaints incident to families, and which will be particularly useful in the country, where frequent opportunities offer of relieving the Distressed, whose situation in life will not enable them to call in Medical Aid; concluding with Instructions for the Recovery of Persons apparently drowned, as published by the Humane Society.

The whole is intended as a Companion to Young Persons on the Commencement of Housekeeping; as well as an Assistant to Servants entrusted in any Department of a Family.

I cannot omit this opportunity of inviting a candid examination of my Performance, when I flatter myself its utility will not be disputed: If it contributes to the instruction of the uninformed, the general comforts of families, and the relief of those who are afflicted with disease, my object will be completely attained.

M. HAZLEMORE.

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Proper Articles to cover the Table every Month,

JANUARY.

FIRST COURSE.

Leg of Lamb	Chestnut Soup	Boiled Chickens
Chickens and Veal Pie	Petit Patties	Roast Beef
Tongue	Cod's Head	Scotch Collops
	Raifolds	
	Vermicelli Soup	

SECOND COURSE.

	Roast Turkey	
Marinated Smelts	Tartlets	Mince Pies
Roasted Sweetbreads	Stands of Jellies	Larks
Almond Tart	Maids of Honour	Lobsters
	Woodcocks	

THIRD COURSE.

	Morels	
Artichoke Bottoms	Dutch Beef scraped	Macaroni
Custards	Cut Pastry	Black Caps
Scalloped Oysters	Potted Chars	Stewed Celery
	Rabbit fricasseed	

FEBRUARY.

FIRST COURSE.

	Peas Soup	
Chickens	Chicken Patty	Mutton Collops
Harrico of Mutton	Salmon and Smelts	Rump of Beef à la daub
Pork Cutlets	Oyster Patties	Small Ham
Sauce Robert	Soup Santé	

SECOND COURSE.

	Wild fowl	
Cardoons	Dish of Jelly	Stewed Pippins
Scalloped Oysters	Epergne	Ragout Melé
Compört Pears	Caromel	Artichoke Bottoms
	Hare	

THIRD COURSE.

	Two Woodcocks	
Cray-fish	Asparagus	Preferved Cherries
Pigs Ears	Crocant	Lamb Chops larded
Blanched Almonds and Raifins	Mushrooms	Prawns
	Larks à la surprise	

MARCH.

MARCH.

FIRST COURSE.

Sheeps Rumps	Soup Lorrain	Fillet of Pork
Chine of Mutton and stewed Celery	Almond Pudding	Lamb's Head
Veal Cellops	Stewed Carp, or Tench	Calves Ears
	Beef-steak Pie	
	Onion Soup	

SECOND COURSE.

A Poulard larded and roasted

Asparagus	Blancmange	Prawns
Ragoood Sweetbreads	A trifle	Fricassee of Rabbits
Cray-fish	Cheefecakes	Fricassee of Mushrooms
	Tame Pigeons roasted	

THIRD COURSE.

Tartlets	Ox Palates shivered	Stewed Pippins
Cardoons	Potted Larks	Spanish Peas
Black Caps	Jellies	Almond Cheefecakes
	Potted Partridge	
	Cocks' Combs	

APRIL.

FIRST COURSE.

Chickens	Crimp Cod and Smelts.	Cutlets à-la Maintenon
Breast of Veal in Rolie	Marrow Pudding	Beef Tremblant
Lamb's Tails à-la- Bathemel	Spring Soup	Tongue
	Pigeon Pie	
	Whittings boiled and broiled	

SECOND COURSE.

Asparagus	Ducklings	Black Caps
Roast Sweetbreads	Tartlets	Oyster Loaves
Stewed Pears	Jellies and Syllabubs	Mushrooms
	Tansey	
	Ribs of Lamb	

THIRD COURSE.

Mushrooms	Petit Pigeons	Pistachio Nuts
Marinated Smelts	French Plums	Oyster Loaves
Blanched Almonds	Sweetmeats	Artichoke Bottoms
	Raisins	
	Calves Ears à-la-braife	

MAY.

FIRST COURSE.

Rabbits with Onions	Calvert's Salmon broiled	Collared Mutton
Pigeon Pie raised	Veal Olives	Macaroni Tart
Ox Palates	Vermicelli Soup	Matelot of Tame Duck
	Chine of Lamb	
	Mackarel	

SECOND COURSE.

Asparagus	Green Goose	Cocks' Combs
Green Gooseberry Tarts	Custards	Green Apricot Tarts
Lamb Cutlets	Epergne	Stewed Celery
	Blancmange	
	Roast Chickens	

THIRD COURSE.

Stewed Lettuce	Lamb Sweetbreads	Raspberry Puffs
Lobsters ragooned	Rhenish Cream	Buttered Crab
Lemon Cakes	Compost of Green Apricots	French Beans
	Orange Jelly	
	Ragout of Fat Livers	

JUNE.

FIRST COURSE.

Chickens	Green Peas Soup	Harrico
Lamb Pie	Haunch of Venison	Ham
Veal Cutlets	Turbot	Orange Pudding
	Neck of Venison	
	Lobster Soup	

SECOND COURSE.

Peas	Turkey Poults	Lobsters
Fricassee of Lamb	Apricot Puffs	Roasted Sweetbreads
Smelts	Half Moon	Artichokes
	Cherry Tart	
	Roasted Rabbits	

THIRD COURSE.

Fillets of Soals	Sweetbreads à-la-Blanche	Ratafia Cream
Peas	Potted Wheat Ears	Forced Artichokes
Preserved Oranges	Green Gooseberry Tart	Matelot of Eels
	Potted Ruff	
	Lamb's Tails à-la-braisc	

JULY.

FIRST COURSE.

	Mackarel, &c.	
Breast of Veal à-la-braise	Tongue and Turnips	Pulpeton
Venison Pastry	Herb Soup	Neck of Venison
Chickens	Boiled Goose and stewed Red Cabbage	Mutton Cutlets
	Trout boiled	

SECOND COURSE.

	Roast Turkey	
Stewed Peas	Apricot Tart	Blanmange
Sweetbreads	Jellies	Fricassee of Rabbits
Cultards	Green Codling Tart	Blaized Pippins
	Roast Pigeons	

THIRD COURSE.

	Fricassee of Rabbits	
Apricots	Pains à-la-Duchesse	Forced Cucumbers
Cray-fish ragooed	Morel Cherry Tart	Lobsters à-la-braise
Jerusalem Artichokes	Apricot Puffs	Green Gage Plums
	Lamb Stones	

AUGUST.

FIRST COURSE.

	Stewed Soals	
Fillets of Pigeons	Ham	Turkey à-la-daube
French Patty	Cray-fish Soup	Petit Patties
Chickens	Fillet of Veal	Rofard of Beef Palates
	Whitings	

SECOND COURSE.

	Roast Ducks	
Macaroni	Tartlet	Fillets of Soal,
Cheefecakes	Jellies	Apple Pies
Matelot of Ecls	Orange Puffs	Fricassee of Sweetbreads
	Leveret	

THIRD COURSE.

	Partridge à-la-pair	
Stewed Peas	Potted Wheat Ears	Cray-fish
Apricot Tart	Fruit	Cut Pastry
Prawns	Scraped Beef	Blanched Celery
	Ruffs and Rees	

SEPTEMBER.

S E P T E M B E R.

FIRST COURSE

Chickens	Dish of Fish	Veal Collops
Pigeon Pie	Chine of Lamb	Almond Tart
Harico of Mutton	Gravy Soup	Hare
	Roast Beef	
	Dish of Fish	

SECOND COURSE.

Peas	Wild Fowls	Ragoed Lobsters
Sweetbreads	Damascene Tarts	Fried Piths
Cray-fish	Croquant	Fried Artichokes
	Maids of Honour	
	Partridges	

THIRD COURSE.

Comport of Biscuits	Ragoed Palates	Fruit in Jelly
Green Truffles	Tartlets	Cardoons
Blancmange	Epergne	Ratafia Drops
	Cheesecakes	
	Calves Ears à-la-braife	

O C T O B E R.

FIRST COURSE.

Jugged Hare	Cod and Oyster Sauce	Small Puddings
French Patty	Neck of Veal à la braife	Fillet of Beef larded & roasted
Chickens	Almond Soup	Torrent de Veau
	Tongue and Udder	
	Broiled Salmon	

SECOND COURSE.

Stewed Pears	Pheasant	Mushrooms
Roast Lobsters	Apple Tarts	Oyster Loaves
White Fricassee	Jellies	Pippins
	Custards	
	Turkey	

THIRD COURSE.

Fried Artichokes	Sweetbread à la braife	Pig's Ears
Almond Cheesecakes	Potted Eels	Apricot Puffa
Amlet	Fruit	Forced Celery
	Potted Lobsters	
	Larks	

NOVEMBER.

NOVEMBER.

FIRST COURSE.

	Dish of Fish	
Veal Cutlets	Roasted Turkey	Ox Palates
Two Chickens and Brocoli	Vermicelli Soup	Leg of Lamb and Spinach
Beef Collops	Chine of Pork	Harrico
	Dish of Fish	

SECOND COURSE.

	Woodcocks	
Sheeps Rumps	Apple Puffs	Dish of Jelly
Oyster Loaves	Crocants	Ragoed Lobsters
Blanc mange	Lemon Tart	Lambs Ears
	Hare	

THIRD COURSE.

	Pettit Patties	
Stewed Pears	Potted Chars	Fried Oysters
Gallantine	Ice Cream	Collared Eels
Fillets of Whittings	Potted Cray-fish	Pippins
	Lambs' Ears à la braise	

DECEMBER.

FIRST COURSE.

	Cod's Head	
Chickens	Stewed Beef	Fricandau of Veal
Almond Puddings	Soup Santé	Calves Feet Pie
Fillet of Pork with sharp fauce	Chine of Lamb	Tongue
	Soals fried and boiled	

SECOND COURSE.

	Wild Fowls	
Lambs Fry	Orange Puffs	Sturgeon
Gallantine	Jellies	Savoury Cake
Prawns	Tartlets	Mushrooms
	Partridges	

THIRD COURSE.

	Ragoed Palates	
Savoy Cakes	Dutch Beef Scraped	China Oranges
Lambs Tails	Half Moon	Calves Burs
Jargonel Pears	Potted Larks	Lemon Biscuits
	Fricassée of Cray-fish	

N. B. Be careful to send up all kinds of garden stuff suitable to your meat, &c. in your first course, in different dishes on a water-dish on the side table; and all your fauce in boats or basons, to answer each other at the corners.

S U P P E R S .

Little Family Suppers of Four Things.

Pat of Butter in a glass	Minced Veal	Radishes
	Poached Eggs on a toast	
	<hr/>	
	Hashed Mutton	
Anchovy and Butter		Pickles
	Scolloped or roasted Potatoes	
	<hr/>	
	Maintenons	
Sliced Ham		Tart
	Rabbit Roasted	
	<hr/>	
	Boiled Chicken	
Cold Beef or Mutton sliced		Pickles
	Scolloped Oysters	
	<hr/>	
	Boiled Tripe	
Bologna Sausage sliced		Pat of Butter in a glass
	Hashed Hare	
	<hr/>	
	Gudgeons fried	
Biscuits		Rasped Beef, and a Pat of Butter in the middle
	Duck roasted	
	<hr/>	
	Roasted Chicken	
Potted Beef		Cheescakes
	Saufages, with Eggs poached	
	<hr/>	
	Whitings broiled	
Tongue sliced		Biscuits
	Calf's Heart	
	<hr/>	
	Veal Cutlet	
Tart		Radishes, and Butter in the middle
	Asparagus	
	<hr/>	
	House Lamb Steaks, à-la-fricassée, white	
Collared Eel		Pickles
	Chicken roasted	

Family Suppers of Five Things.

Potted Pigeon	Scotch Collops Salad Peafe	Lobster
Butter spun	Eels broiled or boiled Tart Sweetbread roasted	Radishes
Anchovies and Butter	Cold Veal hashed Plain Fritters Teal roasted	Pickles
Prawns	Pigeons roasted Tarts Asparagus	Cold Mutton sliced
Slices of Beef	Poached Eggs and Spinach stewed Mince Pies Chickens roasted	Baked Sprats
Peafe	Boiled Chickens Gooseberry Cream Fricassee of Ox Palates	Parley and Butter, and melted Butter
Sliced Tongue	Duck roasted Tart Peafe	Cray-fish
Ham sliced	Boiled Chickens, Lemon-sauce Butter in a glass Lamb's Fry	Radishes
Collared Beef	Spitchcock Eel Rasperry Fritters Veal Cutlet	Pickles
Collared Veal sliced	Giblets stewed Tart Roasted Pigeons	Crab
Potted Beef	Buttered Lobster Rasperry Cream Calf's Heart.	Collared Pig's-Head

DOMESTIC ECONOMY,

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CHAP. I.—Of ROASTING.

General Instructions.

WHEN you roast meat of any kind, put a little salt and water in your dripping-pan; baste your meat a little with it; let it dry, then dust it well with flour; baste it with fresh butter, and it will make your meat a better colour. Observe always to have a brisk, clear fire; it will prevent your meat from dazing, and the froth from falling. Keep it a good distance from the fire. If the meat be scorched, the outside will be hard, and prevent the heat from penetrating into the meat, and will appear enough before it be little more than half done. Time, distance, basting often, and a clear fire, is the best method I can prescribe for roasting meat to perfection. When the steam draws near the fire, it is a sign of its being enough; but you will be the best judge of that from the time you put it down. Be careful, when you roast any kind of wild fowl, to keep a clear brisk fire; roast them a light brown, but not too much. It is a great fault to roast them till the gravy runs out of them, as that takes off the fine flavour. Tame fowls require more roasting; they are a long time before they are hot through, and must be often basted to keep up a strong froth; it makes them rise better, and a finer colour. Pigs and geese should be roasted before a good fire, and turned quick. Hares and rabbits require time and care, to see the ends are roasted enough; when they are half roasted, cut the neck-skin, and let out the blood, or when they are cut up they often appear bloody at the neck.

I must desire the cook to order her fire according to what she is to dress; if any thing very little or thin, then a pretty little brisk fire, that it may be done quick and nice; if a very large joint, then be sure a good fire be laid to cake. Let it be clear at the bottom; and when your meat is half done, move the dripping-pan and spit a little from the fire, and stir up a good brisk fire; for, according to the goodness of your fire, your meat will be done sooner or later.

As soon as the meat is put to the fire, pour over it some warm water, which afterwards throw away; this is very necessary to those who are nice in the dressing their meat, it being a good deal handled in the spitting; shake some flour over it, baste it with butter, and do not put it too near the fire; this, with frequently basting it, a brisk fire, and allowing time enough, are the only means of roasting in perfection; when the steam draws to the fire, the meat is done; flour and baste it just before it is sent to the table, that it may have a nice froth; always allow a longer time for the meat to roast in frosty weather; take particular care to have the spit clean, as nothing is more disagreeable than a spit-mark; and remember, when the meat is half done, to remove the dripping-pan and spit a little from the fire, and stir it; if it is a good fire before the meat is laid down, once stirring it will in general roast a joint of meat. Never salt the meat before it is put to the fire, it draws out the gravy too much; if it is to be kept some time before it is dressed, (and indeed mutton and beef are not good fresh killed) be sure to dry it well with a cloth, and hang it where it will have a thorough air; look at it every day and wipe off all the damp; it will keep a long time. Some pepper it a little.

To roast Beef.

Be sure to paper the top, and baste it well all the time it is roasting, and throw a handful of salt on it. When you see the smoke draw to the fire, it is near enough; then take off the paper, baste it well, and dredge it with a little flour to make a fine froth. Never salt your roast meat before you lay it to the fire, for that draws out all the gravy. Take up your meat, and garnish your dish with nothing but horse-radish.

To roast a piece of beef of about ten pounds, will take an hour and an half, at a good fire. Twenty pounds weight will take three hours, if it be a thick piece; but if it be a thin piece of twenty pounds weight, two hours and an half will do it; and so on, according to the weight of your meat, more or less. Observe, in frosty weather your beef will take half an hour longer. *Glasse, 22.*

To roast a Beef-Tongue.

Boil a tongue until it will peel, in broth or water, with salt and pepper, onions, carrots, parsnips, a nosegay*, two cloves of garlic, laurel, and thyme; then lard it as a fricandeau†, and finish it in roasting; serve under it a relishing sauce, or plain. *Dalrymple, 53.*

* *A faggot of parsley, onions, shallots, &c.*

† *A piece of meat larded, braized, and glazed.*

Cold Roast Beef, family fashion.

Slice three or four onions, and fry them in butter; when done, add a little broth, three shallots chopped, pepper and salt, then put slices of cold beef to it, boil for a moment; when ready, add a liaison† made of three yolks of eggs and a little vinegar. Cold beef is also very good with cold sauce, made of chopped parsley, shallots, vinegar, oil, mustard, minced anchovy, &c. *Dalrymple, 67.*

To roast Mutton and Lamb.

As to roasting of mutton, the loin, the chine of mutton, (which is the two loins) and the saddle, (which is the two necks, and part of the shoulders cut together) must have the skin raised and skewered on; and when near done, take off the skin, baste and flour it, to froth it up. All other parts of mutton and lamb must be roasted with a quick clear fire, without the skin being raised, or paper put on. You should always observe to baste your meat as soon as you lay it down to roast; sprinkle some salt on, and when near done, dredge it with a little flour to froth it up. Garnish mutton with horse-radish; lamb with cresses, or small salad.

A leg of mutton of six pounds will take an hour and a quarter; of twelve pounds, two hours; a small saddle, an hour and an half; a large one, near three hours. Paper a saddle. If garlic is not disliked, stuff the knuckle part of the leg with two or three cloves of it; a breast will take half an hour at a brisk fire; a large neck, an hour; a small one, a little more than half an hour; a shoulder near as much time as a leg. For sauce—potatoes, pickles, salad, celery raw or stewed, broccoli, French beans, cauliflower; or, to a shoulder of mutton, onion sauce. *Mason, 161.*

To roast a Haunch of Mutton, Venison fashion.

To dress a haunch of mutton, venison fashion, take a hind fat quarter of mutton, and cut the leg like a haunch. Lay it in a pan, with the back-side of it down, and pour a bottle of red wine over it, in which let it lay twenty-four hours. Spit it, and roast it at a good quick fire, and keep basting it all the time with the same liquor and butter. It will require an hour and an half roasting; and, when it is done, send it up with a little good gravy in one boat, and sweet sauce in another. A good fat neck of mutton done in this manner is esteemed delicate eating. *Farley, 34.*

Another way.

Cut a hind quarter of fat mutton like a haunch of venison; let it steep in the sheep's blood for five or six hours; then let it

† *Conglutinating different liquors without boiling.*

hang, in cold dry weather, for three weeks, or as long as it will keep sweet; rub it well with a cloth, then rub it over with fresh butter; strew some salt over it, and a little flour; butter a sheet of paper, and lay over it, and another over that, or some paste, and tie it round. If it is large, it will take two hours and an half roasting. Before it is taken up, take off the paper, or paste, baste it well with butter, and flour it. Let the jack go round very quick, that it may have a good froth. Sauce—gravy and currant jelly. *Mason, 161.*

Another way.

Get the largest and fattest leg of mutton you can, cut out like a haunch of venison, as soon as it is killed, whilst it is warm, it will eat the tenderer; take out the bloody vein, stick it in several places in the under side with a sharp pointed knife; pour over it a bottle of red wine; turn it in the wine four or five times a day for five days, then dry it exceeding well with a clean cloth; hang it up in the air, with the thick end uppermost, for five days; dry it night and morning, to keep it from being damp or growing musty. When you roast it, cover it with paper, and paste it as you do venison; serve it up with venison sauce. It will take four hours roasting. *Raffald, 107.*

To roast Veal.

As to veal, you must be careful to roast it of a fine brown; if a large joint, a very good fire; if a small joint, a pretty little brisk fire; if a fillet or loin, be sure to paper the fat, that you lose as little of that as possible. Lay it some distance from the fire, till it is soaked; then lay it near the fire. When you lay it down, baste it well with good butter; and when it is near enough, baste it again, and dredge it with a little flour. The breast you must roast with the caul on till it is enough; and skewer the sweet-bread on the back-side of the breast. When it is high enough, take off the caul, baste it, and dredge it with a little flour. Veal will take a quarter of an hour to a pound in roasting; stuff the fillet and shoulder with the following ingredients—a quarter of a pound of suet chopped fine, parsley and sweet herbs chopped, grated bread and lemon peel; pepper, salt, nutmeg, and yolk of egg; butter may supply the want of suet; roast the breast with the caul on, till it is almost enough, then take it off; flour it, and baste it. Veal requires to be more done than beef. For sauce—salad, pickles, potatoes, broccoli, cucumbers raw or stewed, French beans, pease, cauliflower, celery raw or stewed. *Glasse, 13. Mason, 137.*

To roast Pork.

Pork must be well done, or it is apt to surfeit. When you roast a loin, take a sharp pen-knife, and cut the skin across, to make the crackling eat the better. The chine must be cut, and

so must all pork that has the rind on. Roast a leg of pork thus :—Take a knife, as above, and score it ; stuff the knuckle part with sage and onion, chopped fine, with pepper and salt ; or cut a hole under the twist, and put the sage, &c. there, and skewer it up with a skewer. Roast it crisp, because most people like the rind crisp, which they call crackling. Make some good apple-sauce, and send it up in a boat ; then have a little drawn gravy to put in the dish. This they call a mock-goose. The spring, or hand of pork, if very young, roasted like a pig, eats very well ; or take the spring, and cut off the shank or knuckle, and sprinkle sage and onion over it, and roll it round, and tie it with a string, and roast it two hours, otherwise it is better boiled. The spare-rib should be basted with a little bit of butter, a very little dust of flour, and some sage shred small ; but we never make any sauce to it but apple-sauce. The best way to dress pork griskins is to roast them, baste them with a little butter and sage, and a little pepper and salt. Few eat any thing with these but mustard. Pork must be well done. To every pound, allow a quarter of an hour. For example—a joint of twelve pounds weight, three hours ; and so on. If it be a thin piece of that weight, two hours will roast it. *Glasfe, 322.*

Mason advises to rub the pork over with a feather and some oil instead of scoring.

To roast a Pig,

Stick your pig just above the breast-bone, run your knife to the heart. When it is dead, put it in cold water for a few minutes, then rub it over with a little rosin beat exceeding fine, or its own blood ; put your pig into a pail of scalding water half a minute ; take it out, lay it on a clean table, pull off the hair as quick as possible ; if it does not come clean off, put it in again. When you have got it all clean off, wash it in warm water, then in two or three cold waters, for fear the rosin should taste. Take off the fore feet at the first joint, make a slit down the belly, and take out all the entrails ; put the liver, heart, and lights, to the pettitoes, wash it well out of cold water, dry it exceedingly well with a cloth, hang it up, and when you roast it, put in a little shred sage, a tea-spoonful of black pepper, two of salt, and a crust of brown bread ; spit your pig, and sew it up ; lay it down to a brisk clear fire, with a pig-plate hung in the middle of the fire. When your pig is warm, put a lump of butter in a cloth, and rub your pig often with it while it is roasting. A large one will take an hour and a half. When your pig is a fine brown, and the steam draws near the fire, take a clean cloth, rub your pig quite dry, then rub it well with a little cold butter, it will help to crisp it ; then take a sharp knife, cut off the head, and take off the collar ; then take off the ears and jaw-bone, split the jaw in two. When you have cut the pig down the back,

which must be done before you draw the spit out, then lay your pig back to back on your dish, and the jaw on each side, the ears on each shoulder, and the collar at the shoulder, and pour in your sauce, and serve it up. Garnish with a crust of brown bread grated. *Raffald, 55. Farley, 34.*

Another way to roast a Pig.

The pig being prepared, as above, spit it, and lay it to the fire, which must be a very good one at each end, or hang a flat iron in the middle of the grate. Before you lay it down to the fire, shred a little sage very small, take a piece of butter as big as a walnut, and a little salt and pepper; put this into the pig, and sew it up strongly; then flour it all over, and continue to do so till the crackling becomes hard. Take care to save all the gravy that comes from it, and for this purpose put a large bason or pan in the dripping-pan as soon as the gravy begins to run. When the pig is enough, stir up the fire briskly, take a coarse cloth, with about a quarter of a pound of butter in it, and rub the pig all over till the crackling is quite crisp, when it must be taken up. Lay it in the dish, and cut off the head with a sharp knife; and, before you draw out the spit, cut the pig in two. Cut off the ears, and lay one at each end; divide the under jaw, and dispose of them in the same manner. Put the gravy you saved into some melted butter, and boil them. Pour it into the dish, with the brains bruised fine, and the sage mixed all together, and serve it up. *Farley, 34, 35. Glasse, 3. Raffald, 55.*

Another way to roast a Pig.

Chop some sage and onion very fine, a few crumbs of bread, a little butter, pepper, and salt, rolled up together; put it into the belly, and sew it up before you lay down the pig; rub it all over with sweet oil. When it is done, take a dry cloth and wipe it; then take it into a dish, cut it up, and send it to table with the same sauce as above.

To roast the hind quarter of a Pig, Lamb-fashion.

At the time of the year when house-lamb is very dear, take the hind quarter of a large roasting pig; take off the skin and roast it, and it will eat like lamb, with mint-sauce, or with a salad or Seville orange. Half an hour will roast it. *Glasse, 4. Farley, 36.*

To make Sauce for a Pig.

Chop the brains a little, then put in a tea-cup full of white gravy with the gravy that runs out of the pig, a little bit of anchovy; mix near half a pound of butter with as much flour as will thicken the gravy, a slice of lemon, a spoonful of white wine, a little caper liquor and salt; shake it over the fire, and pour it into your dish. Some like currants: boil a few, and send

send them in a tea-saucer, with a glass of currant-jelly in the middle of it. *Raffald, 56.*

Different sorts of Sauce for a Pig.

Now you are to observe there are several ways of making sauce for a pig. Some do not love any sage in the pig, only a crust of bread; but then you should have a little dried sage rubbed and mixed with the gravy and butter. Some love bread sauce in a bason, made thus:—take a pint of water, put in a good piece of crumb of bread, a blade of mace, and a little whole pepper; boil it for about five or six minutes, and then pour the water off; take out the spice, and beat up the bread with a good piece of butter, and a little milk or cream. Some love a few currants boiled in it, a glass of wine and a little sugar; but in that you must do just as you like. Others take half a pint of good beef gravy, and the gravy which comes out of the pig, with a piece of butter rolled in flour, two spoonfuls of catchup, and boil them altogether; then take the brains of the pig and bruise them fine; put all these together, with the sage in the pig, and pour into your dish. It is a very good sauce. When you have not gravy enough comes out of your pig, with the butter, for sauce, take about half a pint of veal gravy and add to it; or stew the pettitoes, and take as much of that liquor as will do for sauce, mixed with the other.—N. B. Some like the sauce sent in a boat or bason. *Glassé, 4.*

To roast Venison.

In order to roast a haunch of venison properly, as soon as you have spitted it, you must lay over it a large sheet of paper, and then a thin common paste, with another paper over that. Tie it fast, in order to keep the paste from dropping off; and if the haunch be a large one, it will take four hours roasting. As soon as it is done enough, take off both paper and paste, dredge it well with flour, and baste it with butter. As soon as it becomes of a light brown, dish it up with brown gravy or currant-jelly sauce, and send up some in a boat. *Raffald, 69. Farley, 34. Mason, 298.*

Another way to roast Venison.

Take a haunch of venison and spit it; rub some butter all over your haunch; take four sheets of paper well buttered, put two on the haunch; then make a paste with some flour, a little butter and water; roll it out half as big as your haunch, and put it over the fat part; then put the other two sheets of paper on, and tie them with the same packthread; lay it to a brisk fire, and baste it well all the time of roasting; if a large haunch of twenty-four pounds, it will take three hours and an half, except it is a very large fire, then three hours will do it. Smaller in proportion.

Sweet Sauce for Venison or Hare.

Melt some currant jelly in a little water and red wine, or send in currant jelly only; or simmer red wine and sugar for about twenty minutes. *Mason, 322.*

Sweet Sauce of red wine for Venison or roasted Tongue.

Take a gill of water, with a little bit of cinnamon, the crumb of a French roll; add to it half a pint of red port or claret; sweeten it; let it boil till it is pretty thick, then run it through a sieve. *Mason, 322.*

Different sort of Sauces for Venison.

You may take either of these sauces for venison. Currant jelly warmed; or a pint of red wine, with a quarter of a pound of sugar, simmered over a clear fire for five or six minutes; or a pint of vinegar and a quarter of a pound of sugar, simmered till it is a syrup. *Glasse, 10.*

TO ROAST GEESE.

To roast a Green Goose.

When your goose is ready dressed, put in a good lump of butter, spit it, lay it down, singe it well, dust it with flour, baste it with fresh butter, baste it three or four times with cold butter, it will make the flesh rise better than if you was to baste it out of the dripping pan; if it is a large one, it will take three quarters of an hour to roast it; when you think it is enough, dredge it with flour, baste it till it is a fine froth, and your goose a nice brown, and dish it up with a little brown gravy under it. Garnish it with a crust of bread grated round the edge of your dish. *Farley, 38. Raffald, 58.*

Sauce for a Green Goose.

Take some melted butter, put in a spoonful of the juice of sorrel, a little sugar, a few coddled gooseberries, pour it into your sauceboats, and send it to the table. *Raffald, 58.*

To roast a Goose.

Take a few sage leaves and two onions, and chop them as fine as possible. Mix them with a large piece of butter, two spoonfuls of salt, and one of pepper. Put this into the goose, spit it, and lay it down to the fire; singe it, and dust it with flour, and when it is thoroughly hot, baste it with fresh butter. A large goose will require an hour and an half before a good fire, and when it is done, dredge and baste it, pull out the spit, and pour in a little boiling water. *Farley 38.*

Another way to roast a Goose.

It must be seasoned with sage and onion, cut very small, and mixed with pepper and salt; an hour will roast it. Boil the sage

sage and onion in a little water before they are cut; it prevents their eating so strong, and takes off the rawness. For sauce—gravy and apple-sauce. *Mason*, 268.

When you roast a goose, turkey, or fowls of any sort, take care to finge them with a piece of white paper, and baste them with a piece of butter; dredge them with a little flour, and sprinkle a little salt on; and when the smoke begins to draw to the fire, and they look plump, baste them again, and dredge them with a little flour, and take them up. *Glasse*, 5.

Sauce for a Goose or Duck.

As to geese and ducks, you should have sage and onions shred fine, with pepper and salt put into the belly.

Put only pepper and salt into wild-ducks, easterlings, wigeon, teal, and all other sort of wild-fowl with gravy in the dish, or, some like sage and onion in one. *Glasse*, 7.

To roast a Turkey.

A middle sized one will be roasted in an hour. Make a stuffing with four ounces of butter or chopped suet, grated bread, a little lemon-peel, parsley, and sweet herbs chopped, pepper, salt, and nutmeg, a little cream and yolks of eggs; fill the craw with this, or with force-meat; paper the breast till near done, then flour and baste it. For sauce—gravy alone, or brown celery sauce, or mushroom sauce. For a turkey-poult, gravy and bread sauce. *Mason*, 258.

A middling turkey will take an hour; a very large one, an hour and a quarter; a small one, three quarters of an hour. Your fire must be very good. *Glasse*, 13.

Another way to roast a Turkey.

Hen turkeys are mostly preferable to cocks, for whiteness and tenderness; the small fleshy ones are the most esteemed, and they ought to be kept as long as the weather will admit. Make a forced-meat with the liver chopped, parsley, shallots, scraped lard, yolks of eggs, pepper, and salt. When properly trussed, give the turkey a few turns over the fire in a large stew-pan with butter; stuff the force-meat under the breast where the craw was taken out, and roast it, with lemon slices upon the breast to keep it white; slices of lard, and double paper. Serve with what ragoo you think proper, as mushrooms, morels, small onions, or large Spanish ones, girkins, small melons, cucumbers, truffles, green peas, small garden beans, endive, cardoons, roots of any sort, celery, craw-fish, or any thing according to the season. *Clermont*, 226.

Sauce for a Turkey.

Cut the crusts off a penny loaf, cut the rest in thin slices, put it in cold water, with a few pepper-corns, a little salt and onion; boil

boil it till the bread is quite soft, then beat it well; put in a quarter of a pound of butter, two spoonfuls of thick cream, and put it into a bason. *Raffald, 63.*

Another Sauce for a Turkey.

Take half a pint of oysters, strain the liquor, and put the oysters with the liquor into a saucepan with a blade or two of mace; let them just lump, then pour in a glass of white wine; let it boil once, and thicken it with a piece of butter rolled in flour. Serve this up in a bason by itself, with good gravy in the dish, for every body does not love oyster-sauce. If you chuse it in the dish, add half a pint of gravy to it, and boil it up together. This sauce is good either with boiled or roasted turkies, or fowls; but you may leave the gravy out, adding as much butter as will do for sauce, and garnishing with lemon.

To roast Fowls.

When the fowls are laid to the fire, singe them with some white paper, baste them with butter, and then dredge over them some flour; when the smoke begins to draw to the fire, baste and dredge them over again; let the fire be brisk, and send them to table with a good froth. A large fowl will take three quarters of an hour; a small one twenty minutes. For sauce—gravy, egg-sauce, mushrooms, and white or brown celery-sauce. *Mason, 262.*

Another way to roast Fowls.

Take your fowls when they are ready dressed, put them down to a good fire, singe, dust, and baste them well with butter. A large fowl will be near an hour in roasting. Make a gravy of the necks and gizzards, strain it, put in a spoonful of browning. When you dish them up, pour the gravy into the dish; serve them up with egg-sauce in a boat. *Raffald, 64.*

A large fowl will take three quarters of an hour roasting; a middling one, half an hour; very small chickens, twenty minutes. Your fire must be very quick and clear when you lay them down. *Glasse, 14.*

Another way to roast Fowls.

Make some force-meat with the flesh of a fowl cut small, and a pound of veal; beat them in a mortar with half a pound of beef suet, as much crumb of bread, some mushrooms, truffles, and morels, cut small; some lemon-peel grated fine, some beaten mace, a few sweet herbs, and some parsley, mixed together with the yolks of two eggs; bone the fowls, fill them with the force-meat, and roast them. For sauce—strong gravy, with truffles, morels, and mushrooms. *Mason, 263.*

To roast Chickens.

Pluck your chickens very carefully, draw them, and cut off their

their claws only, and truss them. Put them down to a good fire, singe, dust, and baste them with butter. A quarter of an hour will roast them; and when they are enough, froth them, and lay them on your dish. Serve them up hot, with parsley and butter poured over them. *Sarley, 38. Raffald, 65.*

A large chicken will take half an hour; a small one, twenty minutes. For sauce—gravy, parsley and butter, or mushroom sauce. *Mason, 263.*

Another way to roast Chickens.

Make a little forced-meat with the livers, scraped lard, chopped parsley, shallots, pepper and salt; stuff a couple of chickens with this, trussed for roasting; lay a couple of slices of lemon on the breasts, and wrap them up with thin slices of lard and paper; roast them, and serve up what sort of stewed greens you please, as spinach, cucumbers, &c. *Clermont, 207.*

To make Egg Sauce.

Boil two eggs hard, half chop the whites, then put in the yolks, chop them both together, but not very fine; put them into a quarter of a pound of good melted butter, and put it in a boat. *Raffald, 64.*

To roast Ducks.

Kill and draw your ducks; then shred an onion and a few sage leaves; season these with salt and pepper, and put them into your ducks. Singe, dust, and baste them with butter, and a good fire will roast them in twenty minutes; for the quicker they are done, the better they will be. Before you take them up, dust them with flour, and baste them with butter, to give them a good frothing and a pleasing brown. Your gravy must be made of the gizzards and pinions, an onion, a tea-spoonful of lemon-pickle, a few pepper-corns, a large blade of mace, a spoonful of catchup, and the same of browning. Strain it, pour it into your dish, and send it up with onion-sauce in a basin. *Farley, 40.*

Another way to roast Ducks.

Season them with sage and onion shred, pepper, and salt; half an hour will roast them—gravy-sauce, or onion-sauce. Always stew the sage and onion in a little water, as it prevents its eating strong, and takes off the rawness. *Mason, 273.*

A wild duck will take full twenty minutes. *Mason, 273. Raffald, 66.*

If you love them well done, a wild-duck will take twenty-five minutes. *Glasse, 14.*

A wigeon or easterling will take near twenty minutes. *Mason, 273.*

A teal will be done in fifteen minutes. *Mason, 273.*

Teal will take eleven or twelve minutes roasting. *Glasse, 14.*

To roast wild Ducks or Teal.

When your ducks are ready dressed, put in them a small onion, pepper, salt, and a spoonful of red wine; if the fire be good, they will roast in twenty minutes; make gravy of the necks and gizzards, a spoonful of red wine, half an anchovy, a blade or two of mace, a slice of an end of lemon, one onion, and a little chyan pepper; boil it till it is wasted to half a pint, strain it through a hair sieve, put in a spoonful of browning, pour it on your ducks, serve them up with onion-sauce in a boat. Garnish your dish with raspings of bread. *Raffald, 67.*

The best way to dress a Wild Duck.

First half roast it, then lay it in a dish, carve it, but leave the joints hanging together; throw a little pepper and salt, and squeeze the juice of a lemon over it; turn it on the breast, and press it hard with a plate, and add to its own gravy two or three spoonfuls of good gravy; cover it close with another dish, and set it over a stove ten minutes; then send it to table hot in the dish it was done in, and garnish with lemon. You may add a little red wine, and a shallot cut small, if you like it; but it is apt to make the duck eat hard, unless you first heat the wine, and pour it in just as it is done. *Glasse, 81.*

To roast Woodcocks or Snipes.

Having put your birds on a little spit, take a round of a threepenny loaf and toast it brown; lay it in a dish under the birds, and when you lay them down to the fire, baste them with a little butter, and let the trail drop on the toast. When they are roasted enough, put the toast in the dish, and lay the birds on it. Pour about a quarter of a pint of gravy into the dish, and set it over a lamp or chafing-dish for three or four minutes, when the whole will be in a proper condition to be sent to the table. Observe never to take any thing out of a woodcock or snipe.

Another way.

Pluck them, but do not draw them; put them on a small spit, dust, and baste them well with butter, toast a few slices of a penny loaf, put them on a clean plate, and set it under the birds while they are roasting. If the fire be good, they will take about ten minutes roasting. When you draw them, lay them upon the toasts on the dish; pour melted butter round them, and serve them up. *Raffald, 66.*

Twenty minutes will roast woodcocks, and fifteen minutes snipes. *Mason, 274.*

A woodcock will require twenty-five minutes. *Glasse, 6.*

A snipe will require twenty minutes roasting. *Glasse, 6.*

To roast Larks.

Put a small bird-spit through them, and tie them on another; roast

roast them, and all the time they are roasting, keep basting them very gently with butter, and sprinkle crumbs of bread on them till they are almost done; then let them brown before you take them up.

The best way of making crumbs of bread is, to rub them through a fine cullender, and put in a little butter into a stew-pan; melt it, put in your crumbs of bread, and keep them stirring till they are of a light brown; put them on a sieve to drain a few minutes; lay your larks in a dish, and the crumbs all round, almost as high as the larks, with plain butter in a cup, and some gravy in another. *Glasse*, 6.

Another way to roast Larks.

Skewer a dozen of larks, and tie both ends of the skewer to the spit. Dredge and baste them, and let them roast ten minutes. Break half a penny loaf into crumbs, and put them, with a piece of butter of the size of a walnut, into a tossing-pan, and having shaken them over a gentle fire till they are of a light brown, lay them between the birds, and pour a little melted butter over them. *Farley*, 40.

To roast Ruffs and Rees.

These birds are found in Lincolnshire and the Isle of Ely; the food proper for them is new milk boiled, and put over white bread, with a little fine sugar, and be careful to keep them in separate cages. They feed very fast, and will die of their fat if not killed in time. Truss them as you do a woodcock, but draw them, and cover them with vine leaves. *Glasse*. 100.

For sauce—good gravy thickened with butter, and a toast under them. *Mason*, 285.

Another way.

When you kill them, slip the skin off the head and neck with the feathers on, then pluck and draw them. When you roast them, put them a good distance from the fire; if the fire be good, they will take about twelve minutes. When they are roasted, slip the skin on again with the feathers on; send them up with gravy under them, made the same as for a pheasant, and bread sauce in a boat, with crisp crumbs of bread round the edge of the dish. *Raffald*, 66. *Farley*, 41.

To roast Pheasants or Partridges.

Pheasants and partridges may be treated in the same manner. Dust them with flour, and baste them often with fresh butter, keeping them at a good distance from the fire. A good fire will roast them in half an hour. Make your gravy of a scrag of mutton, a tea-spoonful of lemon pickle, a large spoonful of catchup, and the same of browning. Strain it, and put
a little

a little of it into the dish; serve them up with bread sauce in a bason, and fix one of the principal feathers of the pheasant in the tail. *Farley, 39.*

Another way.

Let them be nicely roasted, but not too much; baste them gently with a little butter, and dredge them with flour; sprinkle a little salt on, and froth them nicely up: have good gravy in the dish, with bread sauce in a boat, made thus:—take about a handful or two of crumbs of bread, put in a pint of milk or more, a small whole onion, a little whole white pepper, a little salt, and a bit of butter; boil it all well up, then take the onion out, and beat it well with a spoon. Take poverroy sauce in a boat, made thus:—chop four shallots fine, a gill of good gravy, and a spoonful of vinegar; a little pepper and salt; boil them up one minute, then put it in a boat. *Glasse, 95.*

Another way.

Make a little farcie* with the livres, bread crumbs, scraped lard or butter, chopped parsley, shallots, mushrooms, pepper, and salt; stuff the partridges with it, and wrap them in slices of bacon and paper, or buttered paper only, and roast them. *Dalrymple, 232.*

To roast Pigeons.

Scald, draw, and take the craws clean out of your pigeons, and wash them in several waters. When you have dried them, roll a good lump of butter in chopped parsley, and season it with pepper and salt. Put this into your pigeons, and spit, dust, and baste them. A good fire will roast them in twenty minutes, and when they are enough, serve them up with parsley and butter for sauce, and lay round them bunches of asparagus, if they be in season. *Farley, 39. Raffald, 67.*

Another way to roast Pigeons.

Take some parsley shred fine, a piece of butter as big as a walnut, a little pepper and salt; tie the neck-end tight; tie a string round the legs and rump, and fasten the other end to the top of the chimney-piece. Baste them with butter, and when they are enough, lay them in the dish, and they will swim in gravy. You may put them on a little spit, and then tie both ends together. *Glasse, 6.*

To roast a Hare.

Take your hare when it is cased; truss it in this manner—bring the two hind legs up to its sides, pull the fore legs back, put your skewer first into the hind leg, then in the fore leg, and thrust it through the body; put the fore leg on, and then the hind leg, and a skewer through the top of the shoulders and back part of the head, which will hold the head up. Make a

* *A French term for force-meat.*

pudding thus—take a quarter of a pound of beef suet, as much crumb of bread, a handful of parsley chopped fine, some sweet herbs of all sorts, such as basil, marjoram, winter savory, and a little thyme, chopped fine; a little nutmeg grated, some lemon-peel cut fine, pepper and salt; chop the liver fine, and put in with two eggs; mix it up, and put it into the belly, and sew or skewer it up; then spit it and lay it to the fire, which must be a good one. A good sized hare takes an hour, and so on in proportion. *Glassé, 7.*

Another way to roast a Hare.

Skewer your hare with the head upon one shoulder, the fore legs stuck into the ribs, the hind legs double; make your pudding of the crumb of a penny loaf, a quarter of a pound of beef marrow or suet, and a quarter of a pound of butter; shred the liver, a sprig or two of winter savory, a little lemon peel, one anchovy, a little chyan pepper, half a nutmeg grated; mix them up in a light force-meat, with a glass of red wine and two eggs; put it into the belly of your hare, sew it up, put a quart of good milk in your dripping-pan, baste your hare with it till it is reduced to half a gill, then dust and baste it well with butter. If it be a large one, it will require an hour and an half roasting. *Raffald, 69. Farley, 42.*

Different sorts of Sauce for a Hare.

Take for sauce, a pint of cream, and half a pound of fresh butter; put them in a saucepan, and keep stirring it with a spoon till the butter is melted, and the sauce is thick; then take up the hare, and pour the sauce into the dish. Another way to make sauce for a hare is, to make good gravy, thickened with a little piece of butter rolled in flour, and pour it into your dish. You may leave the butter out, if you do not like it, and have some current jelly warmed in a cup, or red wine and sugar boiled to a syrup, done thus—take a pint of red wine, a quarter of a pound of sugar, and set it over a slow fire to simmer for about a quarter of an hour. You may do half the quantity, and put it into your sauce-boat or bason.

To roast Rabbits.

They will take twenty minutes, or half an hour, according to the size; hold their heads for a few minutes in boiling water before they are laid down. For sauce—parsley and butter, with the liver parboiled and shred; but they are best stuffed with chopped suet, the liver part boiled and bruised, bread crumbs, grated bread, and a little lemon-peel; chopped parsley and sweet herbs, yolk of egg mixed, pepper, salt, and nutmeg; gravy in the dish. *Mason, 293.*

Another way to roast Rabbits.

Care your rabbits, skewer their heads with their mouths
upon

upon their backs, stick their fore legs into their ribs, and skewer their hind legs double. Break half a penny loaf into crumbs, a little parsley, thyme, sweet marjoram, and lemon peel. Shred all these fine, and season them with pepper, salt, and nutmeg. Mix them up into a light stuffing, with two eggs, a little cream, and a quarter of a pound of butter. Put it into their bellies, sew them up, and dredge and baste them well with butter. Take them up when they have roasted an hour; chop the livers, and lay them in lumps round the edge of your dish. Serve them up with parsley and butter for sauce. *Farley*, 42. *Raffald*, 68.

To roast a Rabbit Hare fashion.

Lard a rabbit with bacon, roast it as you do a hare with a stuffing in the belly, and it eats very well. But then you must make gravy sauce. But if you do not lard it, white sauce made thus—take a little veal broth, boil it up with a little flour and butter to thicken it; then add a gill of cream; keep it stirring one way till it is smooth, then put it in a boat, or in the dish. *Glasse*, 11. *Mason*, 294.

To roast Lobsters.

Put a skewer into the vent of the tail of the lobster, to prevent the water getting into the body of it, and put it into a pan of boiling water, with a little salt in it; and if it be a large one, it will take half an hour boiling. Then lay it before the fire, and baste it with butter till it has a fine froth. Dish it up with plain melted butter in a boat. This is a better way than actually roasting them, and is not attended with half the trouble. *Farley*, 43.

Another way.

Boil your lobsters, then lay them before the fire, and baste them with butter till they have a fine froth. Dish them up with plain melted butter in a cup. This is as good a way to the full as roasting them, and not half the trouble.

Another way.

Half boil your lobster, rub it well with butter, and set it before the fire; baste it all over till the shell looks a dark brown; serve it up with good melted butter. *Raffald*, 40.

Another way.

More than half boil it; set it in a Dutch oven, baste it well till nicely frothed; serve it with melted butter. *Mason*, 251.

CHAP. II.—Of BOILING.

Preliminary Hints and Observations.

NEATNESS being a most material requisition in a kitchen, the cook should be particularly cautious to keep all the utensils perfectly clean, and the pots and saucepans properly tinned. In boiling any kind of meat, but particularly veal, much care and nicety are required. Fill your pot with a sufficient quantity of soft water, dust your veal well with fine flour, put it into your pot, and set it over a large fire. It is the custom of some people to put in milk to make it white; but this is of no use, and perhaps better omitted; for if you use hard water, it will curdle the milk, give to the veal a brownish yellow cast, and it will often hang in lumps about it. Oatmeal will do the same thing: but by dusting your veal, and putting it into the water when cold, it will prevent the foulness of the water from hanging upon it. Take the scum off clearly as soon as it begins to rise, and cover up the pot closely. Let the meat boil as slowly as possible, but in plenty of water, which will make your veal rise and look plump. A cook cannot make a greater mistake than to let any sort of meat boil fast, since it hardens the outside before it is warm within, and contributes to discolour it. Thus a leg of veal, of twelve pounds weight will take three hours and an half boiling; and the slower it boils, the whiter and plumper it will be. When mutton or beef is the object of your cookery, be careful to dredge them well with flour before you put them into the pot of cold water, and keep it covered; but do not forget to take off the scum as often as it rises. Mutton and beef do not require so much boiling; nor is it much minded if it be a little under the mark; but lamb, pork, and veal should be well boiled, as they will otherwise be unwholesome. A leg of pork will take an hour more boiling than a leg of veal of the same weight; but, in general, when you boil beef or mutton, you may allow an hour for every four pounds weight. To put in the meat when the water is cold, is allowed to be the best method, as it thereby gets warm to the heart before the outside gets hard. To boil a leg of lamb of four pounds weight, you must allow an hour and an half. *Farley, 16, 17. Raffald, 52, 53.*

As to all sorts of boiled meats, allow a quarter of an hour to every pound. Be sure the pot is very clean, and skim it well, for every thing will have a scum rise, and if that boils down, it makes the meat black. All sorts of fresh meat you are to put in when the water boils, but salt meat when the water is warm. *Glasse, 8.*

To boil a Ham.

Steep it all night in soft water; a large one should simmer three hours, and boil gently two; a small one should simmer two hours, and boil about one and an half. Pull off the skin, rub it over with yolk of egg, strew on bread crumbs, set it before the fire till of a nice light brown. *Mason, 177.*

Another way to boil a Ham.

Put your ham into a copper of cold water, and when it boils take care that it boils slowly. A ham of twenty pounds will take four hours and an half boiling; and so in proportion for one of a larger or smaller size. No soaking is required for a green ham; but an old large ham will require sixteen hours soaking in a large tub of a soft water. Observe to keep the pot well skimmed while your ham is boiling. When you take it up, pull off the skin, and rub it all over with an egg, strew on crumbs of bread, baste it with butter, and set it to the fire till it is of a light brown. *Farley, 17.*

When you boil a ham, put it into your copper when the water is pretty warm, for the cold water draws the colour out; when it boils, be careful it boils very slowly. *Glasse, 8.*

Another way to boil a Ham.

Steep your ham all night in water; then boil it. If it be of a middle size, it will take three hours boiling, and a small one two hours and an half. When you take it up, pull off the skin, and rub it all over with an egg, strew on bread-crumbs, baste it with butter, and set it to the fire till it be a light brown. If it be to eat hot, garnish with carrots, and serve it up. *Raf-fald, 69.*

Another way to boil a Ham.

If your ham has been long kept, soak it some time; if fresh, you need not; pare it round and underneath, taking care no rusty part is left; tie it up with packthread, put it in a brazing-pan much of its own bigness, with water, a faggot, a few cloves, thyme, and laurel leaves; boil on a slow fire about five hours, then add a glass of brandy, and a pint of red wine; finish boiling in the same manner. If to serve hot, take up the skin, and strew it over with bread-crumbs, a little parsley finely chopped, and a few bits of butter; give it a colour in the oven, or with a salamander. If to keep cold, it will be better to leave the skin on. *Clermont, 169.*

To boil a Tongue.

A tongue, if salt, soak it in soft water all night; boil it three hours; if fresh out of the pickle, two hours and an half, and put it in when the water boils; take it out and pull it; trim it; garnish with greens and carrots. *Glasse, 9. Mason, 132.*

Another

Another way to boil a Tongue.

If your tongue be a dry one, steep it in water all night; then boil it three hours. If you would have it eat hot, stick it with cloves, rub it over with the yolk of an egg, strew over it bread-crumbs, baste it with butter, set it before the fire till it is a light brown. When you dish it up, pour a little brown gravy, or red-wine sauce, mixed the same way as for venison; lay slices of currant jelly round it.—N. B. If it be a pickled one, only wash it out of water. *Raffald, 69. Farley, 18.*

Another way to boil a Tongue.

Lard a tongue with pretty large pieces, and boil it in the broth pot, or in water, with a few onions and roots. When it is done, peel it, and serve it with broth, sprinkling a little pepper and salt over it.

It is also used without larding, and being boiled fresh in this manner, is preferable to any thing else for mince-pye-meat. *Clermont, 50.*

To boil a Chicken.

Put your chickens into scalding water, and as soon as the feathers will slip off, take them out, otherwise they will make the skin hard. After you have drawn them, lay them in skimmed milk for two hours, and then truss them with their heads on their wings. When you have properly singed and dusted them with flour, cover them in close cold water, and set them over a slow fire. Having taken off the scum, and boiled them slowly for five or six minutes, take them off the fire, and keep them close covered for half an hour in the water, which will stew them sufficiently, and make them plump and white. Before you dish them, set them on the fire to heat; then drain them, and pour over them white sauce, made the same way as for boiled fowls. *Farley, 18. Mason, 262.*

A large chicken takes twenty minutes; a very small one, fifteen. *Mason, 262. Glasse, 9.*

Fowls, chickens, and house-lamb, should be boiled in a pot by themselves, in a good deal of water; and if any scum arises take it off. They will be both sweeter and whiter than if boiled in a cloth. *Glasse, 9.*

To boil a Fowl.

A large one will be boiled in half an hour. Boil it in a pot by itself, scum it very clean, it will be better than if boiled in a cloth; pour some melted butter over the breast; serve it with tongue, bacon, or pickled pork; cabbages, favoys, broccoli; any greens or carrots, and oyster sauce, white celery sauce, or white sauce. *Mason, 262.*

A good fowl will be boiled in half an hour. *Glasse.*

Another way.

When you have plucked your fowls, draw them at the rump, cut off the head, neck, and legs, take the breast-bone very carefully out, skewer them with the ends of their legs in the body, tie them round with a string, singe and dust them well with flour, put them in a kettle of cold water, cover it close, and set it on the fire; when the scum begins to rise, take it off; put on your cover, and let them boil very slowly twenty minutes; take them off, cover them close, and the heat of the water will stew them enough in half an hour; it keeps the skin whole, and they will be both whiter and plumper than if they had boiled fast. When you take them up, drain them, and pour over them white sauce, or melted butter. *Raffald, 63. Farley, 19.*

To make Sauce for Fowls.

Boil any bones or bits of veal, with a small bunch of sweet herbs, an onion, a slice of lemon, a few white pepper corns, and a little celery; strain it; there should be near half a pint; put to it some good cream, with a little flour mixed smooth in it, a good piece of butter, a little pounded mace, and some salt; keep it stirring; add mushrooms, or a little lemon juice. *Mason, 326.*

To boil a Turkey.

Make a stuffing with grated bread, oysters chopped, grated lemon peel, pepper, salt, nutmeg; about four ounces of butter, or suet chopped, a little cream, yolks of eggs to make it a light stuffing; fill the craw; if any is left, make it into balls; flour the turkey, put it into water while cold; take off the scum as it rises, and let it boil gently. A middling turkey will take about an hour. Boil the balls, lay them round it, with oyster sauce in the dish, and in a boat. The stuffing may be made without oysters, or it may be stuffed with forced-meat, or sausage meat, mixed with a few crumbs of bread and yolks of eggs. If oysters are not to be had, white celery sauce is very good, or white sauce. *Mason, 257.*

A little turkey will be done in an hour; a large one in an hour and an half. *Glasse, 9.*

Another way to boil a Turkey.

Let your turkey have no food the day before you kill it. When you are going to kill it, give it a spoonful of allegar; it will make it white, and eat tender. When you have killed it, hang it up by the legs for four or five days at least; when you have plucked it, draw it at the rump; if you can take the breast-bone out nicely, it will look much better. Cut off the legs, put the end of the thighs into the body of the turkey, skewer them down, and tie them with a string; cut off the head and neck, then
grate

grate a penny loaf, chop a score or more of oysters fine, shred a little lemon-peel, nutmeg, pepper, and salt to your palate. Mix it up into a light forced-meat, with a quarter of a pound of butter, a spoonful or two of cream, and three eggs; stuff the craw with it, and make the rest into balls, and boil them. Sew up the turkey, dredge it well with flour, put it into a kettle of cold water, cover it, and set it over the fire. When the scum begins to rise, take it off, put on your cover, and let it boil very slowly for half an hour; then take off your kettle, and keep it close covered. If it be of a middle size, let it stand half an hour in the hot water, the steam being kept in, will stew it enough, make it rise, keep the skin whole, tender, and very white. When you dish it up, pour over it a little of your oyster-sauce, lay your balls round it, and serve it up with the rest of your sauce in a boat. Garnish with lemon and barberries.—N.B. Observe to set on your turkey in time, that it may stew as above: it is the best way I ever found to boil one to perfection. When you are going to dish it up, set it over the fire to make it quite hot. *Raffald, 60.*

Mr. *Farley*, in his London Art of Cookery, has the same receipt as the above, page 19, excepting a trifling alteration in the language.

Sauce for a boiled Turkey.

The best sauce for a boiled turkey, is good oyster and celery sauce. Make oyster-sauce thus:—take a pint of oysters, and set them off; strain the liquor from them, and put them in cold water, and wash and beard them; put them into your liquor in a stew pan, with a blade of mace, and some butter rolled in flour, and a quarter of a lemon; boil them up, then put in half a pint of cream, and boil it all together gently; take the lemon and mace out, squeeze the juice of the lemon into the sauce, then serve it in your boats or basons. Make celery-sauce thus:—take the white part of the celery, cut it about one inch long; boil it in some water till it is tender, then take half a pint of veal broth, a blade of mace, and thicken it with a little flour and butter; put in half a pint of cream, boil them up gently together; put in your celery, and boil it up, then pour it into your boats. *Glasse, 9.*

To boil a Duck.

As soon as you have scalded and drawn your ducks, let them remain for a few minutes in warm water. Then take them out, put them into an earthen pan, and pour a pint of boiling milk over them. Let them lie in it two or three hours, and when you take them out, dredge them well with flour; put them into a copper of cold water, and cover them up. Having boiled slowly about twenty minutes, take them out, and smother them with onion-sauce. *Farley, 20.*

Another way to boil a Duck.

Pour boiling milk and water over your duck; let it lie an hour or two; boil it gently in plenty of water full half an hour.—Onion-sauce. *Mason*, 271.

To boil a Duck, or a Rabbit, with Onions.

Boil your duck, or rabbit, in a good deal of water; be sure to skim your water, for there will always rise a scum, which if it boils down, will discolour your fowls, &c. They will take about half an hour boiling. For sauce—your onions must be peeled, and throw them into water as you peel them; then cut them into thin slices, boil them in milk and water, and skim the liquor. Half an hour will boil them. Throw them into a clean sieve to drain; chop them, and rub them through a cullender; put them into a saucepan, shake in a little flour; put to them two or three spoonfuls of cream, and a good piece of butter; stew them all together over the fire till they are thick and fine; lay the duck, or rabbit, in the dish, and pour the sauce all over. If a rabbit, you must pluck out the jaw-bones, and stick one in each eye, the small end inwards.

Or you may make this sauce for change:—take one large onion, cut it small, half a handful of parsley clean washed and picked; chop it small, a lettuce cut small, a quarter of a pint of good gravy, a good piece of butter rolled in a little flour; add a little juice of lemon, a little pepper and salt. Let them all stew together for half an hour; then add two spoonfuls of red wine. This sauce is most proper for a duck. Lay the duck in your dish, and pour the sauce over it. *Glasse* 82.

To boil Pigeons.

Scald and draw your pigeons, and take out the craw as clean as possible. Wash them in several waters, and, having cut off the pinions, turn their legs under their wings, dredge them, and put them into soft cold water. Having boiled them very slowly a quarter of an hour, dish them up, and pour over them good melted butter. Lay round them a little broccoli, and serve them up with butter and parsley. *Farley*, 20.

Pigeons will not take more than a quarter of an hour boiling. They should be boiled by themselves, and may be eaten with bacon, greens, spinach, asparagus, or parsley and butter. *Mason*, 275.

Another way.

Boil your pigeons by themselves for fifteen minutes; then boil a handsome square piece of bacon, and lay in the middle; stew some spinach to lay round, and lay the pigeons on the spinach. Garnish your dish with parsley laid in a plate before the fire to crisp. Or you may lay one pigeon in the middle, and the

the rest round, and the spinach between each pigeon, and a slice of bacon on each pigeon. Garnish with slices of bacon, and melted butter in a cup.

To boil a Partridge.

Boil your partridges quick in a good deal of water, and fifteen minutes will be sufficient. For sauce—take a quarter of a pint of cream, and a piece of fresh butter as large as a walnut; stir it one way till it is melted, and pour it into the dish. *Farley, 21.*

Another way.

Truss two or three partridges as for boiling; lard them with ham, bacon, and anchovies; braze them as usual; when done, skim and sift the sauce, and add a little cullis. When ready to serve, add the squeeze of a lemon. *Dalrymple, 234.*

Another way.

Let your partridges be covered with water. Fifteen minutes will boil them. For sauce—celery-sauce, liver-sauce, mushroom-sauce, or onion-sauce. *Mason, 303.*

To boil Pheasants.

Boil them in a great deal of water; if large, three quarters of an hour will boil them; if small, half an hour. For sauce—white celery stewed and thickened with cream, and a bit of butter rolled in flour. Lay the pheasants in the dish, and pour the sauce over them. *Mason, 306. Glasse, 98.*

Observe so to stew your celery, that the liquor may not be all wasted before you put in your cream. Season with salt to your palate. Garnish with lemon.

To boil Woodcocks.

Take a pound of lean beef, cut it into pieces, and put it into a sauce-pan, with two quarts of water, an onion stuck with three or four cloves, two blades of mace, and some whole pepper: boil all these gently till half is wasted; then strain it off into another saucepan. Draw the woodcocks, and lay the trail in a plate; put the woodcocks into the gravy, and let them boil for twelve minutes. While they are doing, chop the trail and liver small, put them into a small saucepan with a little mace, pour on them five or six spoonfuls of the gravy the woodcocks are boiled in; then take the crumb of a stale roll, rub it fine in a dish before a fire; put to the trail, in a small saucepan, half a pint of red port, a piece of butter rolled in flour; set all over the fire, and shake it round till the butter is melted; then put in the crumbs of bread, and shake the saucepan round. Lay the woodcocks in the dish, and pour the sauce over them. *Mason, 273. Glasse, 99. Farley, 21.*

To boil Pickled Pork.

Be sure you put your pork in when the water boils. If a middling

middling piece, an hour will boil it; if a very large piece, an hour and an half, or two hours. If you boil pickled pork too long, it will go to a jelly. You will know when it is done, by trying it with a fork. *Glasse*, 20.

Pork should be very well boiled; a leg of pork of six pounds will take about two hours; the hand must be boiled till very tender. Serve it up with pease-pudding, favoys, or any greens. *Mason*, 175.

To boil Pigs' Pettitoes.

Take up the heart, liver, and lights, when they have boiled ten minutes, and shred them pretty small; let the feet boil till they are pretty tender, then take them out and split them; thicken your gravy with flour and butter, put in your mince-meat a slice of lemon, spoonful of white wine, a little salt, and boil it a little; beat the yolk of an egg, add to it two spoonfuls of good cream, and a little grated nutmeg; put in your pettitoes, shake it over the fire, but do not let it boil. Lay sippets round your dish, pour in your mince-meat, lay the feet over them the skin side up, and send them to the table. *Raffald*, 57.

To boil Salmon crisp.

When the salmon is scaled and gutted, cut off the head and tail, cut the body through into slices an inch and an half thick, throw them into a large pan of pump-water. When they are all put in, sprinkle a handful of bay-salt upon the water, stir it about, and then take out the fish; set on a large deep stew-pan, boil the head and tail, but do not split the head; put in some salt, but no vinegar. When they have boiled ten minutes, skim the water very clean, and put in the slices. When they are boiled enough, take them out, lay the head and the tail in the dish, and the slices round. This must be for a large company. The head or tail may be dressed alone, or with one or two slices; or the slices alone.

It is done in great perfection in the salmon countries; but if the salmon is very fresh, it will be very good in London. *Mason*, 213.

Another way.

Scale your salmon, take out the blood, wash it well, and lay it on a fish-plate; put your water in a fish-pan with a little salt. When it boils, put in your fish for half a minute, then take it out for a minute or two. When you have done it four times, boil it till it is enough. When you take it out of the fish-pan, set it over the water to drain; cover it well with a clean cloth dipped in hot water; fry some small fishes, or a few slices of salmon, and lay round it. Garnish with scraped horse-raddish and fennel. *Raffald*, 23.

Another way.

Take a bit of salmon, of any bigness, without being scaled; tie it up in a cloth, or with packthread; put it in a vessel much of its bigness, with a good bit of butter or broth, and half red wine, salt, whole pepper, a faggot of parsley, thyme, laurel, two or three cloves, bits of carrots, and sliced onions. When done, drain it, and serve it upon a napkin, and the sauces in boats. *Clermont, 358. Dalrymple, 294.*

To boil a Cod's Head and Shoulders.

Take out the gills and the blood clean from the bone; wash the head very clean, rub over it a little salt, and a glass of allegar; then lay it on your fish-plate. When your water boils, throw in a good handful of salt, with a glass of allegar; then put in your fish, and let it boil gently half an hour: if it is a large one, three quarters. Take it up very carefully, and strip the skin nicely off; set it before a brisk fire, dredge it all over with flour, and baste it well with butter. When the froth begins to rise, throw over it some very fine white bread crumbs. You must keep basting it all the time to make it froth well. When it is a fine white brown, dish it up, and garnish it with a lemon cut in slices, scraped horse radish, barberries, a few small fish fried and laid round it, or fried oysters. Cut the roe and liver in slices, and lay over it a little of the lobster out of the sauce in lumps, and then serve it. *Raffald, 21. Farley, 27.*

Another way.

Wash it, strew salt over it, put vinegar and salt into the water. If the head be large, it will take an hour's boiling. Oyster-sauce, and white-sauce, or what other is agreeable. The fish may be grilled in the following manner:—Strip off the skin, when boiled, set it before the fire, shake flour over it, and baste it. When the froth rises, strew over it bread-crumbs; let it be a nice brown. Garnish with fried oysters, the roe, liver, horse-radish, and lemon. *Mason, 209.*

To boil Cod.

Set on a fish-kettle of a proper size for the cod; put in a large quantity of water, with a quarter of a pint, or more, of vinegar, a handful of salt, and half a stick of horse-radish: let these boil together, and then put in the fish. When it is enough (which will be known by feeling the fins, and by the look of the fish) lay it to drain, put it on a hot fish-plate, and then in a warm dish, with the liver cut in half and laid on each side. Sauce—shrimps, or oyster-sauce. *Mason, 219.*

To boil Salt Cod.

Steep your salt fish in water all night, with a glass of vinegar; it will take out the salt, and make it eat like fresh fish. The next

next day boil it. When it is enough, pull it in flakes into your dish, then pour egg-sauce over it, or parsnips boiled and beat with butter and cream. Send it to the table on a water-plate, for it will soon grow cold. *Raffald, 22.*

To boil Cod Sounds.

Cod sounds, dressed like little turkeys, is a pretty side-dish for a large table, or for a dinner in Lent. Boil your sounds as for eating, but not too much. Take them up, and let them stand till they are quite cold; then make a forced-meat of chopped oysters, crumbs of bread, a lump of butter, the yolks of two eggs, nutmeg, pepper, and salt, and fill your sounds with it. Skewer them in the shape of a turkey, and lard them down each side as you would do a turkey's breast. Dust them well with flour, and put them before the fire in a tin oven to roast. Baste them well with butter. When they are enough, pour on them oyster-sauce, and garnish with barberries. *Farley, 28.*

To boil a Turbot.

Lay it in a good deal of salt and water an hour or two, and if it is not quite sweet, shift your water five or six times; first put a good deal of salt in the mouth and belly.

In the mean time set on your fish-kettle, with clean spring-water and salt, a little vinegar, and a piece of horse-radish. When the water boils, lay the turbot on a fish-plate, put it into the kettle, let it be well boiled, but take great care it is not too much done. When enough, take off the fish-kettle, set it before the fire, then carefully lift up the fish-plate, and set it across the kettle to drain. In the mean time melt a good deal of fresh butter, and bruise in either the spawn of one or two lobsters, and the meat cut small, with a spoonful of anchovy liquor; then give it a boil, and pour it into basons. This is the best sauce; but you may make what you please. Lay the fish in the dish. Garnish with scraped horse-radish and lemon. *Glasse, 177.*

Another way.

Make a brine with a handful or two of salt, and a gallon or more of water: let the turbot lie in it two hours before it is to be boiled; then set on a fish-kettle, with water enough to cover it, and about half a pint of vinegar (or less if the turbot is small); put in a piece of horse-radish. When the water boils, put in the turbot, the white side uppermost, on a fish-plate. Let it be done enough, but not too much, which will be easily known by the look. A small one will take twenty minutes; a large one, half an hour. Then take it up, and set it on a fish plate to drain before it is laid in the dish. Sauce—lobster-sauce and white-sauce. *Mason, 211.*

To boil a Pike.

Take a large pike, clean it, and take out the gills; make a stuffing with some crumbs of bread grated fine, some sweet herbs chopped small, some grated lemon-peel, nutmeg, pepper, salt, some oysters chopped small, and a piece of butter. Mix up these ingredients with the yolks of two eggs; put it into the fish, and sew it up; turn the tail into the mouth, and boil it in pump water, with some vinegar and salt in it. When it boils, put in the fish, it will take more than half an hour, if it is a large one. Oyster-sauce. Pour some over the fish, the rest in a boat. *Mason, 232.*

Another way.

Take out the gills and guts, wash it well, then make a good force-meat of oysters chopped fine, the crumb of half-a-penny loaf, a few sweet herbs, and a little lemon-peel shred fine; nutmeg, pepper, and salt, to your taste; a good lump of butter, and the yolks of two eggs; mix them well together, and put them in the belly of your fish; sew it up, skewer it round, put hard water into your fish-pan, add to it a tea-cupful of vinegar, and a little salt. When it boils, put in the fish; if it be a middle size, it will take half an hour's boiling. Garnish it with walnuts and pickled barberries; serve it up with oyster-sauce in a boat, and pour a little sauce on the pike. You may dress a roasted pike in the same way.

To boil a Sturgeon.

Clean your sturgeon, and prepare as much liquor as will just boil it. To two quarts of water, put a pint of vinegar, a stick of horse-radish, two or three bits of lemon-peel, some whole pepper, a bay-leaf, and a small handful of salt. Boil your fish in this, and serve it in the following sauce:—melt a pound of butter, dissolve an anchovy in it, put in a blade or two of mace, bruise the body of a crab in the butter, a few shrimps or crawfish, a little catchup, a little lemon-juice; give it a boil, drain your fish well, and lay it in your dish. Garnish with fried oysters, sliced lemon, and scraped horse radish; pour your sauce into boats or basons. So you may fry it, ragoo it, or bake it. *Glasse, 187. Mason, 218.*

Another way.

Boil the sturgeon in just as much liquid as will do between boiling and stewing; put to this some broth, butter, a little vinegar and white wine, all sorts of sweet herbs, bits of carrots, slices of onions, whole pepper, and salt, according to the bigness of the fish. If a whole one, when properly cleaned, stuff it with all sorts of sweet herbs chopped, pepper and salt, all mixed with good butter, and serve upon a napkin garnished with green parsley.

parsley. Serve what sauce you think proper in boats, such as anchovies, capers, &c. *Clermont*, 364.

To boil Mackrel.

Make a sauce with half a pint of white wine, some weak broth, sweet herbs, bits of roots, slices of onions, pepper and salt; boil these together about an hour; then boil the fish therein, and serve with a sauce made of butter, a little flour, some scalded chopped fennel, one shallot chopped very fine, a little of the boiling liquid, and a lemon squeeze when ready. *Clermont*, 382.

Another way.

Gut your mackrel, and dry them carefully with a clean cloth, then rub them slightly over with a little vinegar, and lay them straight on your fish-plate (for turning them round often breaks them); put a little salt in the water when it boils; put them into your fish-pan, and boil them gently fifteen minutes, then take them up and drain them well, and put the water that runs from them into a sauce-pan, with two tea-spoonfuls of lemon-pickle, one meat-spoonful of walnut catchup, the same of browning, a blade or two of mace, one anchovy, a slice of lemon; boil them all together a quarter of an hour, then strain it through a hair sieve, and thicken it with flour and butter; send it in a sauce-boat, and parsley-sauce in another; dish up your fish with the tails in the middle. Garnish it with scraped horse-dish and barberries. *Raffald*, 32.

To boil Plaice or Flounders.

Let your water boil, throw some salt in, then put in your fish; boil it till you think it is enough, and take it out of the water in a slice to drain. Take two spoonfuls of the liquor, with a little salt, and a little grated nutmeg; then beat up the yolk of an egg very well with the liquor, and stir in the egg; beat it well together, with a knife carefully slice away all the little bones round the fish, pour the sauce over it, then set it over a chafing-dish of coals for a minute, and send it hot away. Or, in the room of this sauce, add melted butter in a cup.

Another way.

Put on a stew-pan, with water sufficient to cover the quantity of flounders, &c. which are to be dressed; put in some vinegar and horse-radish. When the water boils, put in the fish, but let them be well cleaned, and their fins cut off; do not let them boil too fast, lest they break. When they are enough, lay them on a fish-plate, the tails in the middle. Sauce—parsley and butter. Dabs are boiled in the same manner. *Mason*, 248.

To boil Soals.

Take a pair of soals, make them clean, lay them in vinegar,
salt,

salt, and water, two hours; then dry them in a cloth, put them into a stew-pan, put to them a pint of white wine, a bundle of sweet herbs, an onion stuck with six cloves, some whole pepper, and a little salt; cover them, and let them boil. When they are enough, take them up, lay them in your dish, strain the liquor, and thicken it up with butter and flour. Pour the sauce over, and garnish with scraped horse-radish and lemon. In this manner dress a little turbot. It is a genteel dish for supper. You may add prawns, or shrimps, or mussels to your sauce. *Glasse, 189.*

Another way.

Take two or three pair of middling soals; when they are skinned and gutted, wash them in spring-water, then put them on a dish, and pour half a pint of white wine over them; turn them two or three times in it, and pour it away; then cut off the heads and tails of the soals, and set on a stew-pan, with a little rich fish-broth; put in an onion cut to pieces, a bunch of sweet herbs, pepper, salt, and a blade of mace. When this boils, put in the soals, and with them half a lemon, cut in slices with the peel on; let them simmer slowly, then take out the sweet herbs, and put in a pint of strong white wine, and a piece of butter rolled in flour; let them all simmer together till the soals are enough.

While the fish are doing, put in half a pint of veal gravy, and a quarter of a pint of essence of ham; let it boil a little, take up the soals, and pour this over it. *Mason, 224.*

Soals, in the common way, should be boiled in salt and water. *Mason, 224.*

Another way.

Take three quarts of spring water, and a handful of salt; let them boil; then put in your soals; boil them gently for ten minutes, then dish them up in a clean napkin, with anchovy-sauce, or shrimp-sauce in boats.

To boil Herrings.

Scale, gut, and wash your herrings; dry them clean, and rub them over with a little vinegar and salt; skewer them with their tails in their mouths, and lay them on your fish-plate. When your water boils, put them in, they will take ten or twelve minutes boiling. When you take them up, drain them over the water, then turn the heads into the middle of your dish. Lay round them scraped horse-radish, parsley and butter for sauce. *Raffald, 30.*

Another way.

The properest time for boiling herrings, is when they come before and at the beginning of the mackrel season; they are by many

many people reckoned better than when full of roe: the flesh is much poorer than at this season, when their breeding time is over, and they have had time to feed and recover their flesh.

Clean half a dozen herrings, and throw them into a pan of cold water, stir them about, and change the water once; set on a stew-pan, with water enough to cover them, some salt, and a little vinegar. When the water boils, put in the herrings; when they are enough, lay them on a fish-plate, in a warm dish. Sauce—fennel boiled and chopped small, with melted butter.

To boil Eels.

Having skinned, gutted, and taken the blood out of your eels, cut off their heads, dry them, and turn them round on your fish-plate. Boil them in salt and water, and serve them up with parsley sauce. *Farley, 31.*

Another way.

Make a brown of butter and flour; when it is of a good colour, add a little broth, cullis, a pint of white wine, one dozen and an half of small onions first blanched, a few mushrooms, a faggot of parsley and sweet herbs, three cloves, whole pepper and salt; stew this until the onions are near done, then put the eels to it, cut in pieces; stew on a smart fire, reduce the sauce to a proper consistence; when ready, add a chopped anchovy, and a few whole capers. Garnish the dish with fried bread. *Dalrymple, 278.*

CHAP. III.—MADE DISHES OF BEEF.

AS this is one of the most important chapters in the book, it may not be improper to give the young cook some general hints. It is an important point to take care that all the copper vessels be well tinned, and kept perfectly clean from any foulness or grittiness. Before you put eggs or cream into your white sauce, have all your ingredients well boiled, and the whole of a proper thickness; for neither eggs nor cream will contribute much to thicken it. After you have put them in, do not stir them with a spoon, nor set your pan on the fire, for fear it should gather at the bottom, and be lumpy; but hold your pan at a proper height from the fire, and keep shaking it round one way, which will keep the sauce from curdling; and be particularly cautious that you do not suffer it to boil. Remember to take out your collops, meat, or whatever you are dressing, with a fish-slice, and strain your sauce upon it, which will prevent small bits of meat mixing with your sauce, and thereby have it clear and fine. In browning dishes, be particularly cautious that no fat floats on the top of the gravy, which will be the case if you do not properly skim it. It should be of a fine brown, without any one predominant taste, which must depend on the judicious proportion in the mixture of your various articles of ingredients. If you make use of wine, or anchovy, take off its rawness by putting it in some time before your dish is ready; for nothing injures the reputation of a made-dish so much as raw wine, or fresh anchovy. Be sure to put your fried forced-meat balls to drain on a sieve, that the fat may run from them, and never let them boil in your sauce, as that will soften them, and give them a greasy appearance. To put them in after the meat is dished up, is indisputably the best method. In almost every made-dish, you may use force-meat balls, morels, truffles, artichoke-bottoms, and pickled mushrooms; and in several made-dishes, a roll of force-meat may supply the place of balls; and where it can be used with propriety, it is to be preferred.

Browning for Made Dishes.

Beat small four ounces of treble-refined sugar, put it in a clean iron frying-pan, with one ounce of butter; set it over a clear fire, mix it very well together all the time; when it begins to be frothy, the sugar is dissolving, hold it higher over the fire, have ready a pint of red wine; when the sugar and butter is of a deep brown, pour in a little of the wine, and stir it well together, then add more wine, and keep stirring it all the time; put in half an ounce of Jamaica pepper, six cloves, four shallots peeled, two or three blades of mace, three spoonfuls of mush-

room catchup, a little salt, the out-rinds of one lemon; boil them slowly for ten minutes, then pour it into a basin. When cold, take off the scum very clean, and bottle it for use. *Raffald, 81.*

Beef A-la-Mode.

Take some of the round of beef, the veiny piece, or small round (what is generally called the mouse-buttock); cut it five or six inches thick; cut some pieces of fat bacon into long bits; take an equal quantity of beaten mace, pepper, and nutmeg, with double the quantity of salt, if wanted; mix them together, dip the bacon into some vinegar (garlick vinegar, if agreeable), then into the spice; lard the beef with a larding-pin, very thick and even, put the meat into a pot just large enough to hold it, with a gill of vinegar, two large onions, a bunch of sweet herbs, half a pint of red wine, and some lemon-peel. Cover it down very close, and put a wet cloth round the edge of the pot, to prevent the steam evaporating; when it is half done, turn it, and cover it up again; do it over a stove, or a very slow fire. It will take five hours and an half before it is done.

N. B. Truffles and morels may be added to it. *Mason, 123.*

Beef A-la-mode another way.

Having boned a rump of beef, lard the top with bacon, and make the following force-meat:—Take four ounces of marrow, the crumb of a penny loaf, a few sweet herbs chopped small, two heads of garlick, and season them to your taste with salt, pepper, and nutmeg; then beat up the yolks of four eggs. Mix all together, and stuff it into the beef at the parts from whence the bone was extracted, and also in several of the lean parts. Skewer it round, and fasten it properly with a string. Put it into the pot, throw in a pint of red wine, and tie the pot down with a strong paper. Put it into the oven for three or four hours, and when it comes out, if it is to be eaten hot, skim the fat from the gravy, and add a spoonful of pickled mushrooms, and half an ounce of morels. Thicken it with flour and butter, dish it up, and pour on your gravy. Garnish it with force-meat balls. *Farley, 91.*

Another way.

Cut some of the round of beef into pieces, lard and fry them, put to them some beef broth, a bunch of sweet herbs, an onion, a few pepper corns and cloves; stew this gently till tender, covered close, then skim off the fat, and add a few mushrooms.—N. B. Water may be used instead of broth. *Mason, 123.*

Beef A-la-daube.

Take a rump and bone it, or a part of the leg-of-mutton piece, or a piece of the buttock; cut some fat bacon, as long as the

the beef is thick, and about a quarter of an inch square; take eight cloves, four blades of mace, a little all-spice, and half a nutmeg beat very fine; chop a good handful of parsley fine, some sweet herbs of all sorts chopped fine, and some pepper and salt; roll the bacon in these, and then take a large larding-pin, or a small-bladed knife, and put the bacon through and through the beef with a larding-pin or knife. When that is done, pour it into the stew-pan with brown gravy enough to cover. Chop three blades of garlick very fine, and put in some fresh mushrooms or champignons, two large onions, and a carrot: stew it gently for six hours; then take the meat out, strain off the gravy, and skim all the fat off. Put your meat and gravy into the pan again; put a gill of white wine into the gravy, and if it wants seasoning, season with pepper and salt; stew them gently for half an hour; add some artichoke bottoms, truffles and morels, oysters, and a spoonful of vinegar. Put the meat into a soup-dish, and the sauce over it; or you may put turnips cut in round pieces, and carrots cut round, some small onions, and thicken the sauce; then put the meat in, and stew it gently for half an hour with a gill of white wine. Some like favoys or cabbage stewed, and put into the sauce. *Glass*, 36. *Farley*, 91.

Beef Tremblant, or Trembling Beef.

A rump of beef is the best for this; but it must be vastly cut and trimmed; cut the edge of the edge-bone off quite close to the meat, that it may lay flat in your dish; and if it is large, cut it at the chump-end so as to make it square; hang it up for three or four days, or more, without salt; prepare a marinade*, and leave it all night in soak, fillet it two or three times across, and put it into a pot, the fat uppermost; put in as much water as will a little more than cover it, take care to skim it well, and season as you would for a good broth, adding about a pint of white wine; let it simmer for as long a time as it will hang together. There are many sauces for this piece of meat, particularly carrots, herbs, &c. minced. Your carrots should be cut an inch long, and boiled a little in water, and afterwards stewed in some cullis proportionate to your meat. When they are done tender, dish in a glass of white wine, a little minced shallot and parsley, and the juice of a lemon; take your beef out upon a cloth, clean it neatly from its fat and liquor, place it hot and whole in your dish, and pour your sauce hot over it. Stew some minced parsley over it, it looks prettier. *Verral*, 59.

Another way.

Take the fat end of a brisket of beef, and tie it up close with

* *A pickle.*

packthread; put it in a pot of water, and boil it six hours very gently: season the water with a little salt, a handful of all-spice, two onions, two turnips, and a carrot: in the mean while, put a piece of butter in a stew-pan and melt it, then put in two spoonfuls of flour, and stir it till it is smooth; put in a quart of gravy, a spoonful of catchup, the same of browning, a gill of white wine, carrots and turnips, and cut the same as for an harico of mutton; stew them gently till the roots are tender, season with pepper and salt, skim all the fat clean off, put the beef in the dish, and pour the sauce all over. Garnish with pickle of any sort, or make a sauce thus:—Chop a handful of parsley, one onion, four pickled cucumbers, one walnut, and a gill of capers; put them in a pint of good gravy, and thicken it with a little butter rolled in flour, and season it with pepper and salt; boil it up for ten minutes, and then put it over the beef; or you may put the beef in a dish, and put greens and carrots round it. *Glasse*, 33. *Farley*, 93.

Beef A-la-royal.

Bone a rump, sirloin, or brisket, and cut some holes in it at a little distance from each other; fill the holes, one with chopped oysters, another with fat bacon, and the other with chopped parsley; dip each of these, before the beef is stuffed, into a seasoning made with salt, pepper, beaten mace, nutmeg, grated lemon-peel, sweet-marjoram, and thyme; put a piece of butter into a frying-pan, and when it has done hissing, put in the beef, make it of a fine brown, then put it into some broth made of bones, with a bay-leaf, a pint of red wine, two anchovies, and a quarter of a pint of small beer; cover it close, and let it stew till it is tender; then take out the beef, skim off the fat, and strain the gravy; add two ox-palates stewed tender and cut into pieces, some pickled gerkins, truffles, morels, and a little mushroom powder; let all these boil together. Thicken the sauce with a bit of butter rolled in flour, put in the beef to warm, pour the sauce over it, and serve it up. *Mason*, 124.

Beef Olives.

Cut steaks from the rump, or inside of the sirloin, half an inch thick, about six inches long, and four or five broad, beat them a little, and rub them over with the yolk of an egg; strew on bread crumbs, parsley chopped, lemon-peel shred, pepper and salt, chopped suet or marrow, and grated nutmeg; roll them up tight, skewer them, and fry or brown them in a Dutch oven; stew them in some beef broth or gravy until tender, thicken the gravy with a little flour; then add a little catchup, and a little lemon-juice. To enrich them, add pickled mushrooms, hard yolks of eggs, and force-meat balls. *Mason*, 128.

Mrs. *Raffald* has given the same receipt in other words, page 117.

Beef A-Pecarlet *—*Scarlet Beef*.

A square piece of the middle of the brisket is what is generally provided for this dish, about six or eight pounds. Take half a pound of salt-petre, beat it well, and rub over your beef, wrap it up in a cloth, and bury it in salt for seven or eight days, but not to touch the salt; stew it in the manner of *beef tremblant*, and seasoned so; let it be done very tender, and have some cabbage or favoy, tied up, and stewed with it for an hour, squeeze the fat and liquor well from them, and put them into a stew-pan with a ladle or two of cullis; add a little shallot, minced parsley, and the juice of a lemon; take out your beef upon a cloth to drain it well, dish it up with your cabbage round it, cut it in notches across, and pour your sauce over it very hot.

This is sometimes served to table with lettuce, tops of asparagus, carrots, turnips, or any sort of garden things the sauces are made of. *Verral*, 65.

Another way.

Take a brisket, or the thick part of the thin flank, rub it over well with some salt-petre beat small, then take half a pound of coarse sugar, a pound of common salt, two ounces of bay salt, mix it all together, and rub it well on the beef; turn it every day, and let lie twelve days, or a fortnight.

It eats very good cold, with a weight laid upon it, and then cut into slices. *Mason*, 125. *Glasse*, 36. *Farley*, 96.

A Fricando of Beef.

Cut a few slices of beef five or six inches long, and half an inch thick, lard it with bacon, dredge it well with flour, and set it before a brisk fire to brown; then put it in a tossing pan, with a quart of gravy, a few morels and truffles, half a lemon, and stew them half an hour; then add one spoonful of catchup, the same of browning, and a little chyan; thicken your sauce, and pour it over your fricando. Lay round them force-meat balls, and the yolks of hard eggs. *Raffald*, 115.

Another way.

Take a piece or pieces of beef, of what bigness you please; lard it with coarse pieces of bacon, seasoned with spices; boil it in broth, with a little white wine, a faggot of parsley, sweet herbs, a clove of garlick, shallots, four cloves, whole pepper, and salt. When tender, sift the sauce, skim it well, and reduce it to a glaze, with which you glaze the larded side; and serve it upon what stewed herbs you please. *Dalrymple*, 65.

* This is erroneously called *Beef Escarlot*, by Mrs. *Glasse* and Mr. *Farley*.—Mrs. *Mason* calls it *Beef Ecarlate*.

To ragoo a piece of Beef.

Take a large piece of the flank, which has fat at the top, cut square, or any piece that is all meat, and has fat at the top, but no bones. The rump does well. Cut all nicely off the bone (which makes fine soup); then take a large stew-pan, and with a good piece of butter fry it a little brown all over, flouring your meat well before you put it into the pan; then pour in as much gravy as will cover it, made thus:—take about a pound of coarse beef, a little piece of veal cut small, a bundle of sweet herbs, an onion, some whole black pepper, and white pepper, two or three large blades of mace, four or five cloves, a piece of carrot, a little piece of bacon steeped in vinegar a little while, and a crust of bread toasted brown; put to this a quart of white wine, and let it boil till half is wasted. While this is making, pour a quart of boiling water into the stew-pan, cover it close, and let it be stewing softly; when the gravy is done, strain it, pour it into the pan where the beef is, take an ounce of truffles and morels cut small, some fresh or dried mushrooms cut small, two spoonfuls of catch-up, and cover it close. Let all this stew till the sauce is rich and thick; then have ready some artichoke bottoms cut into four, and a few pickled mushrooms; give them a boil or two, and when your meat is tender, and your sauce quite rich, lay the meat into a dish, and pour the sauce over it. You may add a sweet-bread cut in six pieces, a palate stewed tender cut into little pieces, some cocks'-combs, and a few forced-meat balls. These are a great addition, but it will be good without.

Note—For variety, when the beef is ready, and the gravy put to it, add a large bunch of celery, cut small and washed clean, two spoonfuls of catchup, and a glass of red wine. Omit all the other ingredients. When the meat and celery are tender, and the sauce is rich and good, serve it up. It is also very good this way:—take six large cucumbers, scoop out the seeds, pare them, cut them into slices, and do them just as you do the celery.

Glassé, 33.

To stew a Rump of Beef.

Half roast your beef, then put it in a large saucepan or cauldron, with two quarts of water, and one of red wine, two or three blades of mace, a shallot, one spoonful of lemon-pickle, two of walnut-catchup, the same of browning. Chyan pepper and salt to your taste; let it stew over a gentle fire, close covered, for two hours, then take up your beef, and lay it in a deep dish, skim off the fat, and strain the gravy, and put in one ounce of morels, and half a pint of mushrooms; thicken your gravy, and pour it over your beef; lay round it force-meat balls. Garnish with horse-radish, and serve it up. *Raffald, 114.*

Another way.

Having boiled it till it is little more than half enough, take it

up, and peel off the skin; take salt, pepper, beaten mace, grated nutmeg, a handful of parsley, a little thyme, winter savory, sweet marjoram, all chopped fine and mixed, and stuff them in great holes in the fat and lean, the rest spread over it, with the yolks of two eggs; save the gravy that runs out, put to it a pint of claret, and put the meat in a deep pan; pour the liquor in, cover it close, and let it bake two hours; then put it into the dish, strain the liquor through a sieve, and skim off the fat very clean; then pour it over the meat, and send it to table.

Rump au Ragout.

Cut the meat from the bone, flour and fry it, pour over it a little boiling water, and about a pint of small beer; add a carrot or two, an onion stuck with cloves, some whole pepper, salt, a piece of lemon-peel, and a bunch of sweet herbs; let these stew an hour, then add some good gravy. When the meat is tender, take it out, strain the sauce, thicken it with a little flour; add a little celery ready boiled, and a little catchup; put in the meat, and just simmer it up. Or the celery may be omitted, and the ragoo enriched by adding mushrooms fresh or pickled, artichoke-bottoms boiled and quartered, and hard yolks of eggs.

N. B. A piece of flank, or any piece that can be cut free from bone, will do instead of the rump. *Mason*, 125.

Rump of Beef smoked.

Bone a rump of beef as well as possible without spoiling the shape; salt it with a pound of salt, and two ounces of salt-petre; put it in a salting-pan, length-ways, with all sorts of sweet herbs, as parsley, shallots, thyme, laurel, basil, winter savory, half an handful of juniper berries, a little coriander, six cloves, and two cloves of garlic; leave it about a week or ten days in salt, then hang it in the chimney; when dried, keep it in a dry place. When you want to use it, boil it in water without salt, with a few onions, cloves, a faggot of sweet herbs, and a little nutmeg; let it cool in the liquor, and serve it cold upon a napkin. Garnish with parsley. If you think it will be too salt, soak it some time before boiling. *Dalrymple*, 68.

To force the inside of a Sirloin of Beef.

Spit your sirloin, then cut off from the inside all the skin and fat together, and then take off all the flesh to the bones; chop the meat very fine with a little beaten mace, two or three shallots, one anchovy, half a pint of red wine, a little pepper and salt, and put it on the bones again; lay your fat and skin on again, and skewer it close, and paper it well. When roasted, take off the fat, and dish up the sirloin; pour over it a sauce made of a little red wine, a shallot, one anchovy, two or three slices of horse-raddish, and serve it up. *Raffald*, 113.

Another way.

When it is quite roasted, take it up, and lay it in the dish with the inside uppermost; with a sharp knife lift up the skin, hack and cut out the inside very fine, shake a little pepper and salt over it, with two shallots, cover it with the skin, and send it to table. You may add red wine or vinegar, just as you like.

To broil Beef Steaks.

Cut your steaks off a rump of beef about half an inch thick, let your fire be clear, rub your gridiron well with beef-suet; when it is hot, lay them on, let them broil till they begin to brown, turn them, and when the other side is brown, lay them on a hot dish, with a slice of butter between each steak; sprinkle a little pepper and salt over them, let them stand two or three minutes, then slice a shallot (as thin as possible) into a spoonful of water, lay on your steaks again, keep them turning till they are enough, put them on your dish, pour the shallot and water amongst them, and send them to table. *Parley, 49.*

Another way.

First have a very clear brisk fire: let your gridiron be very clean; put it on the fire, and take a chafing-dish with a few hot coals out of the fire. Put the dish on it which is to lay your steaks on, then take fine rump steaks about half an inch thick; put a little pepper and salt on them, lay them on the gridiron, and (if you like it) take a shallot or two, or a fine onion, and cut it fine; put it into your dish. Keep turning your steaks quick till they are done, for that keeps the gravy in them. When the steaks are enough, take them carefully off into your dish, that none of the gravy be lost; then have ready a hot dish and cover, and carry them hot to the table with the cover on. You may send shallots in a plate, chopped fine.

If you love pickles or horse-radish with steaks, never garnish your dish, because the garnishing will be dry, and the steaks will be cold, but lay those things on little plates, and carry to table. —The great nicety is to have them hot, and full of gravy. *Glasse, 7.*

To fry Beef Steaks.

Take some steaks, cut out of the middle of the rump, fry them in butter; when they are done, put a little small beer into the pan, if not bitter, the gravy which runs from the steaks, a little nutmeg, a shallot, some walnut-catchup, and a piece of butter rolled in flour; shake it round the pan till it boils, and pour it over the steaks. Some stewed oysters may be added, or pickled mushrooms. *Mason, 127.*

Another way.

Cut your steaks as for broiling, put them into a stew-pan with a good

a good lump of butter, set them over a very slow fire, keep turning them till the butter is become a thick white gravy, pour it into a bafon, and pour more butter to them. When they are almost enough, pour all the gravy into your bafon, and put more butter into your pan, fry them a light brown over a quick fire. Take them out of the pan, put them in a hot pewter dish, slice a shallot among them, put a little in your gravy that was drawn from them, and pour it hot upon them. I think this is the best way of dressing beef-steaks. Half a pound of butter will dress a large dish. *Raffald, 71.*

Another way.

Take rump-steaks, pepper and salt them, and fry them in a little butter, very quick and brown: then put them into a dish, and pour the fat out of the frying-pan. Take half a pint of hot gravy, half a pint of hot water, and put it into the pan. Add to it a little butter rolled in flour, a little pepper and salt, and two or three shallots chopped fine. Boil them up in your pan for two minutes, and pour it over the steaks. You may garnish with a little scraped horse-radish round your dish. *Farley, 54, from Glasse, 39.*

To stew Beef Steaks.

Lard the steaks here and there with large pieces of lard, put them in a stew-pan with chopped parsley, shallots, thyme, laurel, salt, whole pepper, a little white wine; stew slowly till done; serve either hot or cold. *Clermont, 65.*

Another way.

Take rump-steaks, pepper and salt them, lay them in a stew-pan, pour in half a pint of water, a blade or two of mace, two or three cloves, a little bundle of sweet herbs, an anchovy, a piece of butter rolled in flour, a glass of white wine, and an onion; cover them close, and let them stew softly till they are tender; then take out the steaks, flour them, fry them in fresh butter, and pour away all the fat; strain the sauce they were stewed in, and pour into the pan; toss it all up together till the sauce is quite hot and thick. If you add a quarter of a pint of oysters it will make it the better. Lay the steaks into the dish, and pour the sauce over them. Garnish with any pickle you like.

Beef Steaks rolled.

Take some beef steaks, what quantity is wanted, beat them with a cleaver to make them tender; make some force meat with a pound of veal beat fine in a mortar, the flesh of a fowl, half a pound of cold ham or gammon of bacon, fat and lean, the kidney-fat of a loin of veal, and a sweetbread, all cut very small; some truffles and morels stewed and then cut small, two shallots, some parsley, a little thyme, some lemon-peel, the

yolks of four eggs, a nutmeg grated, and half a pint of cream. Mix these all together, and stir them over a slow fire for ten minutes; put them upon the steaks, and roll them up; then skewer them tight, put them into the frying-pan, and fry them of a nice brown; then take them from the fat, and put them into a stew-pan with a pint of good drawn gravy, a spoonful of red wine, two of catchup, a few pickled mushrooms, and let them stew for an quarter of an hour; take up the steaks, cut them in two, lay the cut side uppermost. Garnish with lemon. *Mason*, 128. *Gasse*, 40.

N. B. Before you put the force-meat into the beef, you are to stir it all together over a slow fire for eight or ten minutes. *Glasse*, 40.

A Rib of Beef Glasse, with Spinach.

Provide one of the prime ribs, trim it neatly, and lay it in a marinade for an hour or two; take a stew-pan exactly its bigness, put a slice or two of bacon at the bottom, lay in your beef, and cover it with the same; to season, put in an onion or two, some bits of carrot, a little sweet basil, thyme, and parsley, a little pepper, salt, and a blade or two of mace; let it stew gently till it is very tender, take it out upon a plate, strain your braze, clean it well from the fat, put it into a clean stew pan, and boil it with a ladle of gravy very fast, and you will find it come to a sort of gluey consistence; then put your beef in, and keep it hot till your dinner-time, and serve it up with spinach.

At another time you may serve it with favoys or red cabbage, stripped fine and stewed, and after being blanched, only adding a bit of bacon, with a few cloves stuck in it in the stewing, but not to send to table.

Fillet of the sirloin is done pretty much in the same way, marinated and roasted, with bacon over it, and the same sort of sauces. *Verral*, 84.

A Porcupine of the flat Ribs of Beef.

Bone the flat ribs, and beat it half an hour with a paste pin, then rub it over with the yolks of eggs, strew over it bread-crumbs, parsley, leeks, sweet marjoram, lemon-peel, shred fine; nutmeg, pepper and salt; roll it up very close, and bind it hard; lard it across with bacon; then a row of cold boiled tongue, a third row of pickled cucumbers, a fourth row of lemon-peel; do it all over in rows till it is larded all round; it will look like red, green, white, and yellow dice; then split it, or put it in a deep pot with a pint of water, lay over the caul of veal to keep it from scorching, tie it down with strong paper, and send it to the oven. When it comes out, skim off the fat, and strain your gravy into a saucepan; add to it two spoonfuls of red wine, the same of browning, one of mushroom catchup, half a lemon, thicken

thicken it with a lump of butter rolled in flour. dish up the meat, and pour the gravy on the dish; lay round force-meat balls. Garnish with horse-radish, and serve it up. *Raffald, 116.*

To bake a Leg of Beef.

Take a large deep pan, and lay your beef at the bottom; then put in a little piece of bacon, a slice or two of carrot, some mace, cloves, black and white whole pepper, a large onion cut in slices, and a bundle of sweet herbs. Pour in water till the meat be covered, and send it to the oven covered up. When it is baked, strain it through a coarse sieve; take out all the sinews and fat, and put them into a sauce-pan with a few spoonfuls of the gravy, a little red wine, a small piece of butter rolled in flour, and some mustard; shake your sauce-pan often, and when the sauce is hot and thick, dish it up, and send it to table. *Mason, 121.*

To dress a Fillet of Beef.

It is the inside of the sirloin. You must carefully cut it all out from the bone, grate some nutmeg over it, a few crumbs of bread, a little pepper and salt, a little lemon-peel, a little thyme, some parsley shred small, and roll it up tight; tie it with a piece of packthread, roast it, put a quart of milk and a quarter of a pound of butter into the dripping-pan, and baste it. When it is enough, take it up, untie it, leave a little skewer in it to hold it together, have a little good gravy in the dish, and some sweet sauce in a cup. You may baste it with red wine and butter, or it will do very well with butter only. *Glasse, 40.*

Another way.

Soak six anchovies in water about two hours; split them, and lard the fillet with them, intermixed with bacon; stew it on a slow fire, with a little broth and white wine, a clove of garlick, two cloves, a faggot of parsley, green onions, and sweet herbs. When done, sift the sauce; add a little butter rolled in flour, and a few whole capers; make a liaison of eggs and cream; serve it up on the fillet. *Clermont, 76.*

Bouille Beef.

Take the thick end of a brisket of beef, put it into a kettle of water quite covered over; let it boil fast for two hours, then keep stewing it close by the fire for six hours more, and as the water wastes, fill up the kettle; put in with the beef some turnips cut into little balls, carrots, and some celery cut in pieces; an hour before it is done, take out as much broth as will fill your soup-dish, and boil in it for that hour turnips and carrots cut out in balls, or in little square pieces, with some celery, salt and pepper to your taste, serve it up in two dishes, the beef by itself, and the soup by itself. You may put pieces of fried bread,

if you like it, in your soup; boil in a few knots of greens; and if you think your soup will not be rich enough, you may add a pound or two of fried mutton chops to your broth when you take it from the beef, and let it stew for that hour in the broth; but be sure to take out the mutton when you send it to the table. The soup must be very clear. *Raffald*, 113.

Beef in Epigram.

Roast a sirloin of beef, take it off the spit, then raise the skin carefully off, and cut the lean parts of the beef out, but observe not to cut near the ends or sides. Hash the meat in the following manner:—cut it into pieces about as big as a crown piece, put half a pint of gravy into a tofs-pan, an onion chopped fine, two spoonfuls of catchup, some pepper and salt, six small pickled cucumbers cut in thin slices, and the gravy that comes from the beef; a little butter rolled in flour; put the meat in, and tofs it up for five minutes, put it on the sirloin, and then put the skin over and send it to table. Garnish with horse raddish.

You may do the inside instead of the outside if you please. *Glasse*, 34. *Mason*, 126. *Farley*, 95.

To roast Ox Palates.

Having boiled your palates tender, blanch them, cut them into slices about two inches long, lard half with bacon; then have ready two or three pigeons, and two or three chicken-peepers, draw them, trufs them, and fill them with force-meat; let half of them be nicely larded, spit them on a bird-spit thus:—a bird, a palate, a sage-leaf, and a piece of bacon; and so on, a bird, a palate, a sage-leaf, and a piece of bacon. Take cock's combs and lambs'-stones, parboiled and blanched, lard them with little bits of bacon, large oysters parboiled, and each one larded with one piece of bacon; put these on a skewer, with a little piece of bacon and a sage-leaf between them; tie them on a spit and roast them; then beat up the yolks of three eggs, some nutmeg, a little salt, and crumbs of bread: baste them with these all the time they are roasting, and have ready two sweetbreads, each cut in two, some artichoke bottoms cut into four and fried, and then rub the dish with shallots; lay the birds in the middle, piled upon one another, and lay the other things all separate by themselves round about in the dish. Have ready for sauce a pint of good gravy, a quarter of a pint of red wine, an anchovy, the oyster liquor, a piece of butter rolled in flour; boil all these together, and pour into the dish, with a little juice of lemon. Garnish your dish with lemon. *Glasse*, 44. *Farley*, 37, from *Glasse*. *Mason*, 134.

To stew Ox Palates.

Wash four ox-palates in several waters, and then lay them in warm

warm water for half an hour, then wash them out and put them in a pot, and tie them down with strong paper, and send them to the oven with as much water as will cover them, or boil them till tender; then skin them and cut them in pieces half an inch broad, and three inches long, and put them in a tossing-pan with a pint of veal gravy, one spoonful of Madeira wine, the same of catchup and browning, one onion stuck with cloves, and a slice of lemon; stew them half an hour, then take out the onion and lemon, thicken your sauce, and put them in a dish; have ready boiled artichoke bottoms cut them in quarters, and lay them over your palates, with force-meat balls and morels. Garnish with lemon, and serve them up. *Raffald, 119.*

To broil Ox Palates.

Boil in water as many palates as you please; peel them, and soak them in faint menoult, which is thus:—put in a stew-pan a little butter rolled in flour, salt and pepper, two shallots, a clove of garlick, two cloves, parsley, a laurel-leaf, thyme, with as much milk as will simmer your palates till tender; then take them out, and baste them with yolks of eggs and bread crumbs; broil them slowly, and serve them with a sharp sauce. *Dalrymple, 56.*

To ragoo Ox Palates.

Take four ox-palates, and boil them very tender, clean them well, cut some in square pieces, and some long. Make a rich cooley thus:—put a piece of butter in your stew-pan, and melt it; put a large spoonful of flour to it, stir it well till it is smooth, then put a quart of good gravy to it; chop three shallots, and put in a gill of Lisbon; cut some lean ham very fine and put in, also half a lemon; boil them twenty minutes, then strain it through a sieve, put it into your pan, and the palates, with some force-meat balls, truffles, and morels, pickled or fresh mushrooms stewed in gravy; season with pepper and salt to your liking, and toss them up five or six minutes, then dish them up. Garnish with lemon or beet-root. *Glassé, 44.*

Slices of Fillet of Beef with clear Gravy and Rocombole.

A pound of meat is enough for this dish. Cut it into bits about an inch thick, and flat it down with your knife, or a light cleaver; it is better than slicing; make it very thin, and jag it with the back of your knife cross and cross; rub a large stew-pan with butter, a little green onion and parsley minced, fry your beef briskly for two or three minutes, tossing it that it may be done on both sides; take it out into a small stew-pan, and pour in a ladle of nice gravy, a little pepper, salt, a morsel of shallot and parsley; boil it but a moment. When dinner is ready, squeeze in a lemon or orange, and send it to table.

The inside fillets of loins of mutton or pork are done in the same manner; and though they seem but trifling matters, yet if care is taken to make them very thin, and nicely fried, and not boiled too much afterwards, they are good and pretty dishes. *Verral*, 112.

To make a mock Hare of a Bullock's Heart.

Wash a large bullock's heart clean, and cut off the deaf ears, and stuff it with some force-meat, as you do a hare; lay a caul of veal or paper over the top to keep in the stuffing; roast it either in a cradle spit or a hanging one; it will take an hour and an half before a good fire; baste it with red wine. When roasted take the wine out of the dripping-pan, skim off the fat and add a glass more of wine. When it is hot put in some lumps of red currant jelly and pour it in the dish. Serve it up and send in red currant jelly cut in slices on a saucer. *Raffald*, 118.

To roast a Bullock's Heart.

Mix bread-crumbs, chopped suet (or a bit of butter) parsley chopped, sweet marjoram, lemon-peel grated, pepper, salt, and nutmeg, with a yolk of an egg; stuff the heart, and bake or roast it. Serve it with gravy, a little red wine in it, melted butter, and currant jelly in boats. Some lard it with bacon. *Mason*, 135.

Cold Roast Beef marinaded.

Cut slices of cold roast beef, and make a marinade with a little oil, parsley, chibbol, mushrooms, a trifle of garlic, and three shallots, all finely chopped, pepper and salt; soak it along with the beef about half an hour; make as much of the marinade keep to it as you can with a deal of bread crumbs; broil on a slow fire, basting it with the remaining liquid. Serve with a sharp sauce. *Dalrymple*, 66.

Cold Roast Beef, family fashion.

Slice three or four onions, and fry them in butter; when done, add a little broth, three shallots chopped, pepper and salt; then put slices of cold beef to it; boil for a moment; when ready, add a liaison made of three yolks of eggs and a little vinegar. Cold beef is also very good with cold sauce made of chopped parsley, shallots, vinegar, oil, mustard, minced anchovy, &c. *Clermont*, 68.

To make Collops of Cold Beef.

If you have any cold inside of a sirloin of beef, take off all the fat, cut it very thin in little bits, cut an onion very small, boil as much water or gravy as you think will do for sauce; season it with a little pepper and salt, and a bundle of sweet herbs.— Let the water boil, then put in the meat, with a good piece of butter

butter rolled in flour, shake it round, and stir it. When the sauce is thick and the meat done, take out the sweet herbs, and pour it into your dish. They do better than fresh meat. *Glasse*, 120.

To stew Neat's Tongue.

Put two tongues in water just sufficient to cover them, and let them stew two hours. Then peel them, and put them in again with a pint of strong gravy, half a pint of white wine, a bundle of sweet herbs, a little pepper and salt, some mace, cloves, and whole pepper, tied in a muslin rag; a spoonful of capers chopped, turnips and carrots sliced, and a piece of butter rolled in flour. Let all stew together very softly over a slow fire for two hours, and then take out the spice and sweet herbs, and send the dish to table. You may, just as you like, leave out the turnips and carrots, or boil them by themselves, and lay them in a dish. *Parley*, 67.

Neat's Tongue à la Remoulade—Neat's Tongue with a relishing Sauce.

Scald a fresh tongue and peel it, lard it with large pieces of bacon, boil it in the stock pot, or in broth, with a little salt and a nese-gay; split it, but not quite in two; make a sauce with parsley, shallots, capers, anchovies, all very finely chopped, a little vinegar, a few crumbs of bread or raspings, a little cullis and broth, a little salt and pepper; boil all together a little, then put the tongue in it to simmer for a quarter of an hour. When you serve, add a little mustard. *Dalrymple*, 51.

To force a Neat's Tongue.

Boil it till is tender; let it stand till it is cold, then cut a hole at the root end of it, take out some of the meat, chop it with as much beef suet, a few pippins, some pepper and salt, a little mace beat, some nutmeg, a few sweet herbs, and the yolks of two eggs; beat all together well in a marble mortar; stuff it, cover the end with a veal caul, or buttered paper, roast it, baste it with butter, and dish it up. Have for sauce good gravy, a little melted butter, the juice of an orange or lemon, and some grated nutmeg; boil it up, and pour it into the dish.

To marinade Neat's Tongues.

Boil them till tender, and peel them; when cold, put them into a vessel that will hold them at full length; make a pickle of white-wine vinegar (as much as will fill the vessel) some nutmegs, ginger sliced, mace, whole cloves, a bunch of sweet herbs, consisting of parsley, sweet marjoram, sage, winter savory, thyme, and bay-leaves; boil them well. When cold, put them to the tongues, with some salt and sliced lemon; close them up. Serve them in slices in some of the liquor. They may be larded, if agreeable. *Mason*, 133.

A Neat's Tongue en Crepine—A Neat's Tongue in Veal Caul.

Boil a tongue sufficiently to peel; then lard and split it without separating it in two; slice some onions, fry them in hog's lard; put to it three or four spoonfuls of hog's blood, about a quarter of a pound of fresh lard chopped, a few spices, and salt; simmer it, stirring it continually till the blood is well mixed; then lay a caul in the bottom of your dish, and spread upon it part of your preparation, then the tongue, then the same as before on the tongue: roll it up in the caul, and garnish it with bread crumbs; put it in the oven to bake, and take a good colour; clean the dish free from fat, and serve it under a sauce made with cullis, jelly, broth, and lemon. *Clermont, 53.*

To force a Neat's Tongue and Udder.

First parboil the tongue and udder, blanch the tongue, and stick it with cloves. As for the udder, you must carefully raise it, and fill it with force-meat made of veal; first wash the inside with the yolk of an egg, then put in the force-meat, tie the ends close, and spit them; roast them, and baste them with butter; when enough, have a good gravy in the dish, and sweet sauce in a cup.

N. B. For variety, you may lard the udder. *Glasse, 43. Farley, 96.*

To pot Neats' Tongues.

Take a neat's tongue, and rub it with an ounce of saltpetre and four ounces of brown sugar, and let it lie two days; then boil it till it is quite tender, and take off the skin and side bits, then cut the tongue in very thin slices, and beat it in a marble mortar, with one pound of clarified butter, mace, pepper and salt to your taste; beat it exceeding fine, then put it close down into small potting pots, and pour clarified butter over them. *Raffald, 296.*

Bouillis des tendrons de Bœuf aux chaux—Hodge Podge of Beef with Savoy.

Provide a piece of the middlemost part of brisket beef, of about six pounds, cut it in square pieces so as to make ten or twelve of it; don't put it into too large a pot, but such a one as will be full with a gallon of water to it; take care to skim it well, and season it well with onions, carrots, turnips, leeks, celery, and a little bundle of parsley, and some pepper; when your meat is boiled very tender, strain your broth from it, and put it into a soup-pot or stew-pan; take another, with an ounce, or little more, of butter, melt it, and put in a large spoonful of flour, stir it over the fire till it becomes brown, take the fat off your broth and put to it; boil it a few minutes, and strain to your beef; your favoyes should be well blanched, and tied up separate; put them into your meat, and let it stew very gently
till

till your dinner is called; take it off, and clean all from the spit, place your meat in neat order in your dish, or soup-dish, lay your favoys between, pour your soup or sauce over it, and serve it up with a little parsley sprinkled gently over it. This dish is frequently sent to table with turnips or carrots, instead of favoys, cut in neat bits and boiled before you put them to your soup.

Hodge-podge of veal or mutton is done after the same manner, with this difference only—instead of making your soup brown, stir your flour no longer than while it retains its whiteness, and pour your broth in, and strain to your meat, *Ver-ral*, 24.

CHAP. IV.—MADE DISHES OF VEAL.

To marinade a Breast of Veal.

CUT the breast of veal in pieces; stew it in broth till about three quarters done; then marinade about an hour with two spoonfuls of vinegar, a little of its own broth, whole pepper and salt, four cloves, two cloves of garlick, sliced onions, and thyme; then drain it, and fry of a good colour. Garnish with fried-parsley. You may also do it with a batter, or baste it with bread-crumbs and yolks of eggs, and fry it as above. *Dalrymple, 97.*

A ragoo of a Breast of Veal.

Half roast the best end of it, flour it, and stew it gently with three pints of good gravy, an onion, a few cloves, whole pepper, and a bit of lemon-peel; turn it while stewing; when very tender, strain the sauce; if not thick enough, mix a little more flour smooth; add catchup, chyan, truffles, morels, pickled mushrooms; boil it up, put in hard yolks of eggs. *Mason, 140.*

Another way.

Half roast a breast of veal, then bone it, and put it into a toasting-pan, with a quart of veal gravy, one ounce of morels, the same of truffles; stew it till tender; and just before you thicken the gravy, put in a few oysters, pickled mushrooms and pickled cucumbers, cut in small square pieces, the yolks of four eggs boiled hard; cut your sweetbread in slices, and fry it a light brown; dish up your veal, and pour the gravy hot over it; lay your sweet-bread round, morels, truffles, and eggs upon it. Garnish with pickled barberries. This is proper for either top or side for dinner, or bottom for supper. *Raffald, 90.*

To stew a Breast of Veal in its own sauce.

Put a breast of veal into a stew-pan of its own length, with a little broth, a glass of white wine, a faggot of sweet herbs, a few mushrooms, a little coriander tied in a bag, sliced roots, onions, pepper, and salt; stew it slowly till very tender. When ready to serve, strain and skim the sauce, and serve it upon the meat. *Clermont, 103.*

Breast of Veal stewed white.

Cut a piece off each end; make a force-meat as follows:—Boil the sweet-bread, and cut it very small, some grated bread, a little beef suet, two eggs, a little cream, some nutmeg, salt and pepper; mix it well together, and stuff the thin part of the breast with some of it, the rest make up into little balls; skewer the skin close down, flour and boil it in a cloth in milk and water; make some gravy of the ends that were cut off, with half a pint of oysters, the juice of a lemon, and a piece of butter

butter rolled in flour; when the veal is enough, put it in the dish. Garnish with the balls stewed, and pour the sauce over it.

Breast of Veal stewed with Peas or Asparagus.

Cut it into pieces about three inches in size, fry it nicely; mix a little flour with some beef broth, an onion, two or three cloves; stew this some time, strain it, add three pints or two quarts of peas, or some heads of asparagus like peas; put in the meat, let it stew gently; add pepper and salt.

Breast of Veal in Hodge Podge.

Take a breast of veal, cut the brisket into little pieces, and every bone asunder, then flour it, and put half a pound of good butter into a stew-pan; when it is hot, throw in veal, fry it all over of a fine light brown, and then have ready a tea-kettle of water boiling; pour it in the stew-pan, fill it up, and stir it round; throw in a pint of green peas, a fine lettuce whole, clean washed, two or three blades of mace, a little whole pepper tied in a muslin rag, a little bundle of sweet herbs, a small onion stuck with a few cloves, and a little salt. Cover it close, and let it stew one hour, or till it is boiled to your palate, if you would have soup made of it; if you would only have sauce to eat with the veal, you must stew it till there is just as much as you would have for sauce, and season it with salt to your palate; take out the onion, sweet herbs, and spice, and pour it all together into your dish. It is a fine dish. If you have no peas, pare three or four cucumbers, scoop out the pulp, and cut it into little pieces, and take four or five heads of celery, clean washed, and cut the white part small; when you have no lettuces, take the little hearts of favoys, or the little young sprouts that grow on the old cabbage stalks, about as big as the top of your thumb.

N. B. If you would make a very fine dish of it, fill the inside of your lettuce with force-meat, and tie the top close with a thread; stew it till there is but just enough for sauce; set the lettuce in the middle, and the veal round, and pour the sauce over it. Garnish your dish with rasped bread, made into figures with your fingers. This is the cheapest way of dressing a breast of veal to be good, and serve a number of people. *Glaspe, 29. Mason, 142.*

To collar a Breast of Veal.

Take the finest breast of veal, bone it, and rub it over with the yolks of two eggs, and strew over it some crumbs of bread, a little grated lemon, a little pepper and salt, a handful of chopped parsley, roll it up tight, and bind it hard with twine; wrap it in a cloth, and boil it one hour and an half; then take it up to cool. When a little cold, take off the cloth, and clip off the twine carefully, lest you open the veal; cut it in five

slices, lay them on a dish with the sweetbread boiled and cut in thin slices and laid round them, with ten or twelve force-meat balls; pour over your white sauce, and garnish with barberries or green pickles.

The white sauce must be made thus:—take a pint of good veal gravy, put to it a spoonful of lemon pickle, half an anchovy, a tea-spoonful of mushroom powder, or a few pickled mushrooms: give it a gentle boil; then put in half a pint of cream, the yolks of two eggs beat fine; shake it over the fire after the eggs and cream are in, but do not let boil, it will curdle the cream. It is proper for a top dish at night, or a side dish for dinner. *Raffald, 91.*

The Gristles of a Breast of Veal with a White Sauce.

About the half of a breast of veal will do for this small dish; take off all the upper part, and cut the gristles in small bits, blanch them, and put into a stew-pan to a ladle of broth; stew it very tender, and put a bit of butter mixed with flour, a bunch of onions and parsley, a blade of mace, pepper, and salt. For your sauce, you may prepare either peas or asparagus; make a liaison; and just before you serve, pour it in; add the juice of a lemon, and dish it up.

Breasts of lamb are done in the same manner, and make a favorite dish. *Verral, 120.*

To ragoo a Neck of Veal.

Cut a neck of veal into steaks, flatten them with a rolling-pin, season them with salt, pepper, cloves, and mace; lard them with bacon, lemon-peel, and thyme; dip them in the yolks of eggs, make a sheet of strong cap-paper up at the four corners, in the form of a dripping-pan; pin up the corners, butter the paper and also the gridiron, and set it over a fire of charcoal; put in your meat, let it do leisurely, keep it basting and turning to keep in the gravy; and when it is enough, have ready half a pint of strong gravy, season it high, put in mushrooms and pickles, force-meat balls dipped in the yolks of eggs, oysters stewed and fried to lay round and at the top of your dish, and then serve it up. If for a brown ragoo, put in red wine; if for a white one, put in white wine, with the yolks of eggs beat up with two or three spoonfuls of cream.

Neck of Veal and Sharp Sauce.

Make a marinade with butter and a little flour, sliced onions, roots, and a little coriander-seed, one clove of garlick, three spice cloves, thyme, laurel, basil, pepper, and salt; warm it, and put in it a larded neck of veal; let it lie in a marinade about two hours, then wrap it in buttered paper, and roast it, and serve with a poivrade or sharp sauce. *Dalrymple, 102.*

Neck of Veal stewed.

Lard it with large pieces of bacon rolled in pepper and salt, shallots and spices; braze it with slices of lard, sliced roots, onions, a laurel leaf, broth, and a little brandy; skim and sift the sauce, and serve it on the meat. *Clermont, 108.*

Neck of Veal stewed with Celery.

Take the best end of a neck, put it into a stew-pan with some beef broth or boiling water, some salt, whole pepper and cloves, tied in a bit of muslin, an onion, a piece of lemon-peel; stew this till tender; take out the spice and peel, put in a little cream and flour mixed, some celery ready boiled and cut into lengths; boil it up.

Neck of Veal à-la-braise.

Take the best end, lard it with bacon rolled in parsley chopped, pepper, salt, and nutmeg; put it into a stew-pan, and cover it with water; put in the scrag-end, with a little lean bacon, or a bit of ham, an onion, two carrots, some shallots, a head or two of celery, and a little Madeira; let these stew gently for two hours, or till tender; strain the liquor, mix a little butter with some flour, stir it in a stew-pan till it is brown; lay in the veal, the upward side to the bottom of the pan, let it do a few minutes till it is coloured, lay it in the dish, stir in some more liquor, boil it up, and squeeze in orange or lemon juice. *Mason, 141.*

Neck of Veal à-la-royal.

Take a neck of veal, and cut off the scrag-end, and part of the chine-bone, in order to make it lie flat in the dish. Then chop very fine a little parsley and thyme, a few shallots and mushrooms, and season with pepper and salt. Cut middling sized lards of bacon, and roll them in the herbs and seasoning. Lard the lean part of the neck, put it in a stew-pan with some lean bacon, or the shank of a ham; and the chine-bone and scrag cut in pieces, with a little beaten mace, a head of celery, onions, and three or four carrots. Pour in as much water as will cover it, shut the pan close, and stew it slowly two or three hours, till it is tender. Then strain half a pint of the liquor through a sieve, set it over a stove, let it boil, and keep stirring it till it is of a good brown; but take care not to let it boil. Then add more of the liquor, strain off the fat, and keep it stirring till it becomes thick and of a fine brown. Then take the veal out of the stew-pan, wipe it clean, and put the larded side down upon the glaze; set it five or six minutes over a gentle fire to take the glaze, and then lay it in the dish with the glazed side upwards. Put into the same stew pan as much flour as will lie on a sixpence, stir it about well, and add some

of the braze powder if any be left. Let it boil till it is of a proper thickness, strain it, and pour it into the bottom of the dish. Squeeze in a little lemon juice, and send it to table. *Farley, 98.*

Bombarded Veal.

You must get a fillet of veal; cut out of it five lean pieces, as thick as your hand, round them up a little, then lard them very thick on the round side with little narrow thin pieces of bacon, and lard five sheeps' tongues (being first boiled and blanched) lard them here and there with very little bits of lemon-peel, and make a well seasoned force-meat of veal, bacon, ham, beef suet, and an anchovy beat well; make another tender force-meat of veal, beef suet, mushrooms, spinach, parsley, thyme, sweet marjoram, winter favory, and green onions. Season with pepper, salt, and mace; beat it well, make a round ball of the other force-meat, and stuff in the middle of this, roll it up in a veal caul and bake it; what is left tie up like a Bologna sausage, and boil it, but first rub the caul with the yolk of an egg; put the larded veal into a stew-pan with some good gravy, and stew it gently till it is enough; skim off the fat, put in some truffles and morels, and some mushrooms. Your force-meat being baked enough, lay it in the middle, the veal round it, and the tongues fried and laid between; the boiled cut into slices and fried, and throw all over. Put on them the sauce. You may add artichoke bottoms, sweet-breads, and cock's-combs if you please. Garnish with lemon. *Glasse, 57. Mason, 148.*

Bombarded Veal another way.

Cut the bone nicely out of a fillet, make a force-meat of the crumbs of a penny loaf, half a pound of fat bacon scraped, a little lemon-peel, or lemon thyme, parsley, two or three sprigs of sweet marjoram, one anchovy; chop them all very well, grate a little nutmeg, chyan pepper and salt to your palate; mix all up together with an egg and a little cream, and fill up the place where the bone came out with the force-meat; then cut the fillet across, in cuts about one inch from another, all round the fillet; fill one nick with force-meat, a second with boiling spinach, that is boiled and well squeezed, a third with bread crumbs, chopped oysters, and beef marrow, then force-meat, and fill them up, as above, all round the fillet, wrap the caul close round it, and put it in a deep pot with a pint of water; make a coarse paste to lay over it, to keep the oven from giving it a fiery taste; when it comes out of the oven, skim off the fat, and put the gravy in a stew-pan, with a spoonful of lemon-pickle, and another of mushroom catchup, two of browning, half an ounce of morels and truffles, five boiled artichoke

tichoke bottoms cut in quarters; thicken the sauce with flour and butter, give it a gentle boil, and pour it upon the veal into your dish. *Raffald, 93.*

Veal Olives à-la-mode.

Take two pounds of veal, some marrow, two anchovies, the yolks of two hard eggs, a few mushrooms, and some oysters, a little thyme, marjoram, parsley, spinach, lemon-peel, salt, pepper, nutmeg, and mace, finely beaten; take your veal caul, lay a layer of bacon and a layer of the ingredients, roll it in the veal caul, and either roast it or bake it. An hour will do either. When enough, cut it into slices, lay it in your dish, and pour good gravy over it. Garnish with lemon. *Glasse, 58.*

Fillet of Veal stewed.

Stuff it, half bake it with a little water in the dish, then stew it with the liquor and some good gravy, and a little Madeira; when enough, thicken it with flour; add catchup, chyan, a little salt, juice of orange or lemon; boil it up. *Mason, 139.*

To ragoo a Fillet of Veal.

Lard your fillet and half roast it, then put it in a tossing-pan, with two quarts of good gravy; cover it close and let it stew till tender, then add one spoonful of white wine, one of browning, one of catchup, a tea spoonful of lemon-pickle, a little caper liquor, half an ounce of morels; thicken with flour and butter, and lay round it a few yolks of eggs.

Leg of Veal marinated.

Provide a nice leg of white veal and marinate it; roast it with four slices of bacon over it, covered with paper; take four or five heads of endive, cut into bits about an inch in length, blanch it a little, and stew it in a little gravy mixed with a ladle of cullis; put a minced shallot and some parsley, squeeze in the juice of a lemon, and serve it up with the sauce under it. Make use of capers, olives, or any sort of pickles for a change. *Verral, 67.*

Leg of Veal with white Sauce.

Lard a leg of veal with large pieces of bacon, let it soak twelve hours in marinade made after this manner:—a piece of butter and flour, a quart of milk, two lemons peeled and sliced, six shallots, two cloves of garlick, six onions sliced, eight cloves, three laurel leaves, thyme and parsley, whole pepper and salt. Warm the marinade, and put into a pot much about the bigness of the veal; wipe it dry before spitting, and cover it with slices of lard and two sheets of paper, or with buttered paper alone; and serve with poivrade, or a cream sauce made of a piece of butter and flour, a chopped anchovy, chopped parsley and shallots, grated nutmeg, pepper and salt, and as much cream as

necessary. When ready to serve, add the juice of a lemon. It may also be done without larding. *Dalrymple*, 103.

Leg of Veal daubed, or à-la-mode.

It is larded and brazed with all sorts of roots and spices; reduce the sauce to a jelly, and serve it with it, either hot or cold. *Dalrymple*, 104.

A Leg of Veal in Disguise.

Lard the veal with slips of bacon, and a little lemon-peel cut very thin; make a stuffing as for a fillet of veal, only mix with it half a pint of oysters chopped small; put it into a vessel, and cover it with water; let it stew very gently till quite tender; take it up, and skim off the fat; squeeze some juice of lemon, some mushroom catchup, the crumb of a roll grated fine, and half a pint of oysters, with a pint of cream, and a piece of butter rolled in flour. Let the sauce thicken upon the fire, put the veal in the dish, and pour the sauce over it. Garnish with oysters dipped in butter and fried, and with thin slices of toasted bacon. *Mason*, 143.

A Leg of Veal and Bacon in Disguise.

Lard your veal all over with slips of bacon, and a little lemon-peel, and boil it up with a piece of bacon; when enough, take it up, cut the bacon into slices, and have ready some dried sage and pepper rubbed fine; rub over the bacon, lay the veal in the dish and the bacon round it, strew it all over with fried parsley, and have green sauce in cups made thus:—take two handfuls of sorrel, pound it in a mortar and squeeze out the juice; put it into a saucepan with some melted butter, a little sugar, and the juice of a lemon. Or you may make it thus:—beat two handfuls of sorrel in a mortar, with two pippins quartered, squeeze the juice out, with the juice of a lemon, or vinegar, and sweeten it with sugar. *Glasse*, 56.

To stew a Knuckle of Veal.

Be sure you let the pot or saucepan be very clean; lay at the bottom four clean wooden skewers, wash and clean the knuckle very well, then lay it in the pot with two or three blades of mace, a little whole pepper, a little piece of thyme, a small onion, a crust of bread, and two quarts of water. Cover it down close, make it boil, then only let it simmer for two hours, and when it is enough, take it up, lay it in a dish, and strain the broth over it.

Leg or Knuckle of Veal and Spinach.

It is larded and brazed with all sorts of roots, and spices as usual, and served upon stewed spinach; it is the garden stuff that gives it the name. *Dalrymple*, 103.

Shoulder of Veal à-la-Piedmontoise.

Cut the skin off a shoulder of veal, so that it may hang at one end; then lard the meat with bacon and ham, and season it with pepper, mace, salt, sweet herbs, parsley, and lemon-peel. Cover it again with the skin, stew it with gravy, and when it is just tender enough, take it up. Then take sorrel, some lettuce chopped small, and stew them in some butter, with parsley, onions, and mushrooms. The herbs being tender, put to them some of the liquor, some sweet-breads, and some bits of ham. Let all stew together a little while, then lift up the skin, lay the stewed herbs over and under, cover it again with the skin, wet it with melted butter, strew it over with crumbs of bread, and send it to the oven to brown. Serve it up hot, with some good gravy in the dish. The French, before it goes to the oven, strew it over with Parmesan — *Farley*, 101.

A shoulder of veal may be dressed in every respect and fashion as the leg. *Clermont*, 111.

A Harrico of Veal.

Take a neck or breast of veal (if the neck, cut the bones short) and half roast it; then put it into a stew-pan just covered with brown gravy, and when it is near done, have ready a pint of boiled peas, six cucumbers pared, and two cabbage-lettuces cut in quarters, stewed in brown gravy, with a few force-meat balls ready fried; put them to the veal, and let them just simmer. When the veal is in the dish, pour the sauce and the peas over it, and lay the lettuce and balls round it. *Mason*, 140.

To roast Sweetbreads with Asparagus.

Two good sweetbreads are enough for this small dish; blanch them, and lay them in a marinade, spit them tight upon a lark spit, and tie them to another, with a slice of bacon upon each, and covered with pepper; when almost done, take that off, and pour a drop of butter upon them, with a few crumbs of bread, and roast them of a nice colour; take two bunches of asparagus, and boil them, not so much as when boiled to eat with butter; dish up your sweetbreads and your grass between them, take a little cullis and gravy, with a jot of shallot and minced parsley; boil it a few minutes, squeeze in the juice of a lemon or orange, and serve it up. *Verral*, 161.

Sweetbreads are very useful in many dishes, as in pies, ragoo's, fricassées, &c. and to use alone, either fried, roasted, broiled, or otherwise. They must be soaked in warm water an hour or two, then scalded about an hour or two in warm water, which is commonly called *setting* or *blanching*, which will make them

keep longer, and are ready for any use you please to put them to. *Dalrymple*, 89.

Forced Sweetbreads.

Put three sweetbreads in boiling water five minutes, beat the yolk of an egg a little, and rub it over them with a feather; strew on bread-crumbs, lemon-peel, and parsley shred very fine, nutmeg, salt and pepper to your palate; set them before the fire to brown, and add to them a little veal gravy; put a little mushroom powder, caper liquor, or juice of lemon, and browning; thicken it with flour and butter, boil it a little, and pour it into your dish; lay in your sweetbreads, and lay over them lemon-peel in rings, cut like straws. Garnish with pickles. *Raffald*, 98.

Another way.

Parboil them as for a ragoo, put force-meat in a caul in the shape of a sweetbread; roast that in a Dutch oven; thicken a little good gravy with flour; add catchup, a little grated lemon-peel, pepper, salt, and nutmeg; boil it up with a few pickled mushrooms or lemon-juice. Let the sweetbreads stew a little in this gravy; then lay the force-meat in the middle, and the sweetbreads at the end. *Mason*, 157.

Sweetbreads as Hedge-hogs.

Scald the sweetbreads, and lard them with ham and truffles, cut in small pieces; fry a short time in butter; let the pieces stick out a little to make the appearance of bristles; simmer them in the same butter, with broth and a little white wine, very little salt and pepper; when done, skim and strain the sauce; add a little cullis, and serve upon them. You may also use any other sauce. As sweetbreads are of an insipid taste of themselves, observe, as a general rule, to serve a sharp relishing sauce with them—either cullis-sauce, fricassé, or sweet herbs. *Dalrymple*. 90.

To ragoo Sweetbreads.

Rub them over with the yolk of an egg, strew over them bread-crumbs and parsley, thyme, and sweet marjoram, shred small, and pepper and salt; make a roll of force-meat like a sweetbread, and put it in a veal caul, and roast them in a Dutch oven; take some brown gravy, and put to it a little lemon-pickle, mushroom catchup, and the end end of a lemon; boil the gravy, and when the sweetbreads are enough, lay them in a dish, with a force-meat in the middle; take the end of the lemon out, and pour the gravy into the dish, and serve them up.

Sweetbreads with Mushrooms.

Provide two or three veal sweetbreads, blanch them, and cut them

them in slices; get a few nice button mushrooms cleaned upon a bit of flannel, put them into a stew-pan together, and let them stew gently for half an hour in a ladle of cullis; but put no gravy, for the mushrooms will produce some liquor; take a knot or two, or the yolks of three or four hard eggs, dash in a glass of white wine, a morsel of green onion and parsley minced fine, pepper, salt, and nutmeg; squeeze in the juice of a lemon or orange, and serve it up. Lambs' sweetbreads may be done the same way. *Verral*, 123.

Sweetbreads à-la-daub.

Take three of the largest and finest sweetbreads you can get, put them in a sauce-pan of boiling water for five minutes, then take them out, and when they are cold, lard them with a row down the middle, with very little pieces of bacon, then a row on each side with lemon-peel, cut the size of wheat straw; then a row on each side of pickled cucumbers, cut very fine; put them in a tossing pan, with good veal gravy, a little juice of lemon, a spoonful of browning; stew them gently a quarter of an hour; a little before they are ready, thicken them with flour and butter, dish them up, and pour the gravy over, lay round them bunches of boiled celery, or oyster patties. Garnish with stewed spinach, green-coloured parsley, stick a bunch of barberries in the middle of each sweetbread. It is a pretty corner dish for either dinner or supper. *Raffald*, 98.

To fry Sweetbreads.

Cut them in long slices, beat up the yolk of an egg, and rub it over them with a feather; make a seasoning of pepper, salt, and grated bread; dip them into it, and fry them in butter. For sauce—catchup and butter, with gravy or lemon-sauce. Garnish with small slices of toasted bacon and crisped parsley.

Loin of Veal in Epigram.

Having roasted a fine loin of veal, take it up, and carefully take the skin off the back part of it without breaking; cut out all the lean meat, but mind and leave the ends whole, to hold the following mince-meats: mince all the meat very fine with the kidney part, put it into a little veal gravy, enough to moisten it, with the gravy that comes from the loin; put in a little pepper and salt, some lemon-peel shred fine, the yolks of three eggs, a spoonful of catchup, and thicken it with a little butter rolled in flour; give it a shake or two over the fire, and put it into the loin, and then pull the skin over. If the skin should not quite cover it, give it a brown with a hot iron, or put it into an oven for a quarter of an hour. Send it up hot, and garnish with barberries and lemon. *Mason*, 144. *Glaspe*, 56. *Farley*, 106.

Veal à-la-Bourgeoise.

Lard some pretty thick slices with bacon, and season them with pepper, salt, beaten mace, cloves, nutmeg, and chopped parsley; then cover the stew-pan with slices of fat bacon, lay the veal upon them, cover it, and set it over a very slow fire for eight or ten minutes, so as to be just hot, and no more; then brisk up your fire, and brown your veal on both sides; then shake some flour over it and brown it. Pour in a quart of good broth or gravy, cover it close, and let it stew gently till it is enough; then take out the slices of bacon, and skim all the fat off clean, and beat up the yolks of three eggs with some of the gravy. Mix all together, and keep it stirring one way till it is smooth and thick; then take it up, lay your meat in the dish, pour the sauce over it, and garnish with lemon.

A Fricando of Veal.

Cut steaks half an inch thick, and six inches long, out of the thick part of a leg of veal, lard them with small cardoons, and dust them with flour; put them before the fire to broil a fine brown, then put them into a large tossing-pan with a quart of good gravy, and let it stew half an hour; then put in two tea-spoonfuls of lemon-pickle, a meat-spoonful of walnut catchup, the same of browning, a slice of lemon, a little anchovy and chyan, a few morels and truffles. When your fricandos are tender, take them up, and thicken your gravy with flour and butter; strain it, place your fricandos in the dish, pour your gravy on them. Garnish with lemon and barberries. You may lay round them force-meat balls fried, or force-meat rolled in a veal caul, and yolks of eggs hard boiled. *Raffald, 94.*

Veal Rolls.

Take ten or twelve little thin slices of veal, lay on them some force-meat according to your fancy, roll them up, and tie them just across the middle with coarse thread; put them on a bird spit, rub them over with the yolks of eggs, flour them, and baste them with butter. Half an hour will do them. Lay them in a dish, and have ready some good gravy, with a few truffles and morels, and some mushrooms. Garnish with lemon.

Calf's Head Surprise.

Take a calf's head with the skin on, take a sharp knife, and raise off the skin with as much meat from the bones as you can possibly get, so that it may appear like a whole head when stuffed; then make a force-meat in the following manner:—take half a pound of veal, a pound of beef suet, the crumb of a two-penny loaf, half a pound of fat bacon, beat them well in a mortar, with some sweet herbs and parsley shred fine, some
cloves,

cloves, mace, and nutmeg, beat fine, some salt and chyan pepper enough to season it, the yolks of four eggs beat up, and mixed all together in force-meat; stuff the head with it, and skewer it tight at each end; then put it into a deep pot or pan, and put two quarts of water, half a pint of white wine, a blade or two of mace, a bundle of sweet herbs, an anchovy, two spoonfuls of walnut and mushroom catchup, the same quantity of lemon pickle, a little salt and pepper; lay a coarse paste over it to keep in the steam, and put it for two hours and an half into a sharp oven. When you take it out, lay the head in a soup dish, skim of the fat from the gravy, and strain it through a sieve into a stew-pan; thicken it with butter rolled in flour, and when it has boiled a few minutes, put in the yolks of four eggs well beaten, and mixed with half a pint of cream; have ready boiled some force-meat balls half an ounce of truffles and morels, but don't put them into the gravy; pour the gravy over the head, and garnish with force-meat balls, truffles, morels, and mushrooms. *Glasse, 60.*

Another way.

Dress off the hair of a large calf's head, as directed in the mock turtle; then take a sharp-pointed knife, and raise off the skin, with as much of the meat from the bones as you can possibly get, that it may appear like a whole head when it is stuffed, and be careful you do not cut the skin in holes; then scrape a pound of fat bacon, the crumb of two penny loaves, grate a small nutmeg with salt, chyan pepper, and shred lemon-peel to your taste, the yolks of six eggs well beat; mix all up into a rich force-meat, put a little into the ears, and stuff the head with the remainder; have ready a deep narrow pot that it will just go in, with two quarts of water, half a pint of white wine, two spoonfuls of lemon pickle, the same of walnut and mushroom catchup, one anchovy, a blade or two of mace, a bundle of sweet herbs, a little salt and chyan peper; lay a coarse paste over it to keep in the steam, and set it in a very quick oven two hours and an half. When you take it out, lay your head in a soup dish, skim the fat clean off the gravy, and strain it through a hair sieve into a tossing-pan; thicken it with a lump of butter rolled in flour. When it has boiled a few minutes, put in the yolks of six eggs well beat, and mixed with half a pint of cream; but do not let it boil, it will curdle the eggs. You must have ready boiled a few force-meat balls, half an ounce of truffles and morels, it would make the gravy too dark a colour to stew them in it; pour your gravy over your head, and garnish with the truffles, morels, force-meat balls, mushrooms, and barberries, and serve it up. This is a handsome top-dish at a small expence. *Raffald, 88.*

Calf's Head boiled.

Wash it very clean, parboil one half, beat up the yolk of an egg, and rub it over the head with a feather, then strew over it a seasoning of pepper, salt, thyme, parsley chopped small, shred lemon-peel, grated bread, and a little nutmeg; stick bits of butter over it, and send it to the oven; boil the other half white in a cloth, put them both into a dish; boil the brains in a bit of cloth, with a very little parsley and a leaf or two of sage; when they are boiled, chop them small, and warm them up in a sauce-pan with a bit of butter and a little pepper and salt; lay the tongue, boiled and peeled, in the middle of a small dish, and the brains round it; have in another dish bacon or pickled pork; greens and carrots in another.

Calf's Head the German way.

Take a large calf's head, with great part of the neck cut with it; split it in half, scald it very white, and take out the jaw-bone; take a large stew-pan, or sauce-pan, and lay at the bottom some slices of bacon, then some thin beef-steaks, with some pepper and salt; then lay in the head, pour in some beef broth, a large onion stuck with cloves, and a bunch of sweet herbs; cover the stew-pan very close, and set it over a stove to stew; then make a ragoo with a quart of good beef gravy, and half a pint of red wine; let the wine be well boiled in the gravy; add to it some sweetbreads parboiled and cut in slices, some cocks'-combs, oysters, mushrooms, truffles, and morels; let these stew till they are tender. When the head is stewed, take it up, put it into a dish, take out the brains, the eyes, and the bones; then slit the tongue, cut it into small pieces, cut the eyes in pieces also, and chop the brains; put these into a baking-dish, and pour some of the ragoo over them; then take the head, lay it upon the ragoo, pour the rest over it, and on that some melted butter; then scrape some fine Parmesan cheese, strew it over the butter, and send it to the oven. It does not want much baking, but only requires to be of a fine brown. *Mason, 154.*

To stew a Calf's Head.

First wash it, and pick it very clean, lay it in water for an hour, take out the brains, and with a sharp knife carefully take out the bones and the tongue, but be careful you do not break the meat; then take out the two eyes, and take two pounds of veal and two pounds of beef suet, a very little thyme, a good deal of lemon-peel minced, a nutmeg grated, and two anchovies; chop all very well together, grate two stale rolls, and mix all together with the yolks of four eggs; save enough of this meat to make about twenty balls, take half a pint of
fresh

fresh mushrooms clean peeled and washed, the yolks of six eggs chopped, half a pint of oysters clean washed, or pickled cockles; mix all these together, but first stew your oysters, put your force-meat into the head and close it, tie it tight with a packthread, and put it into a deep stew-pan; and put to it two quarts of gravy, with a blade or two of mace. Cover it close, and let it stew two hours; in the mean time beat up the brains with some lemon-peel cut fine, a little parsley chopped, half a nutmeg grated, and the yolk of an egg; have some dripping boiling, fry half the brains in little cakes, and fry the balls, keep them both hot by the fire; take half an ounce of truffles and morels, then strain the gravy the head was stewed in, put the truffles and morels to it with the liquor, and a few mushrooms; boil all together, then put in the rest of the brains that are not fried, stew them together for a minute or two, pour it over the head, and lay the fried brains and balls round it. Garnish with lemon. You may fry about twelve oysters and put over. *Glasse*, 55.

Mrs. Mason, has the same receipt, though differently expressed, in *The Ladies Assistant*, page 153.

To roast a Calf's Head.

Wash the head very clean, take out the bones, and dry it very well with a cloth; make a seasoning of beaten mace, pepper, salt, nutmeg, and cloves, some fat bacon cut very small, and some grated bread; strew this over it, roll it up, skewer it with a small skewer, and tie it with tape; roast it, and baste it with butter; make a rich veal gravy, thickened with butter, and rolled in flour. Some like mushrooms and the fat part of oysters, but it is very good without.

To hash a Calf's Head.

Clean your calf's head exceeding well, and boil it a quarter of an hour; when it is cold, cut the meat into thin broad slices, and put it into a tossing-pan, with two quarts of gravy; and when it has stewed three quarters of an hour, add to it one anchovy, a little beaten mace, and chyan to your taste, two tea-spoonfuls of lemon-pickle, two meat-spoonfuls of walnut-catchup, half an ounce of truffles and morels, a slice or two of lemon, a bundle of sweet herbs, and a glass of white wine; mix a quarter of a pound of butter with flour, and put it in a few minutes before the head is enough; take your brains and put them into hot water, it will make them skin sooner, and beat them fine in a basin; then add to them two eggs, one spoonful of flour, a bit of lemon-peel shred fine; chop small a little parsley, thyme, and sage; beat them very well together, strew in a little pepper and salt, then drop them in little cakes
into

into a pan full of boiling hog's lard, and fry them a light brown; then lay them on a sieve to drain; take your hash out of the pan with a fish-slice, and lay it on your dish, and strain your gravy over it; lay upon it a few mushrooms, force-meat balls, the yolks of four eggs boiled hard, and the brain-cakes. Garnish with lemon and pickles. It is proper for a top or side-dish. *Raffald, 86. Farley, 64.*

To hash a Calf's Head brown.

Half the head only should be hashed, as a whole one makes too large a dish; parboil it; when cold, cut it into thin slices, and the tongue; flour it pretty well, and put it into a stew-pan with some good gravy, a quart or more, a glass of Madeira, an anchovy wiped and boned, a little pounded cloves, chyan, a piece of lemon peel; let these stew gently three quarters of an hour, then add some catchup, a few truffles and morels, first washed; pickled or fresh mushrooms; if fresh, a little juice of lemon; stew these together a few minutes; add force-meat balls fried, and hard yolks of eggs. Dip the brains in hot water, skim them, beat them fine, and mix them with a little grated lemon-peel, parsley chopped, and savoury herbs, savoury spice, chyan, salt, bread-crumbs, and yolk of egg; fry these in small cakes; garnish the hash with them, oysters fried and sliced lemon. If for a large company, boil the other half of the head, rub it over with yolk of egg, strew on bread-crumbs, with pepper, salt, and nutmeg, grated lemon-peel, and chopped parsley; baste it before the fire, let it be a nice brown, and lay it on the hash.

To hash a Calf's Head white.

Take half a pint of gravy, a gill of white wine, a little beaten mace, a little nutmeg, and a little salt; throw into your hash a few mushrooms, truffles, and morels, first parboiled, a few artichoke bottoms and asparagus tops (if they are in season), a large piece of butter rolled in flour, the yolks of two eggs, half a pint of cream, and a spoonful of mushroom catchup. Stir these all together till it becomes of a tolerable thickness, and pour it into the dish. Lay the other half of the head as above-mentioned, in the middle. *Farley, 66.*

To hash a cold Calf's Head.

Cut it into slices, flour it, put to it a little boiled gravy, a little white wine, some cream, a little catchup, white pepper, salt, and nutmeg, a few oysters and their liquor, shred lemon-peel, boil this up gently together; a few pickled or fresh mushrooms, and a little lemon juice, or lemon juice only. This may be enriched with truffles and morels parboiled, force-meat balls, and hard eggs. *Mason, 155.*

To dress a Calf's Head the best way.

Take a calf's head with the skin on, and scald off all the hair and clean it very well; cut in two, take out the brains, boil the head very white and tender, take one part quite off the bone, and cut it into nice pieces with the tongue, dredge it with a little flour, and let it stew on a slow fire for about half an hour in rich white gravy, made of veal, mutton, and a piece, of bacon, seasoned with pepper, salt, onion, and a very little mace; it must be strained off before the hash is put in it, thicken it with a little butter rolled in flour; the other part of the head must be taken off in one whole piece, stuff it with nice force-meat, and roll it like a collar, and stew it tender in gravy; then put it in the middle of a dish, and the hash all round. Garnish it with force meat balls, fried oysters, and the brains made into little cakes dipped in rich butter and fried. You may add wine, morels, truffles, or what you please, to make it good and rich. *Raffald, 86.*

To grill a Calf's Head.

Wash your calf's head clean, and boil it almost enough, then take it up and hash one half, the other half rub over with the yolk of an egg, a little pepper and salt; strew over it bread-crumbs, parsley chopped small, and a little grated lemon peel; set it before the fire, and keep basting it all the time to make the froth rise. When it is a fine light brown, dish up your hash, and lay the grilled side upon it.

Blanch your tongue, slit it down the middle, and lay it on a soup plate; skin the brains, boil them with a little sage and parsley; chop them fine, and mix them with some melted butter and a spoonful of cream; make them hot, and pour them over the tongue; serve them up, and they are sauce for the head.

To collar a Calf's Head to eat like Brawn.

Take the head with the skin and hair on, scald it till the hair will come off, then cleave it down, and take out the brains and the eyes; wash it very clean and put it into a pot of clean water; boil it till the bones will come out; then slice the tongue and ears, and lay them all even; throw a handful of salt over them, and roll it up quite close in a collar; boil it near two hours; when the head is cold, put it into brawn pickle. *Mason, 155.*

Veal Palates.

Provide about two palates, and boil them half an hour; take off the skins, and cut them into pieces, as you do ox-palates; put them into a stew-pan with a glass of Champagne, a little minced green onion, parsley, pepper and salt; toss it often till the wine is gone, pour in a ladle of your cullis mixed with
gravy.

gravy, stew them softly in it till very tender, dash in a small glass more of your wine, add the juice of a lemon or orange, and send it up. *Verral*, 122.

Calf's Ears with Lettuce.

Six ears will do; stew them very tender in a braise, and your Lettuce may be done thus:—take as many as you have ears, and blanch them in water, open the leaves, and put into each a bit of the middling bacon, with a clove or two stuck in each; close the leaves over, and bind with pack-thread; put them into a stew-pan with a ladle of your cullis and a little gravy, pepper, salt, and a morsel of shallot; stew them till very tender, take your ears out, and clear them from greafe, and put them to your ears; add the juice of a lemon, and serve them up. Take care your lettuces are preserved whole, and laid between the ears. Lambs ears may be done the same. *Verral*, 123.

Calf's Ears fried.

Braise the ears in a strong braise to make them tender, and make a batter thus:—take a handful of flour, put into a bowl or stew-pan, add one egg, and a little salt; mix with as much small beer as will make it of a proper consistence, then add about a table-spoonful of fine oil; when well mixed, put the ears to it; have ready a stew-pan with hog's-lard properly hot, put in the ears one by one, with as much of the butter as will stick to them; fry of a fine colour, and serve them with fried parsley; they may also be stuffed with good force-meat. Instead of the above batter, you may baste them with yolks of eggs and bread-crumbs. *Dalrymple*, 80.

Calf's Ears housewife fashion.

Make a sauce with a little jelly broth and white wine, a little butter, chopped parsley, shallots, pepper, and salt; boil it to a thick consistence; when done, add the juice of half a Seville orange, and served it upon braized ears. *Clermont*, 86.

A Midcalf.

Stuff a calf's heart with force-meat, and send it to the oven in an earthen dish, with a little water under it. Lay butter over it, and dredge it with flour. Boil half the liver, and all the lights, for half an hour; then chop them small, and put them in a tossing pan, with a pint of gravy, a spoonful of catchup, and one of lemon-pickle. Squeeze in half a lemon, season with pepper and salt, and thicken with a good piece of butter rolled in flour. When you dish it up, pour the mince-meat in the the bottom, and have the other half of the liver ready fried of a fine brown, and cut in thin slices, and little pieces of bacon.

Set

Set the heart in the middle, and lay the liver and bacon over the mince-meat. *Farley, 103.*

Calf's Heart roasted.

Having made a force-meat of the crumb of half a penny loaf, a quarter of a pound of beef suet chopped small, a little parsley, sweet marjoram, and lemon-peel, mixed up with a little pepper, salt, nutmeg, and the yolk of an egg; fill the heart with it, and lay a veal caul over the stuffing, or sheet of writing-paper to keep it in its place. Lay it in a Dutch oven, and keep turning it till it is thoroughly roasted. When you dish it up, lay slices of lemon round it, and pour good melted butter over it. *Cole, 82.*

To roast a Calf's Liver.

Lard it with bacon, spit it first, and roast it; serve it up with good gravy. *Glasse, 95.*

To stew a Calf's Liver.

Lard the liver and put it into a stew-pan, with some salt, whole pepper, a bundle of sweet herbs, an onion, and a blade of mace; let it stew till tender, then take it up, and cover it to keep hot; strain the liquor it was stewed in, skim off all the fat, thicken it with a piece of butter rolled in flour, and pour it over the liver. *Mason, 158.*

Calf's Liver with Shallots.

Chop green shallots and mushrooms, cut the liver in thin slices, put all together in a stew-pan, with a little bit of butter rolled in flour, and a glass of white wine; stew slowly for about half an hour; add pepper and salt, and vinegar to your taste. If you would have it white, make a liaison of yolks of eggs and cream, with lemon or verjuice. *Dalrymple, 86.*

To dress a Calf's Liver in a Caul.

Take off the under skins, and shred the liver very small, then take an ounce of truffles and morels chopped small, with parsley; roast two or three onions, take off their outermost coats, pound six cloves, and a dozen coriander seeds, add them to the onions, and pound them together in a marble mortar; then take them out and mix them with the liver; take a pint of cream, half a pint of milk, and seven or eight new-laid eggs; beat them together, boil them, but do not let them curdle, shred a pound of suet as small as you can, half melt it in a pan, and pour it into your egg and cream; then pour it into your liver, then mix all well together, season it with pepper, salt, nutmeg, and a little thyme, and let it stand till it is cold; spread a caul over the bottom and sides of the stew-pan, and put in your hashed liver and cream together; fold it up in the caul in the shape of a calf's liver, then turn it upside down carefully, lay it in a dish that

will bear the oven, and do it over with beaten egg; dredge it with grated bread, and bake it an oven. Serve it up hot for a first course. *Glasse*, 94.

To dress a Calf's Pluck.

Boil the lights and part of the liver; roast the heart stuffed with fuet, sweet herbs, and a little parsley, all chopped small, a few crumbs of bread, some pepper, salt, nutmeg, and a little lemon-peel; mix it up with the yolk of an egg.

When the lights and liver are boiled, chop them very small, and put them in a saucepan, with a piece of butter rolled in flour, some pepper and salt, with a little lemon or vinegar, if agreeable; fry the other part of the liver as before-mentioned, with some little pieces of bacon; lay the mince at the bottom, the heart in the middle, and the fried liver and bacon round, with some crisped parsley. For sauce—plain butter. It is a large dish, but it may easily be diminished. *Cole*, 84.

Calf's Feet with force-meat.

Bone them, and fill them with force-meat, made of whatever you please; tie them in slices of lard, stew them slowly in broth and white wine, a faggot of sweet herbs, a few cloves, roots, and onions. When done, serve with what sauce you please. *Dalrymple*, 89.

Calf's Feet with lemon-sauce.

Take calve's feet, plain boiled, put them in a stew-pan with a little oil or butter, half a lemon, peeled and sliced, and as much broth or cullis as will simmer them on a slow fire for about half an hour; take them out and wipe them, sift the sauce, skim it well, add a little butter rolled in flour, a little cullis, a chopped anchovy, and the juice of half a lemon. *Clermont*, 94.

Ragoo of Calves Feet.

Boil the feet, bone and cut the meat in slices; brown them in the frying-pan, and then put them in some good gravy, with morels, truffles, pickled mushrooms, the yolks of four eggs boiled hard, some salt, and a little butter rolled in flour. For a sick person, a calf's foot boiled, with parsley and butter, is esteemed very good. *Cole*, 84.

Calves Feet and Chaldron after the Italian way.

Take the crumb of a three-penny loaf, one pound of fuet, a large onion, two or three handfuls of parsley, mince it very small, season it with salt and pepper, three or four cloves of garlick, mix with eight or ten eggs; then stuff the chaldron, take the feet and put them in a stew-pan; it must stew upon a slow fire till the bones are loose; then take two quarts of green peas, and put in the liquor; and when done, you must thicken it
with

with the yolks of two eggs, and the juice of a lemon. It must be seasoned with pepper, salt, mace, and onion, some parsley and garlick. You must serve it up with the aforefaid pudding in the middle of the dish, and garnish the dish with fried suckers and sliced onion. *Glasse, 383.*

Veal Cutlets.

Cut your veal into pieces about the thickriess of half a crown, and as long as you please; dip them in the yolk of an egg, and strew over them crumbs of bread, a few sweet herbs, some lemon-peel, and a little grated nutmeg, and fry them in fresh butter. While they are frying, make a little gravy, and when the meat is done, take it out, and lay it in a dish before the fire, then shake a little flour into the pan, and stir it round. Put in a little gravy, squeeze in a little lemon, and pour it over the veal. Make use of lemon for your garnish. *Farley, 55.*

Another way.

Cut part of the neck into cutlets; shorten them, fry them nicely brown, stew them in some good gravy till tender, with a little flour mixed smooth in it; then add catchup, chyan, salt, a few truffles and morels, pickled mushrooms. Force-meat balls may likewise be added. *Mason 147.*

Veal Cutlets in Ragoo.

Take some large cutlets from the fillet, beat them flat, and lard them; strew over them some pepper, salt, crumbs of bread, and shred parsley; then make a ragoo of veal sweet-breads and mushrooms; fry the cutlets in melted butter of a fine brown; then lay them in a hot dish, and pour the ragoo boiling hot over them. *Cole, 85.*

A savory dish of Veal.

Having roasted a fine loin of veal, take it up, and carefully take the skin off the back part without breaking it. Cut out all the lean meat, but leave the ends whole, to hold the following mince-meat:—mix all the meat very fine with the kidney part, put it into a little veal gravy, enough to moisten it with the gravy that comes from the loin. Put in a little pepper and salt, some lemon-peel shred fine, the yolks of three eggs, and a spoonful of catchup. Thicken it with a little butter rolled in flour; give it a shake or two over the fire, and put it into the loin, and then pull the skin over. If the skin should not quite cover it, give it a brown with a hot iron, or put it in an oven for fifteen minutes. Send it up hot, and garnish with barberries and lemon. *Farley, 106.*

Calf's Brains fried.

Cut the brains in four pieces, braze them about half an hour

in broth and white wine, two slices of lemon, pepper and salt, thyme, laurel, cloves, parsley, and shallots; then drain and soak them in batter made of white wine, a little oil, and a little salt, and fry them of a fine colour; you may likewise baste them with eggs and bread-crumbs. Garnish with fried parsley. *Dalrymple*, 83.

Calf's Brains with Rice.

The brains of two heads are enough for a good dish; blanch them, and take off the little bloody fibres, cut into two pieces each, and soak them in a marinade of white wine and vinegar, &c. for an hour; boil your rice in water a few minutes, strain it off, and stew it in broth till it is tender, with a little salt and a bit of mace; dish up the brains, and pour some of the sauce to the rice; squeeze in a lemon or orange, and pour over for serving to table.

When you procure two or three pair of eyes, they make an excellent dish done in the manner of doing the sweetbreads. *Verral*, 127.

Veal Gristles and Green Peas.

Cut the gristles of a breast of veal in pieces; scald them, if you would have them white; stew them in broth with a few slices of lard, half a lemon peeled and sliced, whole pepper and salt, and a faggot of sweet herbs; when done, wipe them clean, and serve the stewed peas upon them. You may also, when the meat is about a quarter done, take it out of the braise, and put it in a stew-pan with the peas, a little butter, parsley, a little winter-savoury, a slice of ham, and a few cabbage lettuces cut small; add a little cullis and flour; reduce the sauce pretty thick; salt only a little before you serve. *Dalrymple*, 92.

To dress Scotch Collops white.

Cut them off the thick part of a leg of veal, the size and thickness of a crown piece, put a lump of butter into a toasting-pan, and set it over a slow fire, or it will discolour your collops; before the pan is hot, lay the collops in, and keep turning them over till you see the butter is turned to a thick white gravy; put your collops and gravy into a pot, and set them upon the hearth, to keep warm; put cold butter again into your pan every time you fill it, and fry them as above, and so continue till you have finished. When you have fried them, pour your gravy from them into your pan, with a tea-spoonful of lemon-pickle, mushroom-catchup, caper liquor, beaten mace, chyan pepper, and salt; thicken with flour and butter. When it has well boiled, put in the yolks of two eggs well beat and mixed, with a tea-spoonful of rich cream; keep shaking your pan over the fire till your gravy looks of a fine thickness,

thickness, then put in your collops, and shake them; when they are quite hot, put them on your dish, with force-meat balls, strew over them pickled mushrooms. Garnish with barberries and pickled kidney beans. *Raffald, 96.*

Another way.

Cut the veal the same as above directed, throw the collops into a stew-pan, put some boiling water over them, and stir them about; then strain them off, take a pint of good veal broth, and thicken it; add a bundle of sweet herbs with some mace; put sweetbread, force-meat balls, and fresh mushrooms; if no fresh to be had, use pickled ones washed in warm water; stew them about them fifteen minutes, add the yolks of two eggs and a pint of cream; beat them well together with some nut-meg grated, and keep stirring it till it boils up; add the juice of a quarter of a lemon, then put it in your dish. Garnish with lemon. *Glasse, 22.*

To dress Scotch Collops brown.

Cut your collops the same way as the white ones, but brown your butter before you lay in your collops, fry them over a quick fire, shake and turn them, and keep them on a fine froth; when they are a light brown, put them into a pot, and fry them as the white ones; when you have fried them all brown, pour all the gravy from them into a clean tossing-pan, with half a pint of gravy made of the bones and bits you cut the collops off, two tea-spoonfuls of lemon-pickle, a large one of catchup, the same of browning, half an ounce of morels, half a lemon, a little anchovy, chyan, and salt to your taste; thicken it with flour and butter, let it boil five or six minutes, then put in your collops, and shake them over the fire; if they boil, it will make them hard. When they have simmered a little, take them out with an egg spoon, and lay them on your dish, strain your gravy, and pour it hot on them; lay over them force-meat balls, and little slices of bacon curled round a skewer and boiled; throw a few mushrooms over. Garnish with lemon and barberries, and serve them up. *Cole, 88.*

Another way.

Take a piece of fillet of veal, cut it in thin pieces about as large as a crown piece, but very thin; shake a little flour over it, then put a little butter in a frying-pan, and melt it; put in your collops, and fry them quick till they are brown, then lay them in a dish. Have ready a good ragoo made thus:—take a little butter in your stew-pan, and melt it, then add a large spoonful of flour, stir it about till it is smooth, then put in a pint of good brown gravy; season it with pepper and salt, pour in a small glass of white wine, some veal sweetbreads, force-

meat balls, truffles and morels, ox-palates, and mushrooms; stew them gently for half an hour, add the juice of half a lemon to it; put it over the collops, and garnish with rashers of bacon. Some like the Scotch collops made thus:—put the collops into the ragoo, and stew them for five minutes. *Cole*, 88.

To dress Scotch Collops the French way.

Take a leg of veal, and cut your chops pretty thick, five or six inches long, and three inches broad, rub them over with the yolk of an egg, put pepper and salt, and grate a little nutmeg on them, and a little shred parsley; lay them on an earthen dish, and set them before the fire; baste them with butter, and let them be a fine brown; then turn them on the other side, and rub them as above; baste and brown them the same way. When they are thoroughly enough, make a good brown gravy with truffles and morels, dish up your collops, lay truffles and morels, and the yolks of hard boiled eggs over them. Garnish with crisp parsley and lemon.—*Raffald*, 97.

To hash Veal.

Cut your veal into round thin slices, of the size of half a crown, and put them into a sauce-pan with a little gravy; put to it some lemon-peel cut exceedingly fine, and a tea spoonful of lemon-pickle; put it on the fire, and thicken it with butter and flour; put in your veal as soon as it boils, and just before you dish it up, put in a spoonful of cream, and lay fippets round the dish. *Farley* 66.

N. B. The same receipt as the preceding, though conveyed in language somewhat different, is to be found in *Mrs. Raffald's Experienced English Housekeeper*, page 73.

To toss up cold Veal white.

Cut the veal into little thin bits, put milk enough to it for sauce, grate in a little nutmeg, a very little salt, a little piece of butter rolled in flour; to half a pint of milk, the yolks of two eggs well beat, a spoonful of mushroom pickle, stir all together till it is thick, then pour it into your dish, and garnish with lemon.

Cold fowl, skinned and done this way, eats well; or the best end of a cold breast of veal; first fry it, drain it from the fat, then pour this sauce to it. *Glasse* 119.

To fry cold Veal.

Cut your veal into pieces of the thickness of an half-crown, and as long as you please; dip them in the yolk of an egg, and then in crumbs of bread, with a few sweet herbs and shred lemon-peel in it; grate a little nutmeg over them, and fry them in fresh butter. The butter must be hot, just enough to fry them

them in. In the mean time, make a little gravy of the bone of the veal, and when the meat is fried, take it out with a fork, and lay it in a dish before the fire. Then shake a little flour into the pan, and stir it round. Then put in a little gravy, squeeze in a little lemon, and pour it over the veal. Garnish with lemon. *Cole, 90.*

To mince Veal.

Cut your veal in slices, then cut it in little square bits, but do not chop it; put it into a sauce-pan, with two or three spoonfuls of gravy, a slice of lemon, a little pepper and salt, a good lump of butter rolled in flour, a tea-spoonful of lemon-pickle, and a large spoonful of cream; keep shaking it over the fire till it boils, but do not let it boil above a minute; if you do, it will make your meat eat hard: put sippets round your dish, and serve it up. *Raffald, 73. Farley, 66.*

Calf's Chitterlings.

Clean some of the largest of the calf's guts, cut them into lengths proper for puddings, tie one of the ends close, take some bacon, and cut it like dice, and a calf's udder, and fat that comes off the chitterlings; chaldrons blanched and cut also; put them into a stew-pan, with a bay-leaf, salt, pepper, shallot cut small, some pounded mace, and Jamaica pepper, with half a pint or more of milk, and let it just simmer; then take off the pan, and thicken it with four or five yolks of eggs, and some crumbs of bread; fill the chitterlings with this mixture, which must be kept warm, and make the links like hogs'-puddings. Before they are sent to table they must be boiled over a moderate fire; let them cool in their own liquor. They serve in summer when hogs'-puddings are not to be had. *Mason, 159.*

Veal Steaks, Venetian fashion.

Cut thick slices of veal pretty large; marinade an hour in a little oil, with chopped parsley, shallots, mushrooms, sweet herbs, pepper and salt; make as much of the marinade stick to them as possible; roll them in bread crumbs, and boil slowly, basting with the remainder of the marinade. Serve with the squeeze of a lemon or Seville orange. *Dalrymple, 110.*

Slices of Veal, Venetian fashion.

Cut thin slices of veal, and between every two put a slice of ham of the same size, first dipped in eggs, chopped parsley, shallots, mushrooms, truffles, and a little pepper; roll them in slices of lard, and stew slowly with a little broth and white wine; when done take off the bacon, skim and strain the sauce, add a little butter and flour, and serve with a relishing sauce. Instead of bacon you may baste them with eggs and bread crumbs,

and fry or bake them. Serve with a sauce as above, and garnish with parsley. *Clermont*, 116.

To make Calf's foot Jelly.

Boil two calf's feet in a gallon of water till it comes to a quart, then strain it, let it stand till cold, skim off all the fat clean and take the jelly up clean. If there is any sediment at the bottom, leave it; put the jelly into a sauce-pan with a pint of mountain wine, half a pound of loaf sugar, the juice of four large lemons; beat up six or eight whites of eggs with a whisk, then put them into a sauce-pan, and stir all together till it boils. Let it boil a few minutes. Have ready a large flannel bag, pour it in, it will run through quick; pour it in again till it runs clear; then have ready a large China basin, with the lemon-peel cut as thin as possible; let the jelly run into that basin, and the peels both give it a fine amber colour, and also a flavour; with a clean silver spoon fill your glasses. *Glasse*, 295. *Farley*, 320.

Another way.

To two calf's feet, put three quarts of water, boil it to one quart; when cold, take off the fat, and take the jelly from the sediment; put to it one pint of white wine, half a pound of sugar, the juice of three lemons, the peel of one. Whisk the whites of two eggs, put all into a sauce-pan, boil it a few minutes; put it through a jelly bag till it is fine. *Cole*, 91.

To make savoury Calf's-foot Jelly.

Boil either two or four calf's feet, according to the quantity which is wanted, with ising-glass to make it a stiff jelly; one ounce of picked ising-glass to two feet is about sufficient, if the ising-glass is very good; boil with these a piece of lemon-peel, an onion, a bunch of sweet herbs, some pepper corns, a few cloves, a bit of mace, nutmeg, and a little salt. When the jelly is enough, strain it, and put to it juice of lemon, and white wine to your taste; boil it up, pulp it through a bag till fine; the white of an egg may be added before it is boiled. *Mason*, 160.

Another way.

Spread some slices of lean veal and ham in the bottom of a stew-pan, with a carrot and turnip, or two or three onions; cover it, and let it sweat on a slow fire till it is as deep a brown as you would have it; then put to it a quart of very clear broth, some whole pepper, mace, a very little ising-glass, and salt to your taste; let this boil ten minutes, then strain it through a French strainer; skim off all the fat, and put it to the whites of three eggs; run it several times through a jelly bag, as you do other jellies. *Cole*, 92.

Veal Collops.

Cut thin slices of fillet of veal, put them in a stew-pan with a little oil or butter, sweet herbs chopped, pepper and salt; let them catch a little, then add a little good broth; you may add some good force-meat balls, either fried or blanched. If for brown make a liaison with flour and butter; let your collops stew slowly till done. If you want them white, when ready to serve, add a liaison made of eggs and cream, a few bits of good butter, and the juice of half a lemon. *Dalrymple, 105.*

CHAP. V.—MADE DISHES OF MUTTON.

To dress a Leg of Mutton to eat like Venison.

TAKE a hind quarter of mutton, and cut the leg in the shape of a haunch of venison; save the blood of the sheep, and steep it for five or six hours; then take it out, and roll it in three or four sheets of white paper, well buttered on the inside; tie it with a packthread, and roast it, basting it with good beef dripping or butter. It will take two hours at a good fire, for your mutton must be fat and thick. About five or six minutes before you take it up, take off the paper, baste it with a piece of butter, and shake a little flour over it to make it have a fine froth, and then have a little good drawn gravy in a basin, and some sweet sauce in another. Do not garnish with any thing. *Glassé, 49.*

Another way.—See under the Chapter of Roasting, p. 3.

Leg of Mutton, Modena fashion.

Bone a leg of mutton all to the end, which you leave very short; boil it to three parts in water or broth; then take it out, and cut the upper part cross-ways, into which you stuff butter and bread-crumbs, seasoned with pepper, salt, and sweet herbs chopped; then put it in a stew-pan, with a little of the broth, and a little white wine; finish it, and add the juice of a Seville orange to the sauce. *Dalrymple, 136.*

Leg of Mutton à-la-mode.

Lard a leg of mutton through and through with large pieces rolled in chopped sweet herbs and fine spices; braze it on a pan of the same bigness, with slices of lard, onions, and roots; stop the steam very close. When done, add a glass of white wine, and sift the sauce to serve it. *Clermont, 143.*

Leg of Mutton à-la-haut-gout.

Take a leg of mutton, and let it hang for a fortnight in any place; then stuff every part of it with some cloves of garlick, rub it with pepper and salt, and then roast it. When it is properly roasted, send it up with some good gravy and red wine in the dish. *Farley, 110.*

Mrs. Mason has given the same receipt in other words, page 162; and *Mrs. Glassé*, page 45.

Leg of Mutton à-la-daube.

Take a leg of mutton and lard it with bacon, half roast it, and then put it in as small a pot as will hold it, with a quart of mutton gravy, half a pint of vinegar, some whole spice, bay-leaves,

leaves, sweet-marjoram, winter-savory, and some green onions. When it is tender, take it up, and make the sauce with some of the liquor, mushrooms, sliced lemon, two anchovies, a spoonful of colouring, and a piece of butter; pour some over the mutton, and the rest in a boat. *Mason, 162.*

To ragoo a Leg of Mutton.

Take all the skin and fat off, cut it very thin the right way of the grain, then butter your stew-pan, and shake some flour into it; slice half a lemon and half an onion, cut them very small, a little bundle of sweet herbs, and a blade of mace. Put all together with your meat into the pan, stir it a minute or two, and then put in six spoonfuls of gravy, and have ready an anchovy minced small; mix it with some butter and flour, stir it all together for six minutes, and then dish it up. *Glasse, 92. Farley, 79.*

To dress a Leg of Mutton à-la-royale.

Having taken off all the fat, skin, and shank-bone, lard it with bacon, season it with pepper and salt, and a round piece, of about three or four pounds, of beef or leg of veal, lard it, have ready some hogs'-lard boiling, flour your meat, and give it a colour in the lard, then take the meat out, and put it into a pot with a bundle of sweet herbs, some parsley, an onion stuck with cloves, two or three blades of mace, some whole pepper, and three quarts of gravy; cover it close, and let it boil softly for two hours; meanwhile get ready a sweetbread split, cut into four and broiled, a few truffles and morels stewed in a quarter of a pint of strong gravy, a glass of red wine, a few mushrooms, two spoonfuls of catchup, and some asparagus tops; boil all these together, then lay the mutton in the middle of the dish, cut the beef or veal into slices, make a rim round your mutton with the slices, and pour the ragoo over it. When you have taken the meat out of the pot, skim all the fat off the gravy, strain it, and add as much to the other as will fill the dish. Garnish with lemon. *Glasse, 45.*

To roast a Leg of Mutton with Oysters.

Make a force-meat of beef-suet chopped small, the yolks of eggs boiled hard, with three anchovies, a small bit of onion, thyme, savoury, and some oysters, (a dozen or fourteen) all cut fine; some salt, pepper, grated nutmeg, and crumbs of bread, mixed up with raw eggs; stuff the mutton under the skin in the thickest part, under the flap, and at the knuckle. For sauce—some oyster-liquor, a little red wine, an anchovy, and some more oysters stewed, and laid under the mutton. *Le Maitre, 74,*

Another way.

Cut several holes in the mutton, beard some oysters, and roll them in crumbs of bread and nutmeg; put three oysters into each hole; if it is roasted, cover it with a caul; but if it is boiled, put it in a cloth, and pour oyster-sauce over it. *Cole*, 95.

Leg of Mutton with Cockles.

Stuff your mutton in every part with cockles, roast it, and garnish with horse-radish. *Glasse*, 46. *Farley*, 110.

To force a Leg of Mutton.

Raise the skin, and take out the lean part of the mutton, chop it exceeding fine, with one anchovy; shred a bundle of sweet herbs, grate a penny loaf, half a lemon, nutmeg, pepper, and salt to your taste; make them into a force-meat, with three eggs and a large glass of red wine; fill up the skin with the force-meat, but leave the bone and shank in their place, and it will appear like a whole leg; lay it on an earthen dish, with a pint of red wine under it, and send it to the oven; it will take two hours and an half. When it comes out, take off all the fat, strain the gravy over the mutton, lay round it hard yolks of eggs, and pickled mushrooms. Garnish with pickles, and serve it up. *Raffald*, 106.

Split Leg of Mutton and Onion sauce.

Split the leg from the shank to the end, stick a skewer in to keep the nick open, baste it with red wine till it is half roasted, then take the wine out of the dripping-pan, and put to it one anchovy; set it over the fire till the anchovy is dissolved, rub the yolk of a hard egg in a little cold butter; mix it with the wine, and put it in your sauce-boat; put good onion sauce over the leg when it is roasted, and serve it up. *Du Pont*, 116.

To make Mutton Hams.

Take a hind quarter of mutton, cut it like a ham, take an ounce of salt-petre, a pound of coarse sugar, a pound of common salt; mix them and rub your ham, lay it in a hollow tray with the skin downwards, baste it every day for a fortnight, then roll it in saw-dust, and hang it in the wood-smoke a fortnight; then boil it, and hang it in a dry place, and cut it out in rashers, and broil it as you want. It eats better broiled than boiled. *Cole*, 96.

Jiggot of Mutton with Spanish Onions.

A jiggot of mutton is the leg with part of the loin; provide such a one as has been killed two or three days at least, thump it well, and bind it with packthread, that you keep whole when you take it out; put it into a pot about its bigness, and pour in a little of your broth, and cover it with water; put in about a dozen

dozen of Spanish onions with the rinds on, three or four carrots, a turnip or two, some parsley, and any other herbs you like; cover down close, and stew it gently for three or four hours; but take your onions after an hour's stewing, and take the first and second rinds off; put them into a stew-pan, with a ladle or two of your cullis, a mushroom or two, or truffles minced, and a little parsley; take your mutton and drain clean from the fat and liquor, make your sauce hot and well seasoned, squeeze in a lemon, and serve it up with the onions round it, and pour the sauce over it. *Verral, 47.*

Shoulder of Mutton surpris'd.

Put a shoulder of mutton, having first half boiled it, into a toasting pan, with two quarts of veal gravy, four ounces of rice, a little beaten mace, and a tea-spoonful of mushroom powder. Stew it an hour, or till the rice is enough, and then take up your mutton and keep it hot. Put to the rice half a pint of cream, and a piece of butter rolled in flour. Then shake it well, and boil it a few minutes. Lay your mutton on the dish, and pour your gravy over it. You may garnish with either pickles or barberries. *Farley, 107. Mason, 164.*

N. B. The above receipt is inserted in page 103 of *Mrs. Raffald's English House-keeper*, with the phraseology a little different.

A Shoulder of Mutton in epigram.

Roast it almost enough, then very carefully take off the skin about the thickness of a crown piece, and the shank-bone with it at the end; then season that skin and shank-bone with pepper and salt, a little lemon-peel cut small, and a few sweet herbs and crumbs of bread; then lay this on the gridiron, and let it be of a fine brown: in the mean time take the rest of the meat, and cut it like a hash about the bigness of a shilling; save the gravy and put to it, with a few spoonfuls of strong gravy, half an onion cut fine, a little nutmeg, a little pepper and salt, a little bundle of sweet herbs, some gerkins cut very small, a few mushrooms, two or three truffles cut small, two spoonfuls of wine, either red or white, and throw a little flour over the meat: let all these stew together very softly for five or six minutes, but be sure it does not boil; take out the sweet herbs, and put the hash into the dish; lay the broiled upon it, and send it to table. *Glasse, 46.*

A Shoulder of Mutton called Hen and Chickens.

Half roast a shoulder, then take it up, and cut off the blade at the first joint, and both the flaps, to make the blade quite round; score the blade round in diamonds, throw a little pepper and salt over it, and set it in a tin oven to broil; cut the
flaps

flaps and the meat off the shank, in thin slices, into the gravy that runs out of the mutton, and put a little good gravy to it, with two spoonfuls of walnut catchup, one of browning, a little chyan pepper, and one or two shallots. When your meat is tender, thicken it with flour and butter, put your meat in the dish with the gravy, and lay the blade on the top, broiled a dark brown. Garnish with green pickles, and serve it up. *Raffald, 104.*

Mrs. Mason has got this receipt under the title of "A Shoulder of Mutton in Disguise," page 164.

To boil a Shoulder of Mutton and Onion Sauce.

Put your shoulder in when the water is cold; when enough smother it with onion-sauce, made the same as for boiled ducks. You may dress a shoulder of veal the same way. *Cole, 98.*

Breast of Mutton grilled.

Half boil it, score it, pepper and salt it well, rub it with yolk of egg, strew on crumbs of bread and chopped parsley; broil it, or roast it in a Dutch oven. Serve it with caper sauce. *Mason, 167.*

Another way.

Mrs. Raffald has, in page 105, a receipt somewhat similar to the above, but as it differs in one or two particulars, I have thought proper to give it in her own words. They are as follow:—Score a breast of mutton in diamonds, and rub it over with the yolk of an egg; then strew on a few bread crumbs and shred parsley, put it into a Dutch oven to broil, baste it with fresh butter, pour in the dish good caper sauce, and serve it up. *Raffald, 105.*

To collar a Breast of Mutton.

Take the skin off and bone it, roll it up in a collar like the breast of veal, put a quart of milk and a quarter of a pound of butter in the dripping-pan, and baste it well while it is roasting. Sauce—good gravy in the dish and in a boat, and currant jelly in another. *Le Maitre, 216.*

Mutton Kebobbed.

Take a loin of mutton and joint it between every bone; season it with pepper and salt moderately, grate a small nutmeg all over, dip them in the yolks of three eggs, and have ready crumbs of bread and sweet herbs; dip them in, and clap them together in the same shape again, and put it on a small spit; roast them before a quick fire, set a dish under, and baste it with a little piece of butter, and then keep basting it with what comes from it, and throw some crumbs of bread and sweet herbs all over them as it is roasting. When it is enough, take it up, lay

lay it in the dish, and have ready half a pint of good gravy, and what comes from it. Take two spoonfuls of catchup, and mix a tea-spoonful of flour with it, and put to the gravy; stir it together, give it a boil, and pour over the mutton.

Note.—You must observe to take off all the fat of the inside, and the skin off the top of the meat, and some of the fat if there be too much. When you put in what comes from your meat into the gravy, observe to pour out all the fat. *Glasse*, 104. *Mason*, 166.

A Harrico of Mutton.

Take a neck or loin of mutton, cut it into thick chops, flour them, and fry them brown in a little butter; take them out, and lay them to drain on a sieve, then put them into a stew-pan, and cover them with gravy; put in a whole onion, and a turnip or two, and stew them till tender; then take out the chops, strain the liquor through a sieve, and skim off all the fat; put a little butter in the stew-pan, and melt it with a spoonful of flour; stir it well till it is smooth, then put the liquor in, and stir it well all the time you are pouring it, or it will be in lumps; put in your chops and a glass of Lisbon; have ready some carrot about three quarters of an inch long, and cut round with an apple corer, some turnips cut with a turnip scoop, a dozen small onions all blanched well; put them to your meat, and season with pepper and salt; stew them gently for fifteen minutes, then take out the chops with a fork, lay them in your dish, and pour the ragoo over it. Garnish with beet root. *Cole*, 99.

Another way.

Cut a neck of mutton, or a loin, into shorts steaks; fry them, flour them, put them into a stew-pan with a quart or three pints of beef broth, a carrot sliced, a turnip, an onion stuck with cloves, a few pepper corns, and some salt; let them stew till tender, they will take three hours, as they should do gently: take out the mutton, strain the sauce, put to it carrots cut in wheels, or any shape, turnips in balls, and celery cut to pieces, all boiled ready; simmer these a minute or two in the sauce, lay the mutton in the dish, and pour the sauce over. If it cannot be served immediately, put the mutton into the sauce to keep hot. *Mason*, 166.

A Harrico of a Neck of Mutton.

Cut the best end of a neck of mutton into chops, in single ribs, flatten them, and fry them a light brown; then put them into a large sauce-pan with two quarts of water, a large carrot cut in slices, cut at the edge like wheels; when they have stewed a quarter of an hour, put in two turnips cut in square slices, the white part of a head of celery, a few heads of asparagus,

two cabbage lettuces fried, and chyan to your taste; boil them all together till they are tender; the gravy is not to be thickened; put it into a tureen or soup-dish. It is proper for a top dish. *Du Pont*, 89.

Neck of Mutton called The Hasty Dish.

Take a large pewter or silver dish, made like a deep soup-dish, with an edge about an inch deep on the inside, on which the lid fixes (with a handle at top) so fast that you may lift it up full by that handle without falling. This dish is called a necromancer. Take a neck of mutton of about six pounds, take off the skin, cut it into chops, not too thick, slice a French roll thin, peel and slice a very large onion, pare and slice three or four turnips, lay a row of mutton in the dish, on that a row of roll, then a row of turnips, and then onions, a little salt, then the meat, and so on; put to it a little bundle of sweet herbs, and two or three blades of mace; have a tea-kettle of water boiling, fill the dish, and cover it close; hang the dish on the back of two chairs by the rim, have ready three sheets of brown paper, tear each sheet into five pieces, and draw them through your hand, light one piece, and hold it under the bottom of the dish, moving the paper about; as fast as the paper burns, light another till all is burnt, and your meat will be enough. Fifteen minutes just does it. Send it to table hot in the dish.

N. B. This dish was first contrived by Mr. Rich, and is much admired by the nobility. *Glasse*.

To dress a Neck of Mutton like Venison.

Cut a large neck before the shoulder is taken off, broader than usual, and the flap of the shoulder with it, to make it look handsomer; stick your neck all over in little holes with a sharp pen-knife, and pour a little red wine upon it, and let it lie in the wine four or five days; turn and rub it three or four times a day, then take it out and hang it up for three days in the open air out of the sun, and dry it often with a cloth to keep it from musting; when you roast it, baste it with the wine it was steeped in, if any is left; if not, fresh wine; put white paper three or four folds to keep in the fat, roast it thoroughly, and then take off the skin, and froth it nicely, and serve it up.

Neck of Mutton larded with Ham and Anchovies.

Lard the fillet of a neck of mutton quite through with ham and anchovies, first rolled in chopped parsley, shallots, sweet herbs, pepper and salt; then put it to braze or stew in a little broth, with a glass of white wine; when done sift and skim the sauce, and add a little cullis to give it a proper consistence; add the juice of half a lemon, and serve it upon the neck of mutton. *Dalrymple*, 123.

To dress a Neck of Mutton.

Lard it with lemon-peel cut thin in small lengths, boil it in salt and water, with a bunch of sweet herbs and an onion stuck with cloves; when it is boiled, have ready for sauce a pint of oysters stewed in their own liquor, as much veal gravy, two anchovies dissolved and strained into it, and the yolks of two eggs beat up in a little of the gravy; mix these together till they come to a proper thickness, and put it over the meat. *Mason, 166.*

A Basque of Mutton.

Lay the caul of a leg of veal in a copper dish of the size of a small punch-bowl, and take the lean of a leg of mutton that has been kept a week. Having chopped it exceedingly small, take half its weight in beef marrow, the crumb of a penny loaf, the rind of half a lemon grated, half a pint of red wine, two anchovies, and the yolks of four eggs. Mix it as you would sausage-meat, and lay it in the caul in the inside of the dish. Fasten the caul, bake it in a quick oven, and when it comes out, lay your dish upside down, and turn the whole out. Pour over it brown gravy; pour venison-sauce into a boat, and make use of pickles for garnish. *Raffald, 107. Farley, 108,* with very inconsiderable alterations.

Fillet of Mutton with Cucumbers.

Provide one large or two small necks of mutton, cut off a good deal of the scrag, and the chine and spay-bones close to the ribs, tear off the fat of the great end, and flat it with your cleaver, that it may lay neat in your dish, soak it in a marinade, and roast it wrapped up in paper well buttered. For your sauce in the spring and summer, quarter some cucumbers nicely, and fry them in a bit of butter, after laying in the same marinade, stew them in a ladle or two of your cullis, a morsel of shallot or green onion, pepper and salt, a little minced parsley, the juice of a lemon, and serve it. The only difference between this and the celery-sauce is, instead of frying your celery, boil it very tender in a little water, or broth if you have plenty, and stew it for a quarter of an hour. Be cautious you do not break the cucumbers. *Verral, 81.*

To french a hind Saddle of Mutton.

It is the two chumps of the loins. Cut off the rump, and carefully lift up the skin with a knife. Begin at the broad end, but be sure you do not crack it nor take it quite off; then take some slices of ham or bacon chopped fine, a few truffles, some young onions, some parsley, a little thyme, sweet marjoram, winter savory, a little lemon-peel, all chopped fine, a little mace, and two or three cloves beat fine; half a nutmeg, and a

little pepper and salt. Mix all together, and throw over the meat where you took off the skin; then lay on the skin again, and fasten it with two fine skewers at each side, and roll it in well-buttered paper. It will take two hours roasting: then take off the paper, baste the meat, strew it all over with crumbs of bread, and when it is of a fine brown, take it up. For sauce, take six large shallots, cut them very fine, put them into a sauce-pan with two spoonfuls of vinegar, and two of white wine; boil them for a minute or two, pour it into the dish, and garnish with horse-radish. *Glass,* 47.

To dress a Saddle à St. Menebout.

Take the skin off the hind part of a chine of mutton, lard it with bacon, season it with pepper, salt, mace, beaten cloves, and nutmeg, sweet herbs, young onions, and parsley, all chopped fine: take a large oval or gravy-pan, lay layers of bacon, and then layers of beef all over the bottom; lay in the mutton, then layers of bacon on the mutton, and then a layer of beef; put in a pint of wine, and as much good gravy as will stew it; put in a bay-leaf and two or three shallots, and cover it close; put fire over and under it, if you have a close pan, and let it stand stewing for two hours; when done, take it out, strew crumbs of bread all over it, and put it into the oven to brown; strain the gravy it was stewed in, and boil it till there is just enough for sauce; lay the mutton into a dish, pour the sauce in, and serve it up. If you have not an oven, you must brown it before a fire. *Mason,* 165.

Mrs. Glasse, in page 69 of her *Art of Cookery*, has the same receipt, though the language is somewhat different.

Mutton the Turkish way.

Let the meat be cut in slices, wash it in vinegar, put it in a pot, with whole pepper, rice, and two or three onions; stew these very slowly, and skim them very often. When it is tender, take out the onions, and put sippets in the dish under them. *Cole,* 103.

Saddle of Mutton matted.

Take up the skin, scarify the meat, and stick in it sliced fat livers, truffles, fresh pork, sliced onions, and anchovies; cover this all over with a good force-meat, made of rasped lard, suet, or marrow, sweet herbs chopped, mushrooms, pepper and salt, and three yolks of eggs, all pounded together; cover it over with the skin well fastened, braze it (with the skin undermost) with broth, and a faggot of sweet herbs; when done, reduce the sauce to caramel or glaze. Glaze all the upper side. *Dalrymple,* 133.

Mutton à-la-Maintenon.

Cut some short steaks from a leg of mutton, make a force-meat with crumbs of bread, a little suet chopped, or a bit of butter, lemon-peel grated, shred parsley, pepper, salt, and nutmeg, mixed up with the yolk of an egg; pepper and salt the steaks, lay on the force-meat; butter some half sheets of writing paper, in each wrap up a steak, twisting the paper neatly; fry them, or do them in a Dutch oven; serve them in the paper, a little gravy in the dish, and some in a boat. Garnish with pickles. *Le Maitre*, 119.

Chine of Mutton with Cucumber Sauce.

You must provide the two fore-quarters of mutton, small and fat; cut it down the sides, and chop through the shoulders and breasts, so that it may lay even in your dish; raise the skin all off, without cutting or tearing; scrape a little fat bacon, and take a little thyme, marjoram, savory, parsley, three or four green onions, a mushroom or two, and a shallot; mince all very fine, and fry them gently in the bacon; add a little pepper, and when it is almost cold, with a paste-brush daub it all over the back of your meat, skewer the skin over it, spit it with three or four large skewers, and wrap some paper over it well buttered; roast it enough very gently, and for sauce provide some cucumbers, (if in season) nicely quartered and fried in a bit of butter to a brown colour; strain them upon a sieve for a minute or two, and put them into a ladle or two of your cullis; boil them a little while, and throw in some minced parsley, the juice of a lemon, and serve it up. For your sauce of herbs, prepare just such matters as are fried for the first part of it, take a stew-pan, with as much of your cullis as is necessary, and strew all in, and boil about half an hour very softly; take the paper and skin off your chine, and send it to table with the sauce poured over it, adding the juice of a lemon; and taste it to try if it is well flavoured. *Verral*, 49.

Mutton Rumps and Kidnies.

Boil six sheeps' rumps in veal gravy, then lard your kidnies with bacon, and set them before the fire in a tin oven; when the rumps are tender, rub them over with the yolk of an egg, a little chyan and grated nutmeg, skim the fat off the gravy, put it in a clean tossing-pan, with three ounces of boiled rice, a spoonful of good cream, a little mushroom-powder or catch-up, thicken it with flour and butter, and give it a gentle boil; fry your rumps a little brown. When you dish them up, lay them round on your rice, so that the small ends may meet in the middle, and lay a kidney between every rump. Garnish with red cabbage or barberries, and serve it up. It is a pretty

side or corner dish. *Raffald*, 106. *Farley*, 108. *Du Pont*, 165.

Mutton Rumps à-la-braise.

Boil six mutton rumps for fifteen minutes in water; then take them out and cut them in two, and put them into a stew-pan, with half a pint of good gravy, a gill of white wine, an onion stuck with cloves, and a little salt and chyan pepper. Cover them close, and stew them till they are tender. Take them and the onion out, and thicken the gravy with a little butter rolled in flour, a spoonful of browning, and the juice of half a lemon. Boil it up till it is smooth, but not too thick. Then put in your rumps, give them a top or two, and dish them up hot. Garnish with horse-radish and beet-root. For variety, you may leave the rumps whole, and lard six kidnies on one side, and do them the same as the rumps, only not boil them, and put the rumps in the middle of the dish, and kidnies round them, with the sauce over all. The kidnies make a pretty side dish of themselves. *Farley*, 190.

To hash Mutton.

Cut your mutton in little bits as thin as you can, strew a little flour over it, have ready some gravy (enough for sauce) wherein sweet herbs, onion, pepper, and salt have been boiled; strain it, put in your meat, with a piece of butter rolled in flour, and a little salt, a shallot cut fine, a few capers and gerkins chopped fine; toss all together for a minute or two; have ready some bread toasted and cut into thin sippets, lay them round the dish, and pour in your hash. Garnish your dish with pickles and horse-radish.

Note.—Some love a glass of red wine or walnut pickle. You may put just what you will into a hash. If the sippets are toasted, it is better. *Cole*, 105.

Another way.

Cut mutton in slices, put a pint of gravy or broth into a tossing-pan, with one spoonful of mushroom catchup, and one of browning; slice in an onion, a little pepper and salt, put in over the fire, and thicken it with flour and butter; when it boils, put in your mutton, keep shaking it till it is thoroughly hot, put it into a soup-dish, and serve it up. *Cole*, 106.

To hash cold Mutton.

Cut your mutton with a very sharp knife in very little bits, as thin as possible; then boil the bones with an onion, a little sweet herbs, a blade of mace, a very little whole pepper, a little salt, a piece of crust toasted very crisp; let it boil till there is just enough for sauce, strain it, and put it into a sauce-pan, with a piece of butter rolled in flour; put in the meat; when
it

it is very hot, it is enough. Season with pepper and salt. Have ready some thin bread toasted brown, cut three-corner ways, lay them round the dish, and pour in the hash. As to walnut-pickle, and all sorts of pickles, you must put in according to your fancy. Garnish with pickles. Some love a small onion peeled, cut very small, and done in the hash. Or you may use made gravy, if you have not time to boil the bones. *Glasse, 119.*

Oxford John.

Take a stale leg of mutton, cut it in as thin collops as you possibly can, take out all the fat sinews, season them with mace, pepper, and salt; strew among them a little shred parsley, thyme, and two or three shallots; put a good lump of butter into a stew-pan. When it is hot, put in all your collops, keep stirring them with a wooden spoon till they are three parts done, then add half a pint of gravy, a little juice of lemon, thicken it a little with flour and butter, let them simmer four or five minutes, and they will be quite enough. If you let them boil, or have them ready before you want them, they will grow hard. Serve them up hot, with fried bread cut in dice, over and round them. *Raffald, 108. Farley, 113.*

A Hodge-podge of Mutton.

Cut a neck or loin of mutton into steaks, take off all the fat, then put the steaks into a pitcher, with lettuce, turnips, carrots, two cucumbers cut in quarters, four or five onions, and pepper and salt; you must not put any water to it, and stop the pitcher very close; then set it in a pan of boiling water, let it boil four hours, keep the pan supplied with fresh boiling water as it wastes. *Cole, 107.*

Mutton Cutlets Lover's fashion.

Make the cutlets pretty thick, lard them with ham and bacon, then give them a few turns in a little butter, chopped parsley, and a little winter savory; then put them in a stew-pan, with small bits of ham, sliced onions, carrots, and parsnips, which you first give a fry in oil or butter; add a glass of white wine and a little cullis. When done, skim the sauce, and serve with all the roots and ham. *Dalrymple, 125.*

Mutton Cutlets en Surtout, or in Disguise.

Cut cutlets in the common way, and simmer them with broth to about three parts, with a faggot of sweet herbs; reduce the sauce till no more remains than what will bathe the cutlets; garnish them with force meat round, made of fillet of veal, suet, chopped parsley, shallots, pepper and salt, and bread-crumbs soaked in cream, all being well pounded; add three yolks of eggs, then baste your cutlets with eggs and bread-

crumbs; bake in the oven till of a good colour; serve with con-fomme sauce, gravy, &c. *Clermont, 133.*

Mutton Chops in Disguise.

Take as many mutton chops as you want, rub them with pepper, salt, nutmeg, and a little parsley; roll each chop in half a sheet of white paper, well buttered on the inside, and rolled on each and close. Have some hog's-lard, or beef-dripping, boiling in a stew-pan; put in the steaks, fry them of a fine brown, lay them in your dish, and garnish with fried parsley; throw some all over, have a little good gravy in a cup, but take care you do not break the paper, nor have any fat in the dish; but let them be well drained.

To broil Mutton Steaks.

Cut your steaks half an inch thick; when your gridiron is hot, rub it with fresh suet, lay on your steaks, keep turning them as quick as possible; if you do not take great care, the fat that drops from them will smoak them. When they are enough, put them into a hot dish, rub them well with butter, slice a shallot very thin into a spoonful of water, pour it on them with a spoonful of mushroom catchup and salt; serve them up hot. *Raffald, 71.*

Mutton steaks baked.

Cut a loin of mutton into steaks, season them with pepper and salt, butter a dish and lay them in; take a quart of milk, six eggs well beat, and four spoonfuls of flour; beat the flour and eggs together in a little milk, and then put the rest to it; put in some beaten ginger and salt, pour it over the steaks, and send it to table. Half an hour will bake it. *Mason, 167.*

Sheeps' Tongues Provence fashion.

Fry sliced onions in butter; when half done, add a little flour, chopped parsley, a clove of garlick, pepper and salt, a little cullis, and a glass of white wine; let it stew till the onions are done, then add as many split tongues (being ready boiled) as you think proper; stew them a quarter of an hour in the sauce; serve all together. Garnish the dish with fried bread. *Dalrymple, 117.*

Sheeps' Tongues Royal fashion.

Boil as the former; then lard them quite through; marinate them an hour in a little pepper and salt, chopped parsley, shallots, and mushrooms; put a few slices of lard under and over, add a little gravy, a glass of white wine, with all the seasonings. When done, take out the slices of lard, skim the sauce, add a little cullis, or butter rolled in flour, the juice of half a lemon, and serve it upon the tongues. *Dalrymple, 118.*

Sheeps' Tongues plain Family fashion.

Split ready boiled tongues in two; marinade in melted butter, pepper and salt, chopped parsley, and shallots; roll them in bread-crumbs, and broil them slowly; serve them with a sauce made of a spoonful of vinegar, a bit of butter rolled in flour and broth, grated nutmeg, and chopped shallots; reduce the sauce, and serve it under the tongues. *Du Pont*, 116.

Sheeps' Trotters of different fashion.

When well scalded, boil them in water till you can take out the great bone; then split and clean them properly; boil them again till they are very tender, and dress them in what manner you please, either as a fricassée, or with a cullis sauce, &c. taking care to make the sauce relishing. *Clermont*, 129.

Sheeps' Trotters fried in paste.

The trotters being first brazed or stewed, bone them without cutting them; roll them in good force-meat, then dip them in thick batter made of flour, white wine, one egg, and a little oil, pepper, and salt; fry them of a good colour, and garnish with fried parsley.

Sheeps' Trotters Aspic.

Aspic is a sharp sauce or jelly, wherein is commonly used elder or tarragon vinegar, chopped parsley, shallots, tarragon leaves, pepper and salt, oil, mustard, lemon, any sorts of cold meat. Poultry or game may be served in aspic, either hot or cold. *Dalrymple*, 122.

CHAP. VI.—MADE DISHES OF LAMB.

To dress a Lamb's Head.

BOIL the head and pluck tender, but do not let the liver be too much done. Take the head up, hack it cross and cross with a knife, grate some nutmeg over it, and lay it in a dish before a good fire; then grate some crumbs of bread, some sweet herbs rubbed, a little lemon-peel chopped fine, a very little pepper and salt, and baste it with a little butter; then throw a little flour over it, and just as it is done do the same, baste it and dredge it. Take half the liver, the lights, the heart and tongue, chop them very small, with six or eight spoonfuls of gravy or water; first shake some flour over the meat, and stir it together, then put in the gravy or water, a good piece of butter rolled in a little flour, a little pepper and salt, and what runs from the head in the dish; simmer all together a few minutes, and add half a spoonful of vinegar; pour it into your dish, lay the head in the middle of the mince-meat, have ready the other half of the liver cut thin, with some slices of bacon broiled, and lay round the head. Garnish the dish with lemon, and send to table. *Glasse*, 27.

Lamb's Head and Purtenances.

Skin the head and split it, take the black part out of the eyes, then wash and clean it exceeding well, lay it in warm water till it looks white, wash and clean the purtenance, take off the gall, and lay them in water; boil it half an hour, then mince your heart, liver, and lights, very small; put the mince-meat in a tossing-pan, with a quart of mutton gravy, a little catchup, pepper and salt, half a lemon; thicken it with flour and butter, a spoonful of good cream, and just boil it up. When your head is boiled, rub it over with the yolk of an egg, strew over it bread-crumbs, a little shred parsley, pepper, and salt; thicken it well with butter, and brown it before the fire, or with a salamander; put the purtenance on your dish, and lay the head over it. Garnish with lemon or pickle, and serve it up. *Raf-fald*, 109. *Farley*, (without any material alterations,) 113.

Lamb's Head, Pontiff Sauce.

Take a lamb's head, about three parts boiled, chop some mushrooms, and fat livers cut in dice; put them in a stew-pan with a little cullis and white wine, a faggot of sweet herbs, a little chopped shallot, pepper and salt; cut the tongue in dice, which you mix with the sauce; then take the brains out of the head, and put it in the ragoo or sauce; cover it over with the brains cut in slices; baste them with a little of the sauce, bread-

bread-crumbs, and melted butter; bake in the oven till of a good colour; serve with *Pontiff Sauce*. *Dalrymple*, 166.

To stew a Lamb's Head.

In order to stew a lamb's head, wash it and pick it very clean. Lay it in water for an hour, take out the brains, and with a sharp knife carefully extract the bones and the tongue; but be careful to avoid breaking the meat. Then take out the eyes. Take two pounds of veal, and two pounds of beef suet, a very little thyme, a good piece of lemon-peel minced, a nutmeg grated, and two anchovies. Having chopped all these well together, grate two stale rolls, and mix all with the yolks of four eggs. Save enough of this meat to make about twenty balls. Take half a pint of fresh mushrooms, clean peeled and washed, the yolks of six eggs chopped, half a pint of oysters clean washed, or pickled cockles. Mix all these together; but first stew your oysters, and put to them two quarts of gravy, with a blade or two of mace. Tie the head with packthread, cover it close, and let it stew two hours. While this is doing, beat up the brains with some lemon-peel cut fine, a little chopped parsley, half a nutmeg grated, and the yolk of an egg. Fry the brains in little cakes in boiling dripping, and fry the balls, and keep them both hot. Take half an ounce of truffles and morels, and strain the gravy the head was stewed in. Put to it the truffles and morels, and a few mushrooms, and boil all together; then put in the rest of the brains that are not fried, and stew them together for a minute or two. Pour this over the head, lay the fried brains and balls round it, and garnish with lemon. *Farley*, 63.

Lamb's Head Condè fashion.

Take a lamb's head, being done in a white braze; serve with a sauce made of verjuice, three yolks of eggs, pepper, salt, and a piece of butter, scalded chopped parsley, and a little nutmeg, if agreeable; make these articles in a liaison without boiling, and serve upon the head. *Clermont*, 174.

To force a Leg of Lamb.

Carefully take out all the meat with a sharp knife, and leave the skin whole, and the fat on it. Make the lean you cut out into a force-meat, thus:—To two pounds of meat add two pounds of beef suet cut fine, and beat it in a marble mortar till it is very fine; take away all the skin of the meat and suet, and then mix it with four spoonfuls of grated bread, eight or ten cloves, five or six large blades of mace dried and beaten fine, half a large nutmeg grated, a little pepper and salt, a little lemon-peel cut fine, a very little thyme, some parsley, and four eggs. Mix all together, put it into the skin again just as it was,
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in the same shape; sew it up, roast it, and baste it with butter. Cut the loin into steaks, and fry it nicely; lay the leg on the dish, and the loin round it, with stewed cauliflowers all round upon the loin; pour a pint of good gravy into the dish, and send it to table. If you do not like the cauliflower, it may be omitted. *Glasse*, 31. *Mason*, 170. *Farley*, 114.

To boil a Leg of Lamb, and Loin fried.

Cut your leg from the loin, boil the leg three quarters of an hour, cut the loin in handsome steaks, beat them with a cleaver, and fry them a good brown; then stew them a little in strong gravy; put your leg on the dish, and lay your steaks round it; pour on your gravy, lay round lumps of stewed spinach and crisped parsley on every steak. Send it to the table with gooseberry sauce in a boat. *Raffald*, 108.

Another way.

Let the leg be boiled very white. An hour will do it. Cut the loin into steaks, dip them into a few crumbs of bread and egg, fry them nice and brown, boil a good deal of spinach and lay in the dish; put the leg in the middle, lay the loin round it, cut an orange in four, and garnish the dish, and have butter in a cup. Some like the spinach boiled, then drained, put into a sauce-pan with a good piece of butter, and stewed. *Glasse*, 31.

To fry a Loin of Lamb.

Cut your lamb into chops, rub it over on both sides with the yolk of an egg, and sprinkle some bread crumbs, a little parsley, thyme, marjoram, and winter savory, chopped very fine, and a little lemon-peel chopped fine; fry it in butter of a nice light brown, and send it up in a dish by itself. Garnish with a good deal of fried parsley. *Cole*, 114.

To ragoo a Fore-quarter of Lamb.

Cut off the knuckle-bone, take off the skin, lard it all over with bacon, and fry it of a nice light brown, then put it in a stew-pan, and just cover it with mutton gravy, a bunch of sweet herbs, some pepper, salt, beaten mace, and a little whole pepper; cover it close, and let stew for half an hour; pour out the liquor, and take care to keep the lamb hot; strain off the gravy, and have ready half a pint of oysters fried brown, pour all the fat from them, add them to the gravy, with two spoonfuls of red wine, a few mushrooms, and a bit of butter rolled in flour; boil all together, with the juice of half a lemon; lay the lamb in the dish, and pour the sauce over it. *Mason*, 173.

Mrs. Glasse has a receipt very much resembling the above, in page 53.

To force a Hind-quarter of House Lamb.

Cut off the flank, and with a knife raise the thick part of the meat from the bone. Make a force-meat with some suet, a few

few scalded oysters cut small, some grated bread, a little beaten mace, pepper and salt, mixed up with the yolks of two eggs; stuff it with this under where the meat is raised up, and under the kidney. Let it be half roasted, then put it in a large stew-pan, with a quart of mutton gravy; cover it, and let it stew very gently. When it is enough, take it up and keep it hot, skim off the fat, and strain the gravy; add to it a glass of Madeira, one spoonful of walnut catchup, half a lemon, a little chyan, half a pint of stewed oysters, with a piece of butter rolled in flour; pour it over the lamb. *Mason, 173.*

Two Hind quarters of Lamb with Spinach.

Take your two quarters of lamb, truss your knuckles in nicely, and lay it in soak two or three hours in some milk, coriander seed, a little salt, two or three onions, and parsley; put it in but little boiling water, skim it well, put in some flour and water well mixed, a lemon or two pared and sliced, a bit of suet, and a little bunch of onions and parsley; stir it well from the bottom, and boil it gently and these ingredients will make it as white as a curd. Prepare your spinach as for the ham with this difference—instead of cullis with that seasoning, put to it about a pint of cream, a bit of butter mixed with flour, a little pepper, salt, and nutmeg; stir it over a slow stove till it is of a nice consistence, squeeze in the juice of a lemon, pour it into the dish, and lay your lamb upon it, after draining it from fat and water, and take off any of your seasonings that may chance to hang to it.

A neck of veal is frequently done in the same way, taking the chine-bone off, and trimming it neatly. *Verral, 53.*

To force a Hind-quarter of Lamb.

Take a hind-quarter and cut off the shank, raise the thick part of the flesh from the bone with a knife, stuff the place with white force-meat, and stuff it under the kidney; half roast it, then put it in a tossing-pan, with a quart of mutton gravy; cover it close up, and let it stew gently. When it is enough, take it up, and lay it in your dish, skim the fat off the gravy, and strain it; then put in a glass of Madeira wine, one spoonful of walnut catchup, two of browning, half a lemon, a little chyan, half a pint of oysters; thicken it with a little butter rolled in flour; pour your gravy hot on your lamb, and serve it up. *Raffald, 109.*

To bake Lamb and Rice.

Take a neck or loin of lamb, half roast it, take it up, cut it into steaks, then take half a pound of rice boiled in a quart of water ten minutes, put it into a quart of good gravy, with two or three blades of mace, and a little nutmeg. Do it over a stove or slow fire till the rice begins to be thick; then take it off,

off, stir in a pound of butter, and when that is quite melted, stir in the yolks of six eggs, first beat; then take a dish and butter it all over; take the steaks and put a little pepper and salt over them; dip them in a little melted butter, lay them into the dish, pour the gravy which comes out of them over them, and then the rice; beat the yolks of three eggs, and pour all over; send it to the oven, and bake it better than half an hour. *Glasse*, 52.

Mrs. Mason, in page 72 of the *Lady's Assistant*, has the above receipt, with only a little variation of the language.

Shoulder of Lamb neighbour fashion.

Prepare the shoulder as the preceding; make a force meat of roasted fowls, calf's udder or suet, bread crumbs soaked in cream, chopped parsley, shallots, pepper, salt, and four yolks of eggs; then fill the shoulder with it, and make it as round as possible; fasten it well, that the force-meat may not get out; then lard it, and stew it in broth, with a faggot of sweet herbs. When done, strain the sauce through a lawn sieve, reduce it to a glaze, and glaze the larded part. Serve with what sauce or ragoo you please. *Cole*, 116.

Lamb's Sweetbreads.

Blanch your sweetbreads, and put into cold water a while, put them into a stew-pan with a ladle of broth, with pepper, salt, a small bunch of green onions and parsley, and a blade of mace; stir in a bit of butter with flour, and stew all about half an hour. Make ready a liaison of two or three eggs and cream, with a little minced parsley and nutmeg; put in tops of asparagus that you are to have ready boiled, and pour in your liaison, and take care it does not curdle; add some juice of lemon or orange, and send it to table. You may make use of peas, young gooseberries, or kidney beans for this, and all make a pretty dish. *Verral*, 118.

To dress a Dish of Lamb's Bits.

Skin the stoves and split them, lay them on a dry cloth with the sweetbreads and liver, and dredge them well with flour, and fry them in boiling lard or butter a light brown; then lay them on a sieve to drain; fry a good quantity of parsley, lay your bits on the dish, and the parsley in lumps over it. Pour melted butter round them. *Raffald*, 282. *Farley*, 113.

Lamb Chops en Casarole.

Having cut a loin of lamb into chops, put yolks of eggs on both sides, and strew bread crumbs over them, with a little cloves and mace, pepper and salt, mixed; fry them of a nice light brown, and put them round in a dish, as close as you can; leave a hole in the middle to put the following sauce in:—all
forts

forts of sweet herbs and parsley chopped fine, stewed a little in some good thick gravy. Garnish with fried parsley. *Glasſe*, 54. *Mafon*, 172. *Farley*, 114.

Lamb Chops larded.

Cut the beſt end of a neck of lamb in chops, and lard one ſide; ſeaſon them with beaten cloves, mace, and nutmeg, a little pepper and ſalt; put them into a ſtew-pan, the larded ſide uppermoſt; put in half a pint of gravy, a gill of white wine, an onion, a bundle of ſweet herbs, ſtew them gently till tender; take the chops out, ſkim the fat clean off, and take out the onion and ſweet herbs; thicken the gravy with a little butter rolled in flour; add a ſpoonful of browning, a ſpoonful of catchup, and one of lemon-pickle. Boil it up till it is ſmooth, put in the chops, larded ſide down, ſtew them up gently for a minute or two; take the chops out, and put the larded ſide uppermoſt in the diſh, and the ſauce over them. Garniſh with lemon, and pickles of any fort. You may add truffles and morels, and pickled muſhrooms, in the ſauce, if you pleaſe; or you may do the chops without larding. *Cole*, 117.

Gras Lamb Steaks.

Pepper and ſalt them, fry them. When enough, lay them in a diſh, pour out the butter, ſhake a little flour into the pan, pour in a little beef broth, a little catchup and walnut-pickle; boil this up, ſtirring it; put in the ſteaks, and give them a ſhake round. *Cole*, 118.

Hoſe Lamb Steaks.

Seaſon them with pepper, ſalt, nutmeg, grated lemon-peel, and parsley chopped (but dip them firſt in egg); fry them quick, thicken ſome good gravy, add a very little red wine, catchup, and ſome oysters; boil theſe together, put in the ſteaks; juſt heat them. Palates may be added ſtewed tender, force-meat balls, and hard eggs.

N. B. It is a very good diſh, and convenient, when poultry are dear. *Mafon*, 171.

To fry a Neck or Loin of Lamb.

Cut it into thin ſteaks, beat them with a rolling-pin, fry them in half a pint of ale, ſeaſon them with a little ſalt, and cover them cloſe. When enough, take them out of the pan, lay them in a plate before the fire to keep hot, and pour all out of the pan into a baſon; then put in half a pint of white wine, a few capers, the yolks of two eggs beat, with a little nutmeg and a little ſalt; and to this the liquor they were fried in, and keep ſtirring it one way all the time till it is thick, then put in the lamb, keep ſhaking the pan for a minute or two, lay the ſteaks in the diſh, pour the ſauce over them, and have ſome parsley in a plate

a plate before the fire to crisp. Garnish your dish with that and lemon. *Glasse*, 53.

Lambs' Ears with Sorrel.

In London such things as these, or calves' ears, tails, or the ears of sheep, ready for use, or perhaps in some other great markets, are always to be had of the butchers or tripemen.

About a dozen of lamb's ears will make a small dish, and they must be stewed tender in a braze; take a large handful of sorrel, chop it a little, and stew it in a spoonful of broth and a morsel of butter; pour in a small ladle of cullis, a little pepper and salt, and nutmeg; stew it a few minutes, and dish up the ears upon it, nicely twisted up. *Verral*, 119.

Lambs' Rumps fried of a bright colour.

The rumps being brazed or boiled, make a light batter of flour, one egg, a little salt, white wine, and a little oil; fry them of a good colour, and serve with fried parsley round. You may also put them to any sauce you think proper, being first brazed or boiled. *Clermont*, 179.

CHAP. VII.—MADE DISHES OF PORK, &c.

To barbecue a Pig.

DRESS a pig of ten weeks old as if it were to be roasted; make a force-meat of two anchovies, six sage-leaves, and the liver of the pig, all chopped very small; then put them into a marble mortar, with the crumb of half a penny loaf, four ounces of butter, half a tea-spoonful of chyan pepper, and half a pint of red wine; beat them all together to a paste, put it in your pig's belly, and sew it up; lay your pig down at a good distance before a large brisk fire, singe it well, put in your dripping-pan three bottles of red wine, baste it with the wine all the time it is roasting. When it is half roasted, put under your pig two penny loaves; if you have not wine enough, put in more. When your pig is near enough, take the loaves and sauce out of your dripping-pan, put to the sauce one anchovy chopped small, a bundle of sweet herbs, and half a lemon. Boil it a few minutes, then draw your pig, put a small lemon or apple in the pig's mouth, and a leaf on each side; strain your sauce, and pour it on them boiling hot; lay barberries and slices of lemon round it, and send it up whole to table. It is a grand bottom dish. It will take four hours roasting. *Raffald*, 111. *Farley*, with the alteration of a few words, 114.

Mrs. Glasse, page 67, has the above receipt, with only this difference—she recommends two bottles of port and one of Madeira for basting. *Mrs. Raffald* three bottles of port, and no Madeira.

Another way.

Take a pig of nine or ten weeks old, scalded, &c. as for roasting; make a stuffing with a few sage leaves, the liver of the pig, and two anchovies boned, washed, and cut very small; put them into a mortar with some crumbs of bread, a quarter of a pound of butter, a very little chyan pepper, and half a pint of Madeira wine; beat them to paste, and sew it up in the pig, lay it down at a great distance to a large brisk fire, singe it well; put into the dripping-pan two bottles of Madeira wine, and baste it well all the time it is roasting. When it is half roasted, put into the dripping-pan two French rolls. If there is not wine enough in the dripping-pan, add more. When the pig is near enough, take the rolls and sauce, and put them into a sauce pan; add to them one anchovy cut small, a bunch of sweet herbs, and the juice of a lemon. Take up the pig, put an apple in its mouth, and a roll on each side; then strain the sauce over it.

Some barbecue a pig of six or seven months old, and stick blanched almonds all over it; but baste it with Madeira in the same manner. *Mason*, 185.

To dress a Pig au Pere Duillet.

Cut off the head, and divide it into quarters; lard them with bacon, season them with mace, cloves, pepper, nutmeg, and salt. Lay a layer of fat bacon at the bottom of a kettle, lay the head in the middle, and the quarters round; then put in a bay-leaf, an onion sliced, lemon, carrots, parsnips, parsley, and chives; cover it again with bacon, put in a quart of broth, stew it over the fire for an hour, and then take it up. Put your pig into a stew-pan or kettle, pour in a bottle of white wine, cover it close, and let it stew for an hour very softly. If you would serve it cold, let it stand till it is cold, then drain it well, and wipe it that it may look white, and lay it in a dish with the head in the middle and the quarters round; then throw some green parsley all over. Or any one of the quarters is a pretty little dish, laid in water cresses. If you would have it hot, whilst your pig is stewing in the wine, take the first gravy it was stewed in, and strain it, skim off all the fat, then take a sweetbread cut into five or six slices, some truffles, morels, and mushrooms; stew all together till they are enough, thicken it with the yolks of two eggs, or a piece of butter rolled in flour; and when your pig is enough, take it out and lay it in your dish; put the wine it was stewed in to the ragoo, then pour all over the pig, and garnish with lemon. *Mason*, 185. *Glasse*, 66. *Farley*, 67.

A Pig Matelot.

Gut and scald your pig, cut off the head and pettitoes, then cut your pig in four quarters, put them with the head and toes into cold water; cover the bottom of a stew-pan with slices of bacon, and place over them the said quarters, with the pettitoes and the head cut in two. Season the whole with pepper, salt, thyme, bay-leaf, an onion, and a bottle of white wine; lay over more slices of bacon, put over it a quart of water, and let it boil. Take two large eels, skin and gut them, and cut them about five or six inches long. When your pig is half done, put in your eels, then boil a dozen of large craw-fish, cut off the claws, and take off the shells of the tails; and when the pig and eels are enough, lay first your pig and the pettitoes round it, but do not put in the head (it will be a pretty dish cold); then lay your eels and craw-fish over them, and take the liquor they were stewed in; skim off all the fat, then add to it half a pint of strong gravy, thicken with a little piece of butter rolled in flour, and a spoonful of browning, and pour over it; then garnish with craw-fish and lemon. This will do for a first course, or remove. Fry the brains and lay round, and all over the dish. *Cole*, 121.

Collared Pig.

Kill a fine young roasting pig, dress off the hair and draw it, and wash it clean; rip it open from one end to the other, and take

take out all the bones; rub it all over with pepper and salt, a little cloves and mace beaten fine, six sage leaves and sweet herbs chopped small; roll up your pig tight, and bind it with a fillet; fill the pot you intend to boil it in with soft water, a bunch of sweet herbs, some pepper-corns, some cloves and mace, a handful of salt, and a pint of vinegar; when the liquor boils, put in your pig; boil it till it is tender; take it up, and when it is almost cold, bind it over again, put it into an earthen pan, and pour the liquor your pig was boiled in over it, and always keep it covered. When you want it, take it out of the pan, untie the fillet as far as you want to cut it, then cut it in slices, and lay it in your dish. Garnish with parsley. *Glasse*, 65. *Mason*, 186.

To bake a Pig.

When necessity obliges you to bake a pig, lay it in a dish, flour it well all over, and rub the pig over with butter. Butter the dish in which you intend to put it, and put it in the oven. Take it out as soon as it is enough, and having rubbed it over with a butter cloth, put it into the oven again till it is dry; then take it out, lay it in a dish, and cut it up. Take off the fat from the dish it was baked in, and some good gravy will remain at the bottom. Add to this a little veal gravy, with a piece of butter rolled in flour, and boil it up; put it into the dish, with the brains and sage in the belly. *Farley*, 46.

A Pig in Jelly.

Cut it into quarters, and lay it into your stew-pan; put in one calf's foot, and the pig's feet, a pint of Rhenish wine, the juice of four lemons, and one quart of water, three or four blades of mace, two or three cloves, some salt, and a very little piece of lemon-peel; stove it, or do it over a slow fire two hours; then take it up, lay the pig into the dish you intended for it, then strain the liquor, and when the jelly is cold, skim off the fat, and leave the settling at the bottom. Beat up the whites of six eggs, and boil up with the jelly about ten minutes, and put it through a bag till it is clear; then pour the jelly over the pig, and serve it up cold in the jelly. *Glasse*, 65.

To dress a Pig like a fat Lamb.

Take a fat pig, cut off its head, slit and truss it up like a lamb. When it is slit through the middle and skinned, par-boil it a little, then throw some parsley over it, roast it and dredge it. Let your sauce be half a pound of butter, and a pint of cream, stirring it all together till it is smooth; then pour it over, and send it to table. *Cole*, 123.

To dress a Pig the French way.

Spit your pig, lay it down to the fire, let it roast till it is thoroughly warm, then cut it off the spit, and divide it into twenty pieces. Set them to stew in half a pint of white wine and a pint

of strong broth, seasoned with grated nutmeg, pepper, two onions cut small, and some striped thyme. Let it stew an hour; then put it to half a pint of strong gravy, a piece of butter rolled in flour, some anchovies, and a spoonful of vinegar or mushroom-pickle. When it is enough, lay it in your dish, and pour the gravy over it; then garnish with orange and lemon. *Cole, 123.*

To dress Pigs' Petticoes.

Put your petticoes into a sauce-pan with half a pint of water, a blade of mace, a little whole pepper, a bundle of sweet herbs, and an onion. Let them boil five minutes, then take out the liver, lights, and heart, mince them very fine, grate a little nutmeg over them; and shake a little flour on them; let the feet do till they are tender, then take them out and strain the liquor, put all together with a little salt, and a piece of butter as big as a walnut; shake the sauce-pan often, let it simmer five or six minutes, then cut some toasted sippets and lay round the dish; lay the mince-meat and sauce in the middle, and the petticoes split round it. You may add the juice of half a lemon, or a very little vinegar. *Cole, 123.*

Another way.

Boil the heart, liver, and lights, a few minutes (let the feet do till tender); shred them, take a little of the liquor they were boiled in, some pepper, salt, and nutmeg, a little grated lemon-peel; stir in the mince with a bit of butter and flour, and give it a boil up. Serve it with the feet split, laid on the top, and toasted sippets. *Mason, 187.*

A ragoo of Pigs' Feet and Ears.

Having boiled the feet and ears, split the feet down the middle, and cut the ears in narrow slices. Dip them in butter and fry them brown. Put a little beef gravy in a tossing-pan, with a tea-spoonful of lemon-pickle, a large one of mushroom catch-up, the same of browning, and a little salt. Thicken it with a lump of butter rolled in flour, and put in your feet and ears. Let them boil gently, and when they are enough, lay your feet in the middle of the dish, and the ears round them; then strain your gravy, pour it over them, and garnish with curled parsley. *Farley, 79.*

Another way.

Take them out of the sauce, split them, dip them in egg, then in bread crumbs and chopped parsley; fry them in hogs' lard, drain them; cut the ears in long narrow slips, flour them, put them into some good gravy; add catchup, morels, and pickled mushrooms; stew them, pour them into the dish, and lay on the feet.

Or they are very good dipped in butter and fried, eat with melted butter and mustard. *Cole, 124.*

To barbecue a Leg of Pork.

Lay down your leg to a good fire, put into the dripping-pan two bottles of red wine, baste your pork with it all the time it is roasting. When it is enough, take up what is left in the pan, put to it two anchovies, the yolks of three eggs boiled hard and pounded fine, with a quarter of a pound of butter and half a lemon, a bunch of sweet herbs, a tea-spoonful of lemon-pickle, a spoonful of catchup, and one of tarragon vinegar, or a little tarragon shred finall; boil them a few minutes, then draw your pork, and cut the skin down from the bottom of the flank in rows an inch broad, raise every other row, and roll it to the flank; strain your sauce, and pour it in boiling hot, lay oyster patties all round the pork, and sprigs of green parsley. *Raffald, 111.*

Mrs. Mason, page 175, has nearly the same receipt as the above; the only difference is, that she omits the lemon-pickle and tarragon, as well as the green parsley for garnish.

To stuff a Chine of Pork.

Take a chine of pork that has hung four or five days; make four holes in the lean, and stuff it with a little of the fat leaf, chopped very small, some parsley, thyme, a little sage and shallot cut very fine, seasoned with pepper, salt, and nutmeg. It must be stuffed pretty thick. Have some good gravy in the dish. For sauce—apple-sauce and potatoes. *Cole, 125.*

Another way.

Take a chine that has been hung about a month, boil it half an hour, then thicken it up and make holes in it all over the lean part, one inch from another, stuff them betwixt the joints with shred parsley, rub it all over with the yolk of eggs, strew over it bread crumbs, baste it, and set it in a Dutch oven. When it is enough, lay round it boiled broccoli, or stewed spinach. Garnish with parsley. *Raffald, 112.*

Hog's Head au Sanglier, or Wild-boar fashion.

Cut the head close to the shoulder, bone the neck part, part the flesh from the nose as far as the eyes, cut off the bone, lard the inside with bacon, season with pepper, salt, and spices; rub it all over with salt, and half an ounce of pounded salt-petre; put it in a pickle-pan, with half a handful of juniper-berries, sweet herbs, six laurel-leaves, basil, eight cloves, whole pepper, and half a handful of coriander-seed; let it lie for about eight days, rubbing it every day; then take it out and wipe it dry; tie it well, boil it with three pints of red wine, and as much water as will properly boil it, with onions, carrots, a large faggot of sweet herbs, two cloves of garlick, four cloves, and two pounds of hogs' lard; when near done, taste the braze,

and add salt, if necessary; when it gives under the finger, it is done; let it cool in the braze; serve cold upon a napkin. You may garnish with bay-leaves or parsley, according to fancy. *Cole, 123.*

N. B. You may dress it without the hogs' lard, as directed. *Dalrymple, 143.*

A Hog's Head like Brawn.

Wash it well, boil it till the bones will come out; when cold, put the inside of the cheeks together, with salt between; put the ears round the sides, put the cheeks into a cloth, press them into a sieve, or any thing round, put on a weight for two days; have ready a pickle of salt and water, with about a pint of malt boiled together; when cold, put in the head. *Cole, 126.*

Ham à-la-braze.

Take off the skin, clear the knuckle, and lay it in water to freshen. Then tie it about with a string, and take slices of bacon and beef; beat and season them well with spices and sweet herbs, and lay them in the bottom of a kettle, with onions, parsnips, and carrots sliced, with some chives and parsley. Lay in your ham the fat side uppermost, and cover it with slices of beef, and over that with slices of bacon. Then lay on some sliced roots and herbs the same as under it. Cover it, and stop it close with paste. Put fire both over and under it, and let it stew twelve hours with a very slow fire. Put it into a pan, dredge it well with grated bread, and brown it with a hot iron; or put it into the oven, and bake it an hour. Then serve it upon a clean napkin. Garnish with raw parsley. If it is to be eaten hot, make a ragoo thus:—take a veal sweetbread, some livers of fowls, cocks'-combs, mushrooms, and truffles. Toss them up in a pint of good gravy, seasoned with spice to your taste; thicken it with a piece of butter rolled in flour, and a glass of red wine. Then brown your ham as above, and let it stand a quarter of an hour to drain the fat out. Take the liquor it was stewed in, strain it, skim off all the fat, put it into the gravy, and boil it up with a spoonful of browning. Sometimes you may serve it up with carp-sauce, and sometimes with a ragoo of craw-fish. *Farley, 135.*

To roast a Ham, or a Gammon of Bacon.

Half boil your ham or gammon, then take off the skin, dredge it with oatmeal sifted very fine, baste it with fresh butter; it will make a stronger froth than either flour or bread-crumbs, then roast it. When it is enough, dish it up, and pour brown gravy on your dish. Garnish with green parsley, and send it to table. *Raffald, 112.*

To force Hogs' Ears.

Take two or three pairs of ears, parboil them, or take them soufed; then take an anchovy, some sage, some parsley, half a pound

pound of suet chopped small, some crumbs of bread, and a little pepper; mix all of them together with the yolk of an egg, stuff them, and fry them in fresh butter till they are of a light brown; then pour away all the fat, and put to them half a pint of very rich gravy, a glass of Madeira, three tea-spoonfuls of mustard, a little bit of butter rolled in flour, a small onion whole, and a little pepper; cover them close, stew them very gently for half an hour, and shake the pan often. When they are enough, take them out, and pour the sauce over them, but first take out the onion. To improve the dish, the meat may be sliced from the feet, and added. Put in salt enough to give it a proper flavour. *Mason, 180.*

Mock Brawn.

Take two pair of neat's feet, boil them very tender, and pick the flesh entirely from the bones; take the belly-piece of pork, boil it till it is near enough, then bone it, and roll the meat of the feet up in the pork very tight; then take a strong cloth, with some coarse tape, and roll it round very tight; tie it up in a cloth, boil it till it is so tender that a straw may run through it; let it be hung up in a cloth till it is quite cold, after which put it into some souping liquor, and keep it for use.

Chine of Pork, poivrade sauce.

Salt it about three days; then roast it, and serve with sauce-poivarde. You may also send Robert sauce in the same boat. *Dalrymple, 145.*

Hogs' Tails of different fashions.

Stew the tails very tender in broth, with a clove of garlick, whole pepper, salt, a little thyme, and two laurel-leaves. When done, serve with what sauce you please; or broiled with crumbs of bread, with mustard-sauce in a sauce-boat, also with stewed cabbages, &c.

Hogs' Feet brazed and broiled.

Clean the feet very well, and cut them in two; put thin slices of lard between each two halves; tie them two and two together; then simmer them about six hours, with two glasses of white wine, one of brandy, a little hogs'-lard, spices, a faggot of parsley and sweet herbs, three shallots, and one clove of garlick. When done, let them cool in the braise; untie them, baste with their own fat, and strew them over with bread-crumbs; broil of a fine colour; serve with or without sauce.

N. B. They may also be fried, baked, ragooed, &c. *Dalrymple, 146.*

To broil Pork Steaks.

Pork steaks require more broiling than mutton steaks.

When they are enough, put in a little good gravy. A little sage, rubbed very fine, strewed over them, gives them a fine taste. Do not cut them too thin. *Farley, 72.*

Pork Cutlets.

Skin a loin of pork, and divide it into cutlets; strew some parsley and thyme cut small, with some pepper, salt, and grated bread over them; boil them of a fine brown; have ready some good gravy, a spoonful of ready-made mustard, two shallots shred small; boil these together over the fire, thicken with a piece of butter rolled in flour, and a little vinegar, if agreeable. Put the cutlets into a hot dish, and pour the sauce over them. *Mason, 176.*

Pork Steaks.

Cut a neck of pork which has been kept some time, and pare the steaks properly: you may dress them in the same manner, in every respect, as veal cutlets, and in as many different ways, serving them with any sort of stewed greens or sauces. *Clermont, 171.*

Toasted Bread and Ham with Eggs.

Toast bits of bread of what bigness you please, fry them in butter of a good colour; take as many slices of ham, and soak them over a slow fire in butter till they are done, turning them often; then lay them upon bread, put a little cullis into the stew-pan, give it a boiling, skim the fat clear off, and add a little broth and vinegar; boil a moment, and serve upon the toast. The ham is prepared the same, if you would serve it with poached eggs, or any sort of stewed greens. *Cole, 129.*

CHAP. VIII.—MADE DISHES OF POULTRY, &c.

Goose à-la-mode.

PICK a large fine goose clean, skin and bone it nicely, and take off the fat. Then take a dried tongue, and boil and peel it. Take a fowl and treat it in the same manner as the goose; season it with pepper, salt, and beaten mace, and roll it round the tongue. Season the goose in the same manner, and put both tongue and fowl into the goose. Put it into a little pot that will just hold it, with two quarts of beef gravy, a bundle of sweet herbs, and an onion. Put some slices of ham, or good bacon, between the fowl and goose; then cover it close, and let it stew over the fire for an hour very slowly. Then take up your goose, and skim off all the fat; strain it, and put in a glass of red wine, two spoonfuls of catchup, a veal sweetbread cut small, some truffles, mushrooms, and morels, a piece of butter rolled in flour, and, if wanted, some pepper and salt. Put the goose in again, cover it close, and let it stew half an hour longer. Then take it up, pour the ragoo over it, and garnish with lemon. You must remember to save the bones of the goose and fowl, and put them into the gravy when it is first set on. It will be an improvement if you will roll some beef-marrow between the tongue and the fowl, and between the fowl and goose, as it will make them mellow and eat the finer. Before we conclude this article, it may not be amiss to observe, that the best method to bone a goose or fowl of any sort is to begin at the breast, and take out all the bones without cutting the back; for when it is sewed up, and you come to stew it, it generally bursts in the back, whereby the shape of it is spoiled *Farley*, 117. *Glasse*, 86. *Mason*, without any material alteration, 269.

To marinade a Goose.

Cut your goose up the back-bone, then take out all the bones, and stuff it with force-meat, and sew up the back again; fry the goose a good brown, then put it into a deep stew-pan, with two quarts of good gravy, and cover it close, and stew it two hours; then take it out, and skim off the fat; add a large spoonful of lemon pickle, one of browning, and one of red wine; one anchovy shred fine, beaten mace, pepper, and salt to your palate; thicken it with flour and butter, boil it a little, dish up your goose, and strain your gravy over it.

N. B. Make your stuffing thus:—take ten or twelve sage-leaves, two large onions, two or three large sharp apples, shred them very fine, mix them with the crumb of a penny loaf, four ounces of beef-marrow, one glass of red wine, half a nutmeg

grated, pepper, salt, and a little lemon-peel shred small; make a light stuffing with the yolks of four eggs. Observe to make it one hour before you want it. *Raffald*, 126.

To ragoo a Goose.

Flat the breast down with a cleaver, then press it down with your hand, skim it, dip it into scalding water; let it be cold, lard it with bacon, season it with pepper, salt, and a little beaten mace; then flour it all over, take a pound of good beef-suet cut small, put it into a deep stew-pan, let it be melted, then put in your goose; let it be brown on both sides. When it is brown, put in a quart of boiling gravy, an onion or two, a bundle of sweet herbs, a bay-leaf, some whole pepper, and a few cloves. Cover it close, and let it stew softly till it is tender. About an hour will do, if small; if a large one, an hour and an half. In the mean time make a ragoo. Boil some turnips almost enough, some carrots and onions quite enough; cut your turnips and carrots the same as for a harrico of mutton, put them into a sauce-pan with half a pint of good beef gravy, a little pepper and salt, a piece of butter rolled in flour, and let this stew all together a quarter of an hour. Take the goose and drain it well; then lay it in the dish, and pour the ragoo over it.

Where the onion is disliked, leave it out. You may add cabbage boiled and chopped small. *Glasse*, 85. *Mason* almost in the same words, 269.

To smoke a Goose.

Take a large stubble-goose, take off all the fat, dry it well inside and out with a cloth, wash it all over with vinegar, and then rub it over with common salt, saltpetre, and a quarter of a pound of coarse sugar; rub the salts well in, and let it lie a fortnight; then drain it well, sew it up in a cloth, dry it in the middle of a chimney. It should hang a month. Sauce—onions, greens, &c. *Cole*, 132.

To stew Giblets.

Scald and clean them well, cut off the bill, divide the head, skin the feet, stew them with water (enough for sauce) a sprig of thyme, some whole black pepper, an onion; let them do till very tender, strain the sauce; add a little catchup and flour, if the sauce is not thick enough. Lay sippets toasted round the dish. *Mason*, 270.

Another way.

Cut your pinions in two, the neck in four pieces, slice the gizzard, clean it well, stew them in two quarts of water, or mutton broth, with a handful of sweet herbs, one anchovy, a few pepper corns, three or four cloves, a spoonful of catchup, and

and an onion. When the giblets are tender, put in a spoonful of good cream, thicken it with flour and butter, serve them up in a soup-dish, and lay sippets round it. *Raffald, 57.*

Giblets à-la-Turtle.

Let three pair of giblets be well cleaned and cut, as before, put them into your stew-pan, with four pounds of scrag of veal, and two pounds of lean beef, covered with water; let them boil up, and skim them very clean; then put in six cloves, four blades of mace, eight corns of all-spice, beat very fine, some basil, sweet marjoram, winter favory, and a little thyme, chopped very fine, three onions, two turnips, and one carrot; stew them till tender, then strain them through a sieve, and wash them clean out of the herbs in some warm water; then take a piece of butter, put it in your stew-pan, melt it, and put in as much flour as will thicken it; stir it till it is smooth, then put your liquor in, and keep stirring it all the time you pour it in, or else it will go into lumps, which if it happens, you must strain it through a sieve; then put in a pint of Madeira wine, some pepper and salt, and a little chyan pepper; stew it for ten minutes, then put in your giblets; add the juice of a lemon, and stew them fifteen minutes; then serve them in a tureen. You may put in some egg-balls made thus:—Boil six eggs hard, take out the yolks, put them in a mortar, and beat them; throw in a spoonful of flour, and the yolk of a raw egg, beat them together till smooth; then roll them in little balls, and scald them in boiling water, and just before you serve the giblets up, put them in.

N. B. Never put your livers in at first, but boil them in a sauce-pan of water by themselves. *Glassé, 87.*

Turkey à-la-daube, to be sent up hot.

Cut the Turkey down the back, just enough to bone it, without spoiling the look of it, then stuff it with a nice force meat, made of oysters chopped fine, crumbs of bread, pepper, salt, shallots, a very little thyme, parsley, and butter; fill it as full as you like, and sew it up with a thread, tie it up in a clean cloth, and boil it very white, but not too much. You may serve it up with oyster-sauce made good, or take the bones, with a piece of veal, mutton, and bacon, and make a rich gravy, seasoned with pepper, salt, shallots, and a little bit of mace; strain it off through a sieve, and stew your turkey in it (after it is half-boiled) just half an hour, dish it up in the gravy after it is well skimmed, strained, and thickened with a few mushrooms, stewed white, or stewed palates, force-meat balls, fried oysters or sweetbreads, and pieces of lemon. Dish them up with the breast upwards. If you send it up garnished with palates, take care to have them stewed tender first. Before you add them to
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the turkey, you may put a few morels and truffles in your sauce, if you like it, but take great care to wash them clean. *Raf-fald*, 122. *Farley*, 119.

Turkey à-la-daube, to be sent up cold.

Bone the turkey, and season it with pepper and salt, then spread over it some slices of ham, upon that some force-meat, upon that a fowl, boned and seasoned as above; then more ham and force-meat, then sew it up with thread; cover the bottom of the stew-pan with veal and ham, then lay in the turkey, the breast down; chop all the bones to pieces, and put them on the turkey, cover the pan, and set it on the fire five minutes; then put in much clear broth as will cover it, let it boil two hours; when it is more than half done, put in one ounce of ising-glass and a bundle of herbs. When it is done enough, take out the turkey, and strain the jelly through a hair sieve, skim off all the fat, and when it is cold, lay the turkey upon it, the breast down, and cover it with the rest of the jelly. Let it stand in some cold place. When you serve it up, turn it on the dish it is to be served in. If you please, you may spread butter over the turkey's breast, and put some green parsley or flowers, or what you please, and in what form you like. *Cole*, 133.

To stew a Turkey brown the nice way.

Bone it, and fill it with a force-meat thus:—Take the flesh of a fowl, half a pound of veal, and the flesh of two pigeons, with a well-pickled or dry tongue, peel it, and chop it all together: then beat it in a mortar, with the marrow of a beef bone, or a pound of the fat of a loin of veal; season it with two or three blades of mace, two or three cloves, and half a nutmeg dried at a good distance from the fire, and pounded, with a little pepper and salt. Mix all these well together, fill your turkey, fry them of a fine brown, and put it into a little pot that will just hold it; lay four or five skewers at the bottom of the pot, to keep the turkey from sticking; put in a quart of good beef and veal gravy, wherein was boiled spice and sweet herbs, cover it close, and let it stew half an hour; then put in a glass of white wine, one spoonful of catchup, a large spoonful of pickled mushrooms, and a few fresh ones, if you have them, a few truffles and morels, a piece of butter as big as a walnut, rolled in flour; cover it close, and let it stew half an hour longer; get the little French rolls ready fried, take some oysters, and strain the liquor from them, then put the oysters and liquor into a sauce-pan, with a blade of mace, a little white wine, and a piece of butter rolled in flour; let them stew till it is thick, then fill the loaves, lay the turkey in the dish, and pour the sauce over it. If there is any fat on the gravy, take it off, and lay the loaves on each side of the turkey. Garnish with lemon when you have no loaves,
and

and take oysters dipped in butter and fried. *Glasse*, 73. *Farley*, 68.

Note.—The same will do for any white fowl.

Another way.

Take a small turkey and bone it; fill it with a force-meat made as follows:—Take half a pound of veal, and the meat of two pigeons, a tongue out of the pickle, boiled and peeled; chop all these ingredients together, and beat them in a mortar, with some marrow from a beef bone, or a pound of suet from a loin of veal; season them with two or three cloves, two or three blades of mace, and half a nutmeg dried at the fire and pounded, with some salt. Mix all these well together, fill the turkey, and fry it of a fine brown; put it into a pot that will just hold it, lay some skewers at the bottom of the pot to keep the turkey from sticking; put in a quart of good beef gravy, cover it close, and let it stew for half an hour very gently; then put in a glass of red wine, one spoonful of catchup, a large spoonful of pickled mushrooms, some truffles, morels, and a piece of butter rolled in flour; cover it close, and let it stew half an hour longer. Fry some hollow French loaves, then take some oysters, stew them in a sauce-pan with a bit of mace, their liquor, a little white wine, and a piece of butter rolled in flour; let them stew till they are pretty thick, fill the loaves with them; lay the turkey in the dish, pour the sauce over it, and lay the loaves on each side. *Mason*, 258.

To stew a Turkey with Celery.

Stuff the turkey as when stewed brown (leaving out the oysters) or with force-meat; boil it till near enough, with an onion, a little whole pepper, a piece of lemon-peel, and a bunch of sweet herbs in the water; have some celery cut into lengths and boiled till near enough; put them into some of the liquor the turkey was boiled in, lay in the turkey breast downwards, stew it a quarter of an hour, or till it is done; but do not overdo it. Take it up, thicken the sauce with a piece of butter rolled in flour, and some good cream; add salt and chyan. *Cole*, 135.

Another way.

Take a large turkey, and make a good white force-meat of veal, and stuff the craw of the turkey; skewer it for boiling, then boil it in soft water till it is almost enough, and then take up your turkey, and put it in a pot with some of the water it was boiled in, to keep it hot; put seven or eight heads of celery, that are washed and cleaned very well, into the water that the turkey was boiled in, till they are tender; then take them up, and put in your turkey with the breast down, and stew it a quarter of an hour; then take it up, and thicken your sauce with half a pint of butter and flour to make it pretty thick, and
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a quarter of a pint of rich cream, then put in your celery; pour the sauce and celery hot upon the turkey's breast, and serve it up. It is a proper dish for dinner or supper. *Raffald, 120.*

Turkey à-l'ecarlate.—Turkey of a scarlet colour.

Take up the skin of a small turkey from the flesh without breaking it, and stuff as much craw-fish and butter under it as possible; stuff the inside with a ragoo made of the liver, mushrooms, pepper, and salt, prepared in a good cullis short sauce; sew it up, and wrap it with slices of lard and pepper. Serve with a craw-fish cullis. *Clermont, 230.*

Turkey with Onions and pickled Pork.

Scald two dozen of small white onions, and boil them in broth, with half a pound of pickled pork cut into thin slices, a faggot of parsley, green shallots, thyme, a bay-leaf, two cloves, whole pepper, and salt. When done, drain them all, stuff the turkey therewith, and wrap it in slices of lard and paper to roast. Make a sauce with a bit of butter, a slice of ham, two shallots, and a few mushrooms; soak it awhile, then add two spoonfuls of broth, and as much cullis; simmer it about an hour, skim it, and sift it. When ready, add a small spoonful of mustard, a little pepper and salt. *Clermont, 227.*

To roast a Turkey the genteel way.

Cut your turkey down the back, and bone it with a sharp pen-knife; then make your force-meat thus:—take a large fowl, or a pound of veal, as much grated bread, half a pound of suet cut and beat very fine, a little beaten mace, two cloves, half a nutmeg grated, about a large tea-spoonful of lemon-peel, and the yolks of two eggs; mix all together with a little pepper and salt, fill up the places where the bones came out, and fill the body, that it may look just as it did before; sew up the back and roast it. You may have oyster sauce, celery-sauce, or just as you please. Put good gravy in the dish, and garnish with lemon. Be sure to leave the pinions on. *Glassé, 32.*

A Turkey in Jelly.

Boil a turkey or a fowl as white as you can, let it stand till cold, and have ready a jelly made thus:—take a fowl, skin it, take off all the fat, do not cut it to pieces, nor break the bones; take four pounds of a leg of veal, without any fat or skin, put it into a well tinned sauce pan, put to it full three quarts of water, set it on a very clear fire till it begins to simmer; be sure to skim it well, but take great care it does not boil. When it is well skimmed, set it so as it will but just seem to simmer; put to it two large blades of mace, half a nutmeg, and twenty corns of white pepper, a little bit of lemon-peel as big as a sixpence. This will take six or seven hours doing. When you think it is

a stiff jelly, which you will know by taking a little out to cool, be sure to skim off all the fat, if any, and be sure not to stir the meat in the sauce-pan. A quarter of an hour before it is done, throw in a large tea spoonful of salt, squeeze in the juice of half a Seville orange or lemon. When you think it is enough strain, it off through a clean sieve, but do not pour it off quite to the bottom, for fear of settlings. Lay your turkey or fowl in the dish you intend to send it to the table in, beat up the whites of six eggs to a froth, and put the liquor to it, then boil it five or six minutes, and run it through a jelly bag till it is quite clear, then pour the liquor over it; let it stand till quite cold, colour some of the jelly in different colours, and when it is near cold, with a spoon sprinkle it over in what form or fancy you please, and send it to table. A few nastertium flowers stuck here and there look pretty, if you can get them; but lemon, and all those things, are entirely fancy. This is a very pretty dish for a cold collation, or a supper.

All sorts of birds or fowls may be done this way. *Glasse*, 348. *Mrs. Mason*, page 261, has the same receipt in different words; but we have chosen the above as being rather more explicit.

A Turkey the Italian way.

Mince the liver of a young turkey very fine, with some chopped parsley, and two or three handfuls of fresh mushrooms, some pepper, salt, and more than an ounce of butter; mix these well together, and put them into the body of the turkey; put on a stew-pan with a piece of butter, some shallots, some pepper and salt; when it is hot, put in the turkey, turn it often that it may be of a fine brown, and lay it to cool; then wrap some slices of bacon over it, and cover it all over with paper; put it upon a spit, and lay it down to roast. For sauce—cut some large mushrooms very fine, with twice the quantity of parsley, a few green onions cut small. Put on a sauce-pan with half a pint of white wine; when it is hot, put in these ingredients; add some pepper and salt, the juice of a lemon, two cloves of garlick whole; let them boil, and then put in a quarter of a pint of rich gravy, and a small tea-cupful of oil; let all boil up once or twice, then take out the garlic, and put in a piece of butter rolled in flour. Lay the turkey in the dish, and pour the sauce over it. *Mason*, 259.

Turkey in a hurry.

Truss a turkey with the legs inward, and flatten it as much as you can; put it in a stew-pan, with melted lard, chopped parsley, shallots, mushrooms, and a little garlick; give it a few turns on the fire, and add the juice of half a lemon to keep it white; then put it in another stew-pan, with slices of veal, one
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slice of ham, the melted lard, and every thing as used before, adding whole pepper and salt; cover it over with slices of lard, and soak it about half an hour on a slow fire; then add a glass of white wine and a little broth, and finish the brazing; skim and sift the sauce, add a little cullis to make it a liaison, reduce it to a good consistence, and serve upon the turkey. *Clermont*, 231.

Turkies and Chickens after the Dutch way.

Boil them, season them with salt, pepper, and cloves; then to every quart of broth, put a quarter of a pound of rice or vermicelli. It is eat with sugar and cinnamon. The two last may be left out. *Cole*, 138.

Turkey stuffed after the Hamburg way.

Take one pound of beef, three quarters of a pound of suet, mince it very small, season it with salt, pepper, cloves, mace, and sweet marjoram; then mix two or three eggs with it; loosen the skin all round the turkey, and stuff it. It must be roasted. *Glassé*, 383.

To dress a Turkey or Fowl to perfection.

Bone them, and make a force meat thus:—take the flesh of a fowl, cut it small, then take a pound of veal, beat it in a mortar, with half a pound of beef suet, as much crumbs of bread, some mushrooms, truffles, and morels, cut small, a few sweet herbs and parsley, with some nutmeg, pepper, and salt, a little mace beaten, some lemon-peel cut fine; mix all these together with the yolks of two eggs, then fill your turkey, and roast it. This will do for a large turkey, and so in proportion for a fowl. Let your sauce be good gravy, with mushrooms, truffles, and morels in it. Then garnish with lemon, and, for variety sake, you may lard your fowl or turkey. *Cole*, 139.

A glazed Turkey.

The turkey must be young, but not small. When it is picked, drawn and singed, lay it a little while over a clear charcoal fire, but turn it often; have ready a ragoo of sweetbreads, take off the turkey, split it down the back, fill it with this ragoo, sew it up, and lard it with bacon; then lay at the bottom of a deep stew-pan, first some slices of ham, then some slices of veal, and then some slices of beef; lay the turkey upon these, strew over some sweet herbs, and cover them close; let these stew over a slow fire. When they are enough, take off the stew-pan, take out the turkey, and then pour into the turkey a little good broth, stir it about and strain off the liquor; skim off the fat, set it over the fire again, and boil it to a jelly; then put in the turkey, and set the pan over a gentle fire or stove; it will be soon

soon well glazed; then pour into the dish some essence of ham, and then put in the turkey. *Mason, 261.*

To roast a Turkey with Cray-fish.

Take a young turkey, in October or November, let it be trussed as for roasting; make some force-meat with some fat bacon, suet, and the white of a chicken, all cut as fine as possible, and some fresh mushrooms, minced very fine; mix these ingredients well together, with some salt, pepper, the leaves of sweet herbs picked clean from the stalks, and a little grated nutmeg; chop them all together after they are mixed, then boil some crumb of bread in rich cream, put it to the force-meat; then take the yolks of two new laid eggs, beat them well, and mix the force-meat with them; stuff the crop of the turkey, raise the skin a little upon the breast, and put as much of the force-meat as will go in without tearing it; if any is left, put it into the body, and with it a ragoo of cray-fish made as follows:—wash some cray-fish, and boil them in water, then pick out the tails and bodies; cut some mushrooms, but not small, some truffles in thin slices, some artichoke bottoms and asparagus tops, boiled and cut in pieces; mix all these together with the cray-fish, put them into a sauce-pan, with a piece of butter, some nutmeg cut in slices, pepper, salt, three or four slices of lemon, a little onion cut small; let these all simmer over a slow fire, and when enough, put in some cullis of cray-fish to thicken it. Put some of this ragoo into the body of the turkey, tie up both ends; skewer and spit it for roasting; strew some stuffing over it, then some slices of bacon, and over all some buttered paper; let it have a good fire, and be thoroughly done. When it is enough, take off the paper and bacon, and pour over it the rest of the ragoo. *Cole, 139.*

To hash a Turkey.

Take off the legs, cut the thighs in two pieces, cut off the pinions and breast in pretty large pieces, take off the skin, or it will give the gravy a greasy taste; put it into a stew-pan with a pint of gravy, a tea-spoonful of lemon-pickle, a slice of the end of a lemon, and a little beaten mace; boil your turkey six or seven minutes (if you boil it any longer, it will make it hard) then put it on your dish; thicken your gravy with flour and butter, mix the yolks of two eggs with a spoonful of thick cream, put in your gravy, shake it over the fire till it is quite hot, but do not let it boil; strain it, and pour it over your turkey. Lay sippets round, serve it up, and garnish with lemon or parsley. *Raffald, 74.*

Another way.

Mix some flour with a piece of butter, stir it into some cream
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and a little veal gravy till it boils up; cut the turkey in pieces, not too small, put it into the sauce, with grated lemon-peel, white pepper, and mace pounded, a little mushroom powder or catchup; simmer it up. Oysters may be added. *Mason*, 261.

To roast a Fowl with Chestnuts.

First take some chestnuts, roast them very carefully, so as not to burn them; take off the skin, and peel them; take about a dozen of them cut small, and bruise them in a mortar; parboil the liver of the fowl, bruise it, cut about a quarter of a pound of ham or bacon, and pound it; then mix these all together, with a good deal of parsley chopped small, a little sweet herbs, some mace, pepper, salt, and nutmeg; mix these together, and put into your fowl, and roast it. The best way of doing it is to tie the neck, and hang it up by the legs to roast with a string, and baste it with butter. For sauce—take the rest of the chestnuts, peeled and skinned, put them into some good gravy, with a little white wine, and thicken it with a piece of butter rolled in flour; then take your fowl, lay it in the dish, and pour in the sauce. Garnish with lemon. *Glasse*, 75.

Mrs. Mason gives the above receipt, differently expressed, page 263.

To force a Fowl with a Ragoo of Oysters.

Prepare a force-meat, to which add a dozen oysters, stuff the craw; cover the breast of the fowl with bacon sliced, then a sheet of paper, roast it; take some cullis, or good gravy, put in the oysters, with their liquor strained, a little mushroom powder or catchup, lemon juice, thicken it with flour; add chyan and salt, if wanted, boil it up. When the fowl is done, take off the bacon. Serve the sauce in the dish.

This sauce is proper for any roasted fowls or chickens:

A Fowl with a sharp Sauce.

Truss a fowl for roasting; make a force-meat with scraped lard or butter, a little tarragon, chervil, burnet, garden-cress, pepper, salt, and the yolks of two or three eggs; stuff the fowl with it, make a sauce with a little cullis, a few of the above herbs pounded, two anchovies, and a few capers. When done, strain it. then add a little more cullis, and a little mustard, pepper, and salt; warm, without boiling, and serve with your roasted fowl. *Dalrymple*, 214.

A Fowl à la-braze.

Skewer your fowl as for boiling, with the legs in the body, then lay over it a layer of fat bacon, cut in pretty thin slices, then wrap it round in beet leaves, then in a caul of veal, and put it into a large sauce pan with three pints of water, a glass of Madeira wine, a bunch of sweet herbs, two or three blades of

of mace, and half a lemon; stew it till quite tender, take it up, and skim off the fat; make your gravy pretty thick with flour and butter, and strain it through a hair sieve, and put to it a pint of oysters, a tea-cupful of thick cream; keep shaking your tossing-pan over the fire, and when it has simmered a little, serve up your fowl with the bacon, beet-leaves, and caul on, and pour your sauce hot upon it. Garnish with barberries, or red beet-root. *Raffald, 123. Farley, 119.*

Another way.

Truss your fowl with the legs turned into the belly, season it, both inside and out, with beaten mace, nutmeg, pepper, and salt; lay a layer of bacon at the bottom of a deep stew-pan, then a layer of veal, and afterwards the fowl; then put in an onion, two or three cloves stuck in a little bundle of sweet herbs, with a piece of carrot; then put at the top a layer of bacon, another of veal, and a third of beef; cover it close, and let it stand over the fire for two or three minutes, then pour in a pint of broth or hot water; cover it close, and let it stew an hour; afterwards take up your fowl, strain the sauce, and after you have skimmed off the fat, boil it down till it is of a glaze, then put it over the fowl. You may add just what you please to the sauce. A ragoo of sweetbreads, cocks'-combs, truffles, and morels; or mushrooms, with force-meat balls, look very pretty. *Glasse, 74.*

A Fowl with its own gravy.

Truss a fowl for boiling; lard it through and through with bacon, ham, and parsley; put it in a pan of much its bigness, with a little butter, two or three slices of peeled lemon, a faggot, three cloves, sliced onions, and carrots, pepper and salt, a little broth, and a glass of white wine; stew slowly till done; skim and strain the sauce, and serve with the fowl. You may also do it the same without larding. *Dalrymple, 214.*

A ragoo of Fowls.

Take a large capon, or two pullets, and blanch nicely in a morsel of butter or scraped bacon, but cut off your pinions and feet, and tuck in the legs. Prepare your ragoo in the following manner: get a sweetbread of veal, or two of lambs, the fat livers of a turkey or fowls, some cocks' combs, three or four mushrooms, a thin slice or two of lemon; blanch all well with a knot or two of eggs, cut all into very small dice, and stew in a ladle of cullis; you may add to it three or four gizzards, and a few cock's combs, boiled very tender; fill up the bellies of your fowls or capon, and sew it up at both ends, but make a reserve of some of your ragoo to pour over; put them upon a lark-spit across, and tie upon another; lard them with bacon,

cover with paper, and roast them softly, that they may be nice and white; strew in a little minced parsley, a morsel of shallot; squeeze in the juice of a lemon or orange, and serve up with the ragoo under. Remember to draw the threads out. *Ver-ral*, 89.

To force a fowl.

Take a large fowl, pick it clean, and cut it down the back, take out the entrails, and take the skin off whole; cut the flesh from the bones, and chop it with half a pint of oysters, one ounce of beef marrow, a little pepper and salt; mix it up with cream, then lay the meat on the bones, and draw the skin over it, and sew up the back; then cut large thin slices of bacon, and lay them over the breast of your fowl, tie the bacon on with a packthread in diamonds; it will take an hour roasting by a moderate fire. Make a good brown gravy sauce, pour it upon your dish, take the bacon off and lay in your fowl, and serve it up. Garnish with pickles, mushrooms, or oysters.—It is proper for a side dish for dinner, or top for supper. *Raf-fald*, 124.

Mr. Farley, in page 120, gives the above receipt, with only the following addition:—"Serve it up garnished with oysters, mushrooms, or pickles."

A Fowl servant fashion.

Truss a fowl for roasting, make a force meat with the liver, chopped parsley, shallots, butter, pepper and salt; stuff the fowl with it, wrap it in buttered paper, and roast it. When three parts done, take off the paper, baste it with yolks of eggs beat up with melted butter, and a good deal of bread crumbs; finish roasting; it must be of a fine yellow colour. Make a sauce with a little butter, one anchovy chopped, a few capers, a little flour, broth, pepper, and salt, and a little nutmeg; thicken with a liaison, and serve under the fowl. *Dalrymple*, 215.

To marinade a Fowl.

Raise the skin from the breast bone of a large fowl with your finger, then take a veal sweetbread and cut it small, a few oysters, a few mushrooms, an anchovy, some pepper, a little nutmeg, some lemon peel, and a little thyme; chop all together small, and mix it with the yolk of an egg, stuff it in between the skin and the flesh, but take great care that you do not break the skin; and then stuff what oysters you please into the body of the fowl. You may lard the breast of the fowl with bacon, if you chuse it. Paper the breast, and roast it. Make good gravy, and garnish with lemon. You may add a few mushrooms to the sauce. *Glasse*, 78. *Farley*, 123.

Fowls stuffed.

Make a force meat with half a pound of beef suet, as much crumb of bread grated fine, the meat of a fowl cut very small; beat these in a mortar, and a pound of veal with them, some truffles, morels, and mushrooms, cut small, a few sweet herbs and parsley shred fine, some grated nutmeg, pepper, salt, and grated lemon-peel; bone the fowls, fill them with this force-meat, and roast them. For sauce—good gravy, with truffles and morels. The fowls may be larded.

To hash Fowls.

Let your fowl be cut up as for eating, put it into a tossing-pan, with half a pint of gravy, a tea-spoonful of lemon pickle, a little mushroom catchup, a slice of lemon, thicken it with flour and butter; just before you dish it up, put in a spoonful of good cream, lay sippets round your dish, and serve it up. *Cole, 145.*

Another way.

Cut your fowl to pieces, and put it into some gravy, with a little cream, catchup, or mushroom powder, grated lemon-peel, and nutmeg, a few oysters and their liquor, a piece of butter mixed with flour; keep it stirring till the butter is melted, lay sippets round the dish. *Mason, 264.*

Pullets à-la-St. Menebout.

After having trussed the legs in the body, slit them along the back, spread them open on a table, take out the thigh-bones, and beat them with a rolling-pin; then season them with pepper, salt, mace, nutmeg, and sweet herbs; after that, take a pound and an half of veal cut into thin slices, and lay it in a stew-pan of a convenient size to stew the pullets in; cover it, and set it over a stove or slow fire; and when it begins to cleave to the pan, stir in a little flour, shake the pan about till it be a little brown; then pour in as much broth as will stew the fowls, stir it together, put in a little whole pepper, an onion, and a little piece of bacon or ham; then lay in your fowls, cover them close, and let them stew half an hour; then take them out, lay them on the gridiron to brown on the inside; strew them over with the yolk of an egg, some crumbs of bread, and baste them with a little butter; let them be of a fine brown, and boil the gravy till there is about enough for sauce; strain it, put a few mushrooms in, and a little piece of butter rolled in flour. Lay the pullets in the dish, and pour in the sauce. Garnish with lemon.

Note.—You may brown them in an oven, or fry them, which you please. *Glasse, 75.*

To stew a Fowl.

Truss a fowl for boiling; put it in a stew-pan with a piece of butter, chopped parsley, shallots, and mushrooms; soak it on a slow fire about a quarter of an hour, turning it often; then put it in another stew-pan, first garnished with slices of veal and ham, and all the first seasoning; cover with slices of bacon; soak it for a quarter of an hour longer, then add a little whole pepper and salt, a little broth and white wine; finish it on a slow fire, then skim and strain the braze. When ready, add the squeeze of a lemon, and serve upon the fowl, being well wiped from fat. *Dalrymple, 219.*

A nice way to dress a cold Fowl.

Peel off all the skin of the fowl, and pull the flesh off the bones in as large pieces as you can; then dredge it with a little flour, and fry it a nice brown in butter; toss it up in rich gravy, well seasoned, and thicken it with a piece of butter rolled in flour. Just before you send it up, squeeze in the juice of a lemon. *Raffald, 75.*

To dress a cold Fowl or Pigeon.

Cut them in four quarters, beat up an egg or two, according to what you dress, grate a little nutmeg in, a little salt, some parsley chopped, a few crumbs of bread; beat them well together, dip them in this batter, and have ready some dripping hot in a stew-pan, in which fry them of a fine light brown. Have ready a little good gravy, thickened with a little flour, minced with a spoonful of catchup; lay the fry in the dish, and pour the sauce over. Garnish with lemon, and a few mushrooms, if you have any. A cold rabbit eats well done thus.

Chickens in savoury Jelly.

Take two chickens and roast them. Boil some calves' feet to a strong jelly; then take out the feet, and skim off the fat; beat up the whites of three eggs, and mix them with half a pint of white wine vinegar, the juice of three lemons, a blade or two of mace, a few pepper-corns, and a little salt. Put them to your jelly, and when it has boiled five or six minutes, strain it several times through a jelly-bag till it is very clear. Then put a little in the bottom of a bowl large enough to hold your chickens, and when they are cold, and the jelly set, lay them in with their breasts down. Then fill your bowl quite full with the rest of your jelly, which you must take care to keep from setting, so that when you pour it into the bowl it will not break. Let it stand all night; and the next day put your bason into warm water, pretty near the top. As soon as you find it loose in the bason, lay your dish over it, and turn it out whole. *Farley, 120.*

Chickens Cavalier fashion.

Trufs as for boiling as many chickens as you want; marinade them two hours in oil, with slices of peeled lemon, parsley, shallots, a clove of garlick, thyme, laurel, salt, and spices: tie them up in slices of lard and paper, with as much of the marinade as you can; broil on a slow fire. When done, take off the paper, lard, and herbs. Serve with what sauce you think proper. *Dalrymple*, 188.

To make artificial Chickens or Pigeons.

Make a rich force-meat with veal, lamb, or chickens, seasoned with pepper, salt, parsley, a shallot, a piece of fat bacon, a little butter, and the yolk of an egg; work it up in the shape of pigeons or chickens, putting the foot of the bird you intend it for in the middle, so as just to appear at the bottom; roll the force-meat very well in the yolk of an egg, then in the crumbs of bread, send them to the oven, and bake it a light brown; do not let them touch each other; put them on tin plates well buttered, as you send them to the oven. You may send them to table dry, or gravy in the dish, just as you like. *Raffald*, 126. *Farley*, 120.

Chicken in Jelly.

Pour some jelly into a bowl; when cold, lay in a cold roasted chicken, breast downward; fill up the bowl with jelly just warm, but as little as possible so as not to be fet; when quite cold, fet the bowl in warm water, just to loosen the jelly, turn it out. Put the chicken into the jelly the day before it is wanted. *Cole*, 147.

Chickens after the Scotch manner.

Singe the chickens, wash and then dry them in a clean cloth; cut them into quarters, and put them into a sauce-pan with just water enough to cover them; put in a little bunch of parsley, a little chopped parsley, and a blade or two of mace, cover them close down; beat up five or six eggs with the whites, and when the liquor boils, pour the eggs into it. When the chickens are enough, take out the bunch of parsley, and send them to table with the liquor in a deep dish. They must be well skimmed while they are doing. *Mason*, 267.

Chickens roasted with Force-meat and Cucumbers.

Take two chickens, dress them very neatly, break the breast-bone, and make force-meat thus:—Take the flesh of a fowl, and of two pigeons, with some slices of ham or bacon; chop them all well together, take the crumb of a penny-loaf soaked in milk and boiled, then set to cool. When it is cold, mix it all together; season it with beaten mace, nutmeg, pepper, and a little salt, a very little thyme, some parsley, and a little lemon-

peel, with the yolks of two eggs; then fill your fowls, split them, and tie them at both ends. After you have papered the breast, take four cucumbers, cut them in two, and lay them in salt and water two or three hours before; then dry them, and fill them with some of the force-meat (which you must take care to save) and tie them with a packthread; flour them, and fry them of a fine brown. When your chickens are enough, lay them in the dish, and untie your cucumbers, but take care the meat does not come out; then lay them round the chickens, with the flat side downwards, and the narrow end upwards, You must have some rich fried gravy, and pour into the dish; then garnish with lemon.

Note.—One large fowl done this way, with the cucumbers laid round it, looks pretty, and is a very good dish. *Glassé*, 77.

A Currey the Indian way.

Take two small chickens, skin them, and cut them as for a fricassée, wash them clean, and stew them in about a quart of water for about five minutes, then strain off the liquor, and put the chickens in a clean dish; take three large onions, chop them small, and fry them in about two ounces of butter; then put in the chickens, and fry them together till they are brown; take a quarter of an ounce of turmeric, a large spoonful of ginger and beaten pepper together, and a little salt to your palate; strew all these ingredients over the chickens, whilst frying, then pour in the liquor, and let it stew about half an hour; then put in a quarter of a pint of cream, and the juice of two lemons, and serve it up. The ginger, pepper, and turmeric, must be beat very fine. *Cole*, 148.

To stew Chickens.

Take two fine chickens, and half boil them. Then take them up in a pewter dish, and cut them up, separating every joint one from the other, and taking out the breast bones. If the fowls do not produce liquor sufficient, add a few spoonfuls of the water in which they were boiled, and put in a blade of mace and a little salt. Cover it close with another dish, and set it over a stove or chafing-dish of coals. Let it stew till the chickens are enough, and then send them hot to the table. *Parley*, 69, from *Glassé*, 79.

N. B. The above is a very pretty dish for any sick person, or for a lying-in lady. For change, it is better than butter, and the sauce is very agreeable and pretty.

* * * You may do rabbits, partridges, or moor-game, this way.

To force Chickens.

Roast your chickens better than half, take off the skin, then the meat, and chop it small with shred parsley and crumbs of bread,

bread, pepper and salt, and a little good cream; then put in the meat, and close the skin; brown it with a salamander, and serve it up with white sauce. *Raffald, 126.*

Stewed Chickens, or Matlot.

Cut a carp with the roe in pieces; also a chicken cut in pieces, one dozen and an half of small onions, a slice of ham, a faggot of parsley and green onions, thyme, laurel, basil, and four cloves; put all together in a stew-pan with a piece of butter; simmer a little on a slow fire; then add broth, cullis, a little white wine, flour, pepper, and salt; let it stew till the chicken is done, &c. and the sauce reduced; take out the faggot and ham, add a chopped anchovy and a few capers, and place the chicken on the dish; skim the sauce, and serve it with the meat. Garnish with fried bread. *Clermont, 198.*

Chickens Chiringrate.

Having cut off the feet of your chickens, beat the breast-bone flat with a rolling-pin, but take care you do not break the skin. Flour them, fry them of a fine brown in butter, and then drain all the fat out of the pan, but leave the chickens in. Lay a pound of gravy beef, cut very thin, over your chicken, and a piece of veal cut very thin, a little mace, two or three cloves, some whole pepper, an onion, a little bunch of sweet herbs, and a piece of carrot. Then pour in a quart of boiling water, cover it close, and let it stew for a quarter of an hour. Then take out the chickens, and keep them hot; let the gravy boil till it is quite rich and good, and then strain it off and put it into your pan again, with two spoonfuls of red wine, and a few mushrooms. Put in your chickens to heat, then take them up, lay them into your dish, and pour the sauce over them. Garnish with lemon and a few slices of ham broiled. *Glasse, 79. Farley, 122.*

Chickens in Aspic.

Put the pinions, livers, and gizzards into two small chickens, with a piece of butter, some pepper and salt; cover them with fat bacon, then with paper; spit them on a long skewer, tie them to a spit, roast them. When cold, cut them up, put them into the following sauce, shake them round in it, let them lie a few minutes before they are dished. Take what cullis is sufficient for sauce, heat it with small green onions chopped, or shallot, a little tarragon and green mint, pepper and salt. *Mason, 265.*

Chickens Italian fashion.

Truss two chickens as for boiling, lard them with ham and bacon, give them a fry in butter or oil, then put them into a stew-pan, with slices of veal and the butter they were fried in, three cloves, a faggot, a clove of garlick, pepper, salt, and half

a lemon peeled and sliced; cover with slices of bacon, soak it very slowly about half an hour, then add about a gill of white wine. When done, skim and sift the sauce, add a piece of butter rolled in flour, and serve it with the chickens. *Dalrymple*, 191.

Chickens and Tongues.

Boil six small chickens very white; then take six hogs'-tongues boiled and peeled, a cauliflower boiled whole in milk and water, and a good deal of spinach boiled green. Then lay your cauliflower in the middle, the chickens close all round, and the tongues round them with the roots outwards, and the spinach in little heaps between the tongues. Garnish with little pieces of bacon toasted, and lay a little piece on each of the tongues. This is a good dish for a large company. *Glasse*, 80, *Farley*, 122.

Chicken Pulled.

Take a chicken that has been roasted or boiled, if underdone the better, cut off the legs and the rump and side-bones together; pull all the white part in little flakes, free from skin; toss it up with a little cream, thickened with a piece of butter mixed with flour; stir it till the butter is melted, with pounded mace, whole pepper, and salt, a little lemon-juice. Put this into a dish, lay the rump in the middle, the legs at each end, peppered, salted, and broiled. *Cole*, 151.

To fry cold Chicken.

Quarter your chicken, rub the quarters with yolk of egg; strew on bread crumbs, pepper, salt, nutmeg, grated lemon-peel, and chopped parsley; fry them; thicken some gravy with a little flour, add chyan, mushroom powder, or catchup, a little lemon-juice; pour it into the dish with the chickens. *Mason*, 265.

To broil Chickens.

Slit your chickens down the back, season them with pepper and salt, and lay them on the gridiron over a clear fire, and at a great distance. Let the inside continue next the fire till it is nearly half done; then turn them, taking care that the fleshy sides do not burn, and let them broil till they are of a fine brown. Have good gravy-sauce, with some mushrooms, and garnish them with lemon and the liver broiled, and the gizzards cut, flashed, and broiled, with pepper and salt; or you may use any other sauce you fancy. *Farley*, 50.

Another way.

Cut your chicken down the back, pepper and salt it, broil it; pour over it white mushroom-sauce, or melted butter with pickled mushrooms. *Mason*, 265.

To mince a Chicken or Veal, for persons who are sick or weak.

Mince a chicken, or some veal, very fine, take off the skin; just boil as much water as will moisten it, and no more, with a little salt, grate a little nutmeg; then throw a little flour over it, and when the water boils, put in the meat. Keep shaking it about over the fire a minute; then have ready two or three very thin sippets, toasted nice and brown, laid in the plate, and pour the mince-meat over it. *Glassé, 242.*

Chickens' Feet with Force-meat.

When you make a fricassée or any such thing, preserve the feet to make a dish of this sort; strip off the stockings by scalding, tie them up in a bundle, and stew them in a braze; boil them very tender, with a little seasoning, dry them in a cloth, and prepare such a force-meat as you think proper; fill up the claws with it, dip them into some beaten eggs, and crumb them well; do it a second time and press it well on, and fry them in plenty of lard, and serve them up without any sauce in the dish, with a heap of fried parsley under them.

Fowls or chickens feet make a pretty second dish, done many different ways, either in a little brown sauce, with asparagus-tops, peas, artichoke bottoms, &c. or in a fricassée, or white sauce of any kind. *Verral, 166.*

Ducks à-la-braze.

Dress and singe your ducks, lard them quite through with bacon rolled in shred parsley, thyme, onions, beaten mace, cloves, pepper, and salt; put in the bottom of a stew pan a few slices of fat bacon, the same of hash or gammon of bacon, two or three slices of veal or beef; lay your ducks in with the breast down, and cover the ducks with slices, the same as put under them; cut in a carrot or two, a turnip, one onion, a head of celery, a blade of mace, four or five cloves, a little whole pepper; cover them close down, and let them simmer a little over a gentle fire till the breast is a light brown; then put in some broth or water, cover them as close down, again as you can; stew them gently between two or three hours till enough; then take parsley, onion, or shallot, two anchovies, a few gerkins or capers; chop them all very fine, put them into a stew-pan with part of the liquor from the ducks, a little browning, and the juice of half a lemon; boil it up, and cut the ends of the bacon even with the breast of your ducks, lay them on your dish, pour the sauce hot upon them, and serve them up. *Raffald, 128. Farley, 118.*

Another way.

Lard your duck, put a slice or two of beef at the bottom of the vessel, then the duck, a bit of bacon, and some more beef sliced, a carrot, an onion, a slice of lemon, whole pepper, a bunch

bunch of sweet herbs; cover this close, set it over the fire a few minutes, shake in some flour, pour in near a quart of beef-broth or boiling water, a little red wine heated; stew it about half an hour, strain the sauce, skim it, put to it chyan, and more wine, if necessary, shallot and tarragon chopped, a very little juice of lemon. If agreeable, add artichoke-bottoms, boiled and quartered. *Mason*, 272.

Macedonian Ducks.

Cut four artichoke-bottoms, each into pieces, and put them into boiling water, with about a pint of garden beans, first scalded and husked; boil these together till almost done, then drain them, and put the whole into the stew-pan, with a good piece of butter, chopped mushrooms, a little winter savoury, parsley, and shallots, all finely chopped; add a little flour, two spoonfuls of veal gravy, and a glass of white wine, and simmer slowly till all is well done; reduce the sauce to a proper consistence, and when ready to serve, add a little cullis, a lemon-squeeze, salt, and pepper. Serve this ragoo under two ducks, cut into quarters, and brazed in a well-seasoned braze, with slices of veal and lard as usual. *Clermont*, 258.

Ducks à-la-mode.

Slit two ducks down the back, and bone them carefully, make a force-meat of the crumb of a penny loaf, four ounces of fat bacon scraped, a little parsley, thyme, lemon-peel, two shallots or onions shred very fine, with pepper, salt, and nutmeg to your taste, and two eggs; stuff your ducks with it, and sew them up, lard them down each side of the breast with bacon, dredge them well with flour, and put them in a Dutch oven to brown; then put them into a stew-pan, with three pints of gravy, a glass of red wine, a tea-spoonful of lemon-pickle, a large one of walnut and mushroom catchup, one of browning, and one anchovy, with chyan pepper to your taste; stew them gently over a slow fire for an hour. When enough, thicken your gravy, and put in a few truffles and morels; strain your gravy, and pour it upon them. You may à-la-mode a goose in the same way. *Raffald*, 129.

To boil Ducks the French way.

Lard your ducks, and let them be half roasted; then take them off the spit, put them into a large earthen pipkin, with half a pint of red wine, and a pint of good gravy, some chestnuts, first roasted and peeled, half a pint of large oysters, the liquor strained, and the beards taken off, two or three little onions minced small, a very little stripped thyme, mace, pepper, and a little ginger beat fine; cover it close, and let them stew half an hour over a slow fire, and the crust of a French roll grated when you put in your gravy and wine.—When they are enough, take them up, and pour the sauce over them,

To boil Ducks, with Onion Sauce.

Scald your ducks and draw them, put them in warm water for a few minutes, then take them out; put them in an earthen pot, pour over them a pint of boiling milk, let them lie in it two or three hours. When you take them out, dredge them well with flour, put them in a copper of cold water, put on your cover, let them boil slowly twenty minutes, then take them out, and smother them with onion-sauce. *Raffald, 59.*

Wild Duck, Wigeon, or Easterling, in perfection.

Half roast them; when they come to table, slice the breast, strew on pepper and salt, pour on a little red wine, and squeeze the juice of an orange or a lemon over; put some gravy to this, set the plate on a lamp, cut up the bird, let it remain over the lamp till enough, turning it. *Mason, 273.*

To boil a Duck à-la-Francoise.

Put a pint of rich beef gravy into two dozen roasted chesnuts peeled, with a few leaves of thyme, two small onions (if agreeable, a little whole pepper, and a race of ginger; then take a fine tame duck, lard it, and half roast it; put it into the gravy, let it stew ten minutes, put in a quarter of a pint of red wine. When the duck is enough, take it out, boil up the gravy to a proper thickness; skim it very clean from fat, lay the duck in the dish, and pour the sauce over it. *Cole, 155.*

To dress a Duck with green Peas.

Put a deep stew-pan over the fire, with a piece of fresh butter; singe your duck and flour it, turn it in the pan two or three minutes, then pour out all the fat, but let the duck remain in the pan; put to it a pint of good gravy, a pint of peas, two lettuces cut small, a small bundle of sweet herbs, a little pepper and salt; cover them close, and let them stew for half an hour; now and then give the pan a shake. When they are just done, grate in a little nutmeg, and put in a very little beaten mace, and thicken it either with a piece of butter rolled in flour, or the yolk of an egg beat up with two or three spoonfuls of cream; shake it all together for three or four minutes, take out the sweet herbs, lay the duck in the dish, and pour the sauce over it. You may garnish with boiled mint chopped, or let it alone. *Glassé, 82.*

Another way.

Half roast your duck, put it into some good gravy, with a little mint, and three or four sage leaves chopped; stew this half an hour, thicken the gravy with a little flour, throw in half a pint of green peas boiled, or some celery, then take out the mint. *Cole, 156.*

To bask a Wild Duck.

Having cut up your duck as for eating, put it into a tossing-pan, with a spoonful of good gravy, the same of red wine, and an onion sliced exceedingly thin. When it has boiled two or three minutes, lay the duck in the dish, and pour the gravy over it. You may add a tea-spoonful of caper liquor, or a little browning; but remember that the gravy must not be thickened. *Farley, 70.*

To bask Ducks different ways.

Roast two ducks till three parts done, and let them cool; then cut the breast in thin slices, and take care to preserve the gravy. The legs will serve for another dish, which you may dress by wrapping them in a caul with a good force-meat, and serve with cullis sauce. For the fillets, cut cucumbers, and marinade them about an hour, with a little vinegar, salt, and one onion sliced; then take out the onion, squeeze the cucumbers in a cloth, and put them into a stew-pan with a bit of butter, a slice of ham, a little broth, flour, and veal gravy; boil slowly, skim it well, take out the ham, and add the meat to it, to warm, without boiling. You may also do the same with chopped truffles, or mushrooms, or any thing else you think proper, according to season. A cold roasted duck will answer much the same end for this dish. *Clermont, 260.*

Another way.

When cut to pieces, flour it; put into a stew-pan some gravy, a little red wine, shallot chopped, salt and pepper, a piece of lemon; boil this, put in the duck, toss it up, take out the lemon.—Toasted sippets. *Mason, 273.*

To dress a Wild Duck in perfection.

Half roast your duck, lay it in a dish, carve it, but leave the joints hanging together: throw a little pepper and salt, and squeeze the juice of a lemon over it; turn it on the breast, and press it hard with a plate, and add to its own gravy two or three spoonfuls of good gravy; cover it close with another dish, and set it over a stove ten minutes; then send it to table hot in the dish it was done in, and garnish with lemon. You may add a little red wine, and a shallot cut small, if you like it; but it is apt to make the duck eat hard, unless you first heat the wine, and pour it in just as it is done, *Cole, 157.*

To stew Ducks.

Lard three young ducks down each side the breast, dust them with flour, and set them before the fire to brown; then put them in a stew-pan, with a quart of water, a pint of red wine, one spoonful of walnut catchup, the same browning, an anchovy, half a lemon, a clove of garlic, a bundle of sweet herbs, chyan

chyan pepper to your taste; let them stew slowly for half an hour, or till they are tender; lay them on a dish and keep them hot, skim off the fat, strain the gravy through a hair sieve, add to it a few morels and truffles, boil it quick till reduced to a little more than half a pint, pour it over your ducks, and serve it up. It is proper for a side-dish for dinner, or bottom for supper. *Raffald, 127.*

Duckling rolled.

Make a good force-meat with breasts of roasted poultry, as usual; cut a pretty large duckling in two, bone it thoroughly, and lay on the force-meat; roll it up, tie slices of lard round it, and boil it in a little broth, with a glass of white wine, a faggot, and two cloves. When done, squeeze the fat gently out, and wipe the duck clean. Serve with what sauce you please.—Small ducklings may be dressed in the same manner, observing only that they must not be cut in two. *Clermont, 255.*

Pigeons en Compote.

Take six young pigeons, and skewer them as for boiling; make a force-meat thus:—grate the crumb of a penny loaf, half a pound of fat bacon, shred some sweet herbs and parsley fine, two shallots, or a little onion, a little lemon-peel, a little grated nutmeg; season it with pepper and salt, and mix it up with the yolk of two eggs; put it into the craws and bellies, lard them down the breast, and fry them brown with a little butter; then put them in a stew-pan, with a pint of strong brown gravy, a gill of white wine; stew them three quarters of an hour, thicken it with a little butter rolled in flour, season with salt and chyan pepper, put the pigeons in the dish, and strain the gravy over them. Lay some hot force-meat balls round them, and send them up hot. *Glasse, 91.*

Another way.

Truss the pigeons with their legs in their bodies, but first stuff them with good force-meat (made in the same manner as for pigeons à-la-daube); let them be parboiled, then lard them with bits of bacon, seasoned with pepper, spices, minced chives, and parsley; let them stew as gently as possible. While they are stewing, make a ragoo of cocks' combs, fowls' livers, truffles, morels, and mushrooms; melt a little bacon in a frying-pan, and put them in, shake the pan round two or three times; then put in some rich gravy, let it simmer a little, then put in some cullis of veal and ham to thicken it. Take the pigeons, drain them, and put them into this ragoo. Let them just simmer in it, then take them up, put them into a dish, and pour the ragoo over them. *Mason, 278.*

Pigeons à-la-duxelle.

Cut off the feet and pinions of four or five pigeons, and split them

them down the breast; then take out the liver, and flat them with a cleaver. Make a hot marinade of some scraped bacon, seasoned with a mushroom or two, green onions, pepper, salt, thyme, and parsley, and a little nutmeg. Fry all a few minutes, and let the pigeons be heated through in it, and let them remain till you put them upon your gridiron. Take a thin slice of ham for each pigeon, and put them with the ham always at top. I mean, when you turn your pigeons, turn your ham upon them. For your sauce, take a ladle of gravy, some sweet basil, a little thyme, parsley, and shallot, minced very fine, and a few slices of mushrooms, boiled all together a few minutes; dish up, your breast downwards, let your ham continue upon them, and pour your sauce over, with the juice of a lemon or orange. *Verral, 138.*

Pigeons à-la-daube.

Put a layer of bacon in a large sauce-pan, then a layer of veal, a layer of coarse beef, and another little layer of veal, about a pound of beef, and a pound of veal, cut very thin; a piece of carrot, a bundle of sweet herbs, an onion, some black and white pepper, a blade or two of mace, and four or five cloves. Cover the sauce-pan close, set it over a slow fire, draw it till it is brown, to make the gravy of a fine light brown. Then put in a quart of boiling water, and let it stew till the gravy is quite rich and good. Then strain it off, and skim off all the fat. In the mean time, stuff the bellies of the pigeons with force-meat, made thus:—Take a pound of veal, a pound of beef suet, and beat both fine in a mortar; an equal quantity of crumbs of bread, some pepper, salt, nutmeg, beaten mace, a little lemon-peel cut small, some parsley cut small, and a very little thyme stripped. Mix all together with the yolks of two eggs, fill the pigeons, and flat the breast down. Then flour them, and fry them in fresh butter a little brown. Then pour the fat clean out of the pan, and put the gravy to the pigeons. Cover them close, and let them stew a quarter of an hour, or till you think they are quite enough. Then take them up, lay them in a dish, and pour in your sauce. On each pigeon lay a bay-leaf, and on the leaf a slice of bacon. You may garnish with a lemon notched; but it will do without. You may leave out the stuffing, as it will be rich enough without it. *Farley, 125.*

Pigeons in disguise.

Draw and truss your pigeons, season them with pepper and salt; make a nice puff-paste, and roll each pigeon in a piece of it; tie them in a cloth, and take care the paste does not break; boil them in a great deal of water. They will take an hour and an half boiling. Take great care when they are untied they do not break. Put them into a dish, and pour a little good gravy to them. *Cole, 159.*

Pigeons à-la-charmante.

Scald five or six small pigeons, and braze them with a few slices of lard and peeled lemon, pepper, salt, a faggot of sweet herbs, and broth. Lard three or four sweetbreads as for fricandeaus, and put these last into a stew-pan by themselves, with some broth, a few thin slices of veal fillet, a faggot, a few chibols, two cloves, and a little basil. Braze slowly, and when done, sift and skim the braze, and reduce it to a glaze, to rub over the larded side of the sweetbreads; add a little consommee, to gather the remainder of the glaze which may stick to the bottom of the pan; sift it again through a sieve, and add a little more pepper and salt (if necessary), and a good squeeze of lemon. Intermix the pigeons and sweetbreads upon the table-dish, and pour the sauce over the former, but not over the latter, as it would spoil the colour of the glaze. *Cole, 160.*

Pigeons in Fricandeau.

Pick, draw, and wash your pigeons very clean, stuff the craws, and lard them down the sides of the breast, fry them in butter a fine brown, and then put them into a tossing-pan with a quart of gravy. Stew them till they are tender, then take off the fat, and put in a tea-spoonful of lemon-pickle, a large spoonful of browning, the same of walnut catchup, a little chyan, and salt. Thicken your gravy, and add half an ounce of morels, and four yolks of hard eggs. Lay the pigeons in your dish, and put the morels and eggs round them, and strain your sauce over them. Garnish with barberries and lemon-peel, and serve it up. *Raffald, 132. Farley, 125.*

Pigeons au Soleil.

Make a force-meat with half a pound of veal, a quarter of a pound of mutton, and two ounces of beef. Beat them in a mortar, with some pepper, salt, and mace, till they are a paste. Then take the yolks of three or four eggs, beat them up well, and put them into a plate. Mix also a quarter of a pound of grated bread, and two ounces of flour, put it into another plate. Put on a stew-pan with a little rich beef-gravy, tie up three or four cloves in a bit of muslin, and put into the gravy. Put in the pigeons, let them stew till they are almost enough, then take them up, and set them before a fire to keep warm; then set on a frying-pan with some good beef-dripping, enough to cover the pigeons. When it boils, take them, one at a time, roll them in the meat that was beat, then in the yolk of egg; roll them in it till they are quite wet, then strew over with the bread and flour, put them into the boiling dripping, and let them remain till they are of a fine brown. *Mason, 277.*

Pigeons Surtout.

Having forced your pigeons, lay a slice of bacon on the breast, and a slice of veal beat with the back of a knife, and seasoned with

with mace, pepper, and salt. Tie it on with a small packthread, or two small fine skewers are better. Spit them on a fine bird spit, roast them and baste them with a piece of butter, then with the yolk of an egg, and then baste them again with the crumbs of bread, a little nutmeg, and sweet herbs. When they are enough, lay them in your dish. Have good gravy ready with truffles, morels, and mushrooms, to pour into your dish; and garnish with lemon. *Farley, 126.*

Pigeons transmogrified.

Pick and clean six small young pigeons, but do not cut off their heads; cut off their pinions, and boil them ten minutes, in water, then cut off the ends of six large cucumbers and scrape out the seeds; put in your pigeons, but let the heads be out at the ends of the cucumbers, and stick a bunch of barberries in their bills; and then put them into a tossing-pan with a pint veal gravy, a little anchovy, a glass of red wine, a spoonful of browning, a little slice of lemon, chyan and salt to your taste; stew them seven minutes. take them out, thicken your gravy with a little butter rolled in flour; boil it up, and strain it over your pigeons, and serve them up. *Raffald, 130.*

Pigeons à-la-braze.

Pick, draw, and truss some large pigeons, then take a stew-pan, and lay at the bottom some slices of bacon, veal, and onions; season the pigeons with pepper, salt, some spice beat fine, and some sweet herbs; lay them into a stew-pan, then lay upon them some more slices of veal and bacon; let them stew very gently over a stove, the top of the stew-pan put down very close. When they are stewed, make a ragoo with veal sweet-breads, truffles, morels, champignons; the sweet breads must be blanched, and put into a stew-pan with a ladleful of gravy, a little cullis, the truffles, morels, &c. Let them all stew together with the pigeons. When they are enough, put them into a dish, and pour the ragoo over them. *Cole, 161.*

A pupton of Pigeons.

Take savoury force-meat, rolled out like a paste, put it in a butter dish, lay a layer of very thin bacon, squab pigeons, sliced sweet-bread, asparagus tops, mushrooms, cocks' combs, a palate boiled tender and cut in peices, and the yolks of hard eggs. Make another force-meat and lay over like a pie; bake it, and when enough, turn it into a dish, and pour gravy round it. *Glassé, 91. Farley, 127.*

Pigeons in Pimlico.

Take the livers, with some fat and lean of ham or bacon, mushrooms, truffles, parsley, and sweet herbs; season with beaten mace,

mace, pepper, and salt; beat all this together, with two raw eggs, put it into the bellies, roll them all in a thin slice of veal, over them a thin slice of bacon; wrap them up in white paper, spit them on a small spit, and roast them. In the mean time make for them a ragoo of truffles and mushrooms, chopped small, with parsley cut small; put to it half a pint of good veal gravy; thicken with a peice of butter rolled in flour. An hour will do your pigeons. Baste them. When enough, lay them in your dish, take off the paper, and pour your sauce over them. Garnish with patties made thus:—Take veal and cold ham, beef suet, an equal quantity, some mushrooms, sweet herbs, and spice; chop them small, set them on the fire, and moisten with milk or cream; then make a little puff-paste, roll it, and make little patties about an inch deep and two inches long; fill them with the above ingredients, cover them close, and bake them; lay six of them round a dish. This makes a fine dish for a first course. *Glasse*, 93.

Pigeons Royal fashion.

Singe what number you please of pigeons that are of an equal bigness, put a peeled truffle in each, and give them a fry in butter, with chopped mushrooms, parsley, chibols, a slice of ham, pepper, and salt; then put them into a saucepan to braze, with a few slices of veal first scalded, and the first seasoning over the pigeons; cover them with thin slices of bacon and a laurel leaf, and put a sheet of white paper over the whole. Stop the pan close, and simmer on a slow fire till they are quite tender. Take out the pigeons, and wipe off the fat; sift the braze, boil a moment to skim it very clean; and when ready, add a lemon-squeeze, and serve it upon the pigeons. *Clermont*, 243.

Boiled Pigeons and Bacon.

Take six young pigeons, wash them clean, turn their legs under their wings, boil them in milk and water by themselves twenty minutes; have ready boiled a square piece of bacon, take off the skin and brown it, put the bacon in the middle of your dish, and lay the pigeons round it, and lumps of stewed spinach; pour plain melted butter over them, and send parsley and butter in a boat. *Raffald*, 133.

Pigeons à-la-soufflet.

Bone four pigeons, and make a force-meat as for pigeons compote. Stuff them, and put them into a stew-pan with a pint of veal gravy. Stew them half an hour very gently, and then take them out. In the mean time, make a veal force-meat, and wrap it all round them. Rub it over with the yolk of an egg, and fry them of a nice brown in good dripping. Take the

gravy they were stewed in, skim off the fat, thicken with a little butter rolled in flour, the yolk of an egg, and a gill of cream, beat up. Season it with pepper and salt, mix all together, and keep it stirring one way till it is smooth. Strain it into your dish, and put the pigeons on. Garnish with plenty of fried parsley. You may leave out the egg and cream, and put in a spoonful of browning, and a little lemon-pickle and catchup. *Farley* 127.

To stew Pigeons.

Let your pigeons be seasoned with pepper and salt, a few cloves and mace, and some sweet herbs; wrap this seasoning up in a piece of butter, and put it in their bellies; then tie up the neck and vent, and half roast them. Put them in a stew-pan, with a quart of good gravy, a little white wine, a few peppercorns, three or four blades of mace, a bit of lemon, a bunch of sweet herbs, and a small onion. Stew them gently till they are enough; then take the pigeons out, and strain the liquor through a sieve; skim it and thicken it in your stew-pan, put in the pigeons, with some pickled mushrooms and oysters; stew it five minutes, and put the pigeons in a dish, and the sauce over. *Cole*, 164.

Pigeons in savoury Jelly.

Roast your pigeons with the head and feet on, put a sprig of myrtle in their bills; make a jelly for them the same way as for chickens; pour a little into a basin. When it is set, lay in the pigeons with their breasts down; fill up your bowl with your jelly, and turn it out. *Raffald*, 283.

To bake Pigeons.

Season them with pepper and salt, put a bit of butter into each, pour over them the following batter—three eggs, two spoonfuls of flour, half a pint of milk, and a little salt. *Mason*, 281.

Pigeons in a hole.

Pick, draw, and wash four young pigeons, stick their legs in their bellies as you do boiled pigeons, season them with pepper, salt, and beaten mace. Put into the belly of every pigeon a lump of butter the size of a walnut. Lay your pigeons in a pie-dish, pour over them a batter made of three eggs, two spoonfuls of flour, and half a pint of good milk. Bake it in a moderate oven, and serve them to table in the same dish. *Raffald*, 130.

Pigeons boiled with rice.

Stuff the bellies of six pigeons with parsley, pepper and salt, rolled in a very little piece of butter; put them into a quart of mutton broth, with a little beaten mace, a bundle of sweet herbs, and

and an onion; cover them close, and let them boil a full quarter of an hour; then take out the onion and sweet herbs, and take a good piece of butter rolled in flour, put it in, and give it a shake; season it within salt, if it wants it; then have ready half a pound of rice boiled tender in milk. When it begins to be thick (but take great care it does not burn) take the yolks of two or three eggs, beat up with two or three spoonfuls of cream, and a little nutmeg. Stir it together till it is quite thick; then take up the pigeons and lay them in a dish. Pour the gravy to the rice, stir it all together, and pour over the pigeons. Garnish with hard eggs cut into quarters. *Glasfe, 91.*

To broil Pigeons.

When you set about to broil pigeons, take care that your fire is clear. Take some parsley shred fine, a piece of butter as big as a walnut, with a little pepper and salt, and put into their bellies. Tie them at both ends, and put them on the gridiron. Or you may split and broil them, having first seasoned them with pepper and salt. Serve them with a little parsley and butter in the dish. *Farley, 50.*

Partridges in Panes.

Take two roasted partridges, and the flesh of a large fowl, a little parboiled bacon, a little marrow or sweet fuet chopped fine, a few mushrooms and morels chopped fine, truffles, and artichoke bottoms. Season with beaten mace, pepper, a little nutmeg, salt, sweet herbs chopped fine, and the crumb of a two-penny loaf soaked in hot gravy. Mix all well together with the yolks of two eggs, make your panes on paper, of a round figure, and the thickness of an egg, at a proper distance one from another. Dip the point of a knife in the yolk of an egg, in order to shape them; bread them neatly, and bake them a quarter of an hour in a quick oven. Observe that the truffles and morels are boiled tender in the gravy you soak the bread in. Serve them up for a side dish; or they will serve to garnish the above dish, which will be a very fine one for a first course.

Note.—When you have cold fowls in the house, this makes a pretty addition in an entertainment. *Glasfe, 96.*

Partridges en Aspic.

Chop herbs, such as shallots, parsley, tarragon, chives, garden-creffes, a little basil, one clove of garlic, and chopped anchovies. Mix these with mustard, oil, tarragon vinegar, pepper, and salt. If you serve the partridges whole, serve the sauce cold in a sauce-boat. If for hot, cut the partridges as for a

hash; warm them in a little broth, then put them to the sauce; warm them together without boiling. You may also mix it the same manner cold. If cold, it will be better to be mixed an hour or more before using. *Dalrymple*, 234.

Partridges in Ragoo, with Oranges.

Truss your partridges, and roast in the English way, only use no flour. Make a sauce of the livers pounded, and add two or three of chickens; put it into a stew-pan with a green onion or two, a mushroom, pepper and salt, and parsley. Boil all in cullis a few minutes, and strain through your tamine; cut the partridges as for a fricassée, and put to your sauce. Let it boil but just long enough to make the meat hot through. Strip in a morsel or two of the peel, a bit of minced shallot and parsley, squeeze in a good deal of juice, and dish it up. Garnish with oranges in quarters. *Verral*, 131.

Partridges à-la-braze.

Take two brace of partridges, truss the legs into the bodies, lard them, season them with beaten mace, pepper, and salt; take a stew-pan, lay slices of bacon at the bottom, then slices of beef, and then slices of veal, all cut thin, a piece of carrot, an onion cut small, a bundle of sweet herbs, and some whole pepper. Lay the partridges with the breasts downward, lay some thin slices of beef and veal over them, and some parsley shred fine. Cover them, and let them stew eight or ten minutes over a slow fire, then give your pan a shake, and pour in a pint of boiling water. Cover it close, and let it stew half an hour over a little quicker fire: then take out your birds, keep them hot, pour into the pan a pint of thin gravy, let them boil till there is about half a pint, then strain it off, and skim of all the fat. In the mean time have a veal sweetbread cut small, truffles and morels, cocks' combs, and fowl's livers stewed in a pint of good gravy half an hour, some artichoke bottoms, and asparagus tops, both blanched in warm water, and a few mushrooms. Then add the other gravy to this, and put in your partridges to heat. If it is not thick enough, take a piece of butter rolled in flour, and toss up in it. If you will be at the expence, thicken it with veal and ham cullis, but it will be full as good without. *Glasse*, 96. *Farley*, 128.

To stew Partridges.

Truss your partridges as for roasting, stuff the craws, and lard them down each side of the breast; then roll a lump of butter in pepper, salt, and beaten mace, and put into the bellies. Sew up the vents, dredge them well, and fry them a light brown. Then put them into a stew-pan, with a quart of good gravy, a spoonful of Madeira wine, the same of mushroom catchup,

catchup, a tea-spoonful of lemon-pickle, and half the quantity of mushroom powder, one anchovy, half a lemon, a sprig of sweet marjoram. Cover the pan close, and stew them half an hour; then take them out, and thicken the gravy. Boil it a little, and pour it over the partridges, and lay round them artichoke bottoms, boiled and cut in quarters, and the yolks of four hard eggs, if agreeable. *Raffald, 134.*

Partridges rolled.

Lard young partridges with ham or bacon; strew over them some pepper and salt, with some beaten mace, some shred lemon-peel, and sweet herbs cut small; then take some thin beef-steaks (there must be no holes in them); strew over these some of the seasoning, and squeeze on them some lemon juice; lay a partridge upon each steak, and roll it up; tie it round to keep it together, and pepper the outside. Set it on a stew-pan with some slices of bacon, and an onion cut into pieces; lay the partridges carefully in, put to them some rich gravy, and let them stew gently till they are done; then take the partridges out of the beef, lay them in a dish, and pour over them some rich essence of ham. *Cole, 167.*

Partridges broiled with sweet herbs.

Truss them as for boiling; split them down the back, and marinade them about an hour in a little oil, with pepper and salt, and all sorts of sweet herbs chopped; then roll them in paper, with all the seasoning; broil slowly. When done, take off the paper, mix the herbs with a little good cullis, add the squeeze of a lemon, and serve with the partridges. *Dalrymple, 231.*

Partridges with consommée sauce.

Truss your partridges as for boiling; put them in a stew-pan, with slices of veal and bacon, above and below, a slice of ham, a faggot, three cloves, sliced onions and carrots; braze on a very slow fire. When done, sift and skim the sauce, and serve upon the partridges. *Cole, 168.*

Partridges à-la-paisanne.

Pick, draw, and truss your partridges, and put them upon an iron skewer; tie them to the spit, lay them down to roast; put a piece of fat bacon upon a toasting-fork, and hold it over the partridges, that as it melts it may drop upon them as they roast. When they are well basted with this, dust over them some crumbs of bread and some salt; cut some shallots very fine, with a little gravy, salt, and pepper, and the juice of half a lemon. Mix all these together over the fire, and thicken them up. Pour them into a dish, and lay the partridges upon them. *Cole, 168.*

To hash a Partridge or Woodcock.

Cut it up as for eating, work the entrails very fine with the back of a spoon, mix it with a spoonful of red wine, the same of water, half a spoonful of allegar; cut an onion in slices, and pull it into rings; roll a little butter in flour, put them all in your tossing-pan, and shake it over the fire till it boils; then put in your bird, and when it is thoroughly hot, lay it in your dish, with sippets round it; strain the sauce over the partridge, and lay the onion in rings. It is a pretty corner dish for dinner or supper. *Raffald, 75.*

Pheasants à-la-braise.

Having put a layer of beef all over your pan, a layer of veal, a little piece of bacon, a piece of carrot, an onion stuck with cloves, a blade or two of mace, a spoonful of pepper, black and white, and a bundle of sweet herbs, lay in the pheasant. Then lay a layer of beef, and a layer of veal, to cover it. Set it on the fire five or six minutes, and then pour in two quarts of boiling gravy. Cover it close, and let it stew very softly an hour and a half. Then take up your pheasant, and keep it hot. Let the gravy boil till it is reduced to about a pint, and then strain it off and put it in again. Put in a veal sweetbread, first being stewed with the pheasant. Then put in some truffles and morels, some livers of fowls, artichoke bottoms, and asparagus tops, if you have them. Let these simmer in the gravy about five or six minutes, and then add two spoonfuls of catchup, two of red wine, and a little piece of butter rolled in flour, with a spoonful of browning. Shake all together, put in your pheasant, let them stew all together, with a few mushrooms, about five or six minutes more; then take up your pheasant, and pour your ragoût all over, with a few force-meat balls. Garnish with lemon. You may lard it, if you think proper so to do. *Glassé, 98. Mason, 306 Farley, 129.*

Pheasants a-la-Mongelas.

Provide a large pheasant, cut off the pinions as to roast, and make a good force-meat; put it into your pheasant and spit it, with some lards of bacon and paper; take care you roast it nicely, and prepare your sauce as follows:—take some fat livers of turkies or fowls, blanch them till thoroughly done, and pound them to a paste; put to some gravy and cullis, mix it well together, and pass it through an etamine; cut off the flesh of the pheasant, slice it very thin and put to it, and preserve the carcase hot; add to your sauce, which should be about the thickness of your cullis, a little pepper, salt, some minced parsley, and the juice of two or three oranges; and, if you approve of it, you may strip a few morsels of the orange-peel in,
and

and serve it up with the hash poured over the breast, and garnish with some oranges in quarters. *Verral*, 88.

To stew a Pheasant.

Take a pheasant, and stew it in veal gravy; take artichoke bottoms parboiled, some chestnuts roasted and blanched. When your pheasant is enough (but it must stew till there is just enough for sauce, then skim it) put in the chestnuts and artichoke bottoms, a little beaten mace, pepper, and salt enough to season it, and a glass of white wine. If you do not think it thick enough, thicken it with a little piece of butter rolled in flour. Squeeze in a little lemon, pour the sauce over the pheasant, and have some forcè-meat balls fried and put into the dish.

Note.—A good fowl will do full as well, trussed with the head on like a pheasant. You may fry sausages instead of forcè-meat balls. *Glasse*, 97.

Mrs. Mason, page 306, has the same receipt in different words.

Pheasants à-l'Italianne.

Cut the livers small. If only one pheasant is to be dressed, take but half a dozen oysters, parboil them, and put them into a stew-pan, with the liver, a piece of butter, some green onions, and some parsley, pepper and salt, some sweet herbs, and a little all-spice; let them stand a very little time over the fire, and stuff the pheasant with them; then put it into a stew-pan, with some oil, green onions, parsley, sweet basil, and lemon-juice, for a few minutes; take them off, cover the pheasant with slices of bacon, and put it upon a spit; tie some paper round it whilst it is roasting. Take some oysters, stew them a little in their own liquor; take a stew-pan, put into it the yolks of four eggs, half a lemon cut into small dice, a little beaten pepper, a little scraped nutmeg, a little parsley cut small, a rocombole, an anchovy cut small, a little oil, a glass of white wine, a piece of butter, and a little ham cullis; put the sauce over the fire to thicken, take care it does not burn; put in the oysters, and make the sauce relishing. When the pheasant is done, lay it in the dish, and pour the sauce over it. *Mason*, 306.

Snipes or Woodcocks in furtout.

Take force meat made of veal, as much beef suet, chopped and beat in a mortar, with an equal quantity of crumbs of bread; mix in a little beaten mace, pepper and salt, some parsley, and a little sweet herbs; mix it with the yolk of an egg. Lay some of this meat round the dish, then lay in the snipes, being first drawn and half roasted. Take care of the trail, chop it, and throw it all over the dish.

Take some good gravy, according to the bigness of your furtout, some truffles and morels, a few mushrooms, a sweetbread

cut into pieces, and artichoke-bottoms cut small; let all stew together, shake them, and take the yolks of two or three eggs, according as you want them; beat them up with a spoonful or two of white wine, stir all together one way. When it is thick, take it off, let it cool, and pour it into the furtout. Have the yolks of a few hard eggs put in here and there; season with beaten mace, pepper, and salt, to your taste; cover it with the force-meat all over, rub the yolks of eggs all over to colour it, then send it to the oven. Half an hour does it, and send it hot to table. *Cole, 171.*

Snipes or Woodcocks in salmy.

Truss them, and half roast them, without flour; cut them in fricassée pieces, and take care to secure all the inside, except the gizzards and galls, which you must be sure to take clean away; but the ropes, livers, &c. pound to a paste, with a morsel of shallot, green onion and parsley, pepper, salt, and nutmeg; put in a ladle of your cullis, a glass of red wine, and pass it through your etamine, pour it into a stew-pan to your meat; let it stew very gently for three quarters of an hour; sling in a little minced parsley, the juice of an orange, and serve it up, garnished with fried bread, and some bits in the dish.

Any sorts of birds, such as snipes, quails, &c. that are not drawn, make a pleasing dish done in the same manner. *Verral, 132.*

Another way.

Half roast them, and cut them in quarters, put them in a stew-pan with a little gravy, two shallots chopped fine, a glass of red wine, a little salt and chyan pepper, the juice of half a lemon; stew them gently for ten minutes, and put them on a toast served the same as for roasting, and send them up hot. Garnish with lemon. *Glasse, 98.*

Snipes with Purslain leaves.

Draw your snipes, and make a force-meat for the inside, but preserve your ropes for your sauce; spit them across upon a lark-spit, covered with bacon and paper, and roast them gently. For sauce, you must take some prime thick leaves of purslain, blanch them well in water, put them into a ladle of cullis and gravy, a bit of shallot, pepper, salt, nutmeg, and parsley, and stew all together for half an hour gently. Have the ropes ready blanched and put in. Dish up your snipes upon thin slices of bread fried, squeeze the juice of an orange into your sauce, and serve it up. *Verral, 142.*

Snipes Duchesse's fashion.

Split the snipes at the back; take the inside out, which you make a force-meat of, with a few chopped capers, parsley, shallots,

lots, mushrooms, pepper, salt, two chopped anchovies, and a piece of butter; stuff them with it, sew them up close, and braise them. While braizing, add a little good cullis and red wine. When done, skim and sift the sauce. If not thick enough, add a little butter and flour, and serve with the snipes. *Dalrymple*, 237.

Quails, Thrushes, Plovers, and Lapwings.

They are all done as chickens, and may be dressed in all the different ways of any other birds. *Dalrymple*.

The general method of dressing Plovers.

Green plovers roast like a woodcock, without drawing; and the trail to run upon a toast;—with good gravy for sauce.

Grey plovers should be stewed.—Make a force-meat with the yolks of two hard eggs bruised, some marrow cut fine, artichoke bottoms cut small, and sweet herbs, seasoned with pepper, salt, and nutmeg. Stuff the birds, then put them into a sauce-pan with some good gravy (just enough to cover them), a glass of white wine, and a blade of mace. Cover them close, and let them stew very softly till they are tender. Then take up the plovers, lay them in a dish, keep them hot, put a piece of butter rolled in flour to thicken the sauce; let it boil till smooth, squeeze into it a little lemon, skim it clean, and pour it over them. *Mason*, 285.

Plovers Perigord fashion.

Truss them as chickens or pigeons for stewing; braise them in a good braze. When done, skim and sift the braze. When ready to serve, add the squeeze of a lemon. You may also stuff and roast them as partridges, &c. Thrushes and lapwings may be dressed in the same manner, served with a cullis sauce. *Dalrymple*, 235.

To dress Ortolans and Quails.

Spit them side-ways, with a vine-leaf between; baste them with butter, and have fried crumbs of bread round the dish. *Glasse*, 100.

To dress Ruffs and Reifs.

These birds are principally found in Lincolnshire. They may be fatted, like chickens, with bread, milk, and sugar. They feed very fast, and will die with fat if not killed in time. Draw and truss them cross-legged like snipes; roast them. For sauce—good gravy thickened with butter, and a toast under them. *Cole*, 173.

Small Birds in savoury Jelly.

Put a good piece of butter into the bellies of eight small birds, with their heads and feet on, and sew up their vents. Put them in a jug, cover it close with a cloth, and set them in a kettle of boiling

boiling water till they are enough. When it is set, lay in three birds with their breasts down, and cover them with the jelly. When it is set, put in the other five, with their heads in the middle, and proceed in the same manner as before directed for chickens. *Farley, 129.*

To dress Larks Pear fashion.

Truss them close, and cut off the legs; season them with salt, pepper, cloves, and mace; make a force-meat thus:—Take a veal sweetbread, as much beef suet, a few morels and mushrooms; chop all fine together, some crumbs of bread, and a few sweet herbs, a little lemon-peel cut small; mix all together with the yolk of an egg, wrap up the larks in force-meat, and shape them like a pear; stick one leg in the top like the stalk of a pear, rub them over with the yolk of an egg and crumbs of bread; bake them in a gentle oven, serve them without sauce; or they make a good garnish to a very fine dish.

You may use veal if you have not a sweetbread. *Glaspe, 101.*

Mrs. Mason gives the same receipt in substance, though in other words, page 287.

Larks à-la-Françoise.

Truss your larks with the legs across, and put a sage-leaf over their breasts; put them upon a long thin skewer; between every lark put a piece of thin bacon, then tie the skewer to a spit, and roast them at a brisk clear fire; baste them with butter, and strew over them some crumbs of bread mixed with flour; fry some bread-crumbs of a fine brown in butter. Lay the larks round the dish, the bread-crumbs in the middle. *Cole, 174.*

A ragoo of Larks.

Fry your larks with an onion stuck with cloves, a few truffles and mushrooms; pour off the fat; shake over the larks, &c. a little flour; put to them some good gravy; stew them till they are enough. If there is any fat, skim it off. Add chopped parsley, lemon-juice, pepper, and salt, if necessary.

Other small birds may be dressed in the same manner, *Cole, 174.*

CHAP. IX.—MADE DISHES OF HARES,
RABBITS, &c.

To stowendine a Hare.

TAKE a grown hare, and let her hang up four or five days, then ease her, and leave on the ears; and take out all the bones except the head, which must be left on whole; lay your hare flat on the table, and lay over the inside a force-meat, and then roll it up to the head; skewer it with the head and ears leaning back, tie it with a packthread as you would a collar of veal, wrap it in a cloth, and boil it an hour and a half in a saucepan with a cover on it, with two quarts of water. When your liquor is reduced to one quart, put in a pint of red wine, a spoonful of lemon-pickle, and one of catchup, the same of browning, and stew it till it is reduced to a pint; thicken it with butter rolled in flour, lay round your hare a few morels, and four slices of force-meat, boiled in a caul of a leg of veal. When you dish it up, draw the jaw-bones, and stick them in the eyes for horns; let the ears lie back on the roll, and stick a sprig of myrtle in the mouth; strain over your sauce, and serve it up. Garnish with barberries and parsley.—Force-meat for the hare:—take the crumb of a penny loaf, the liver shred fine, half a pound of fat bacon scraped, a glass of red wine, one anchovy, two eggs, a little winter savoury, sweet marjoram, lemon-thyme, pepper, salt, and nutmeg to your taste. *Raffald*, 136.

Mr. Farley, page 130. has given the above in substance, with a little transposition. The fact is, both *Mrs. Raffald*, and *Mr. Farley*, have taken from *Mrs. Glasse*.—See her *Art of Cookery*, page 101.

To dress a Hare.

When the hare is eased, cut it in two just below the ribs; cut the fore quarters into pieces, and put them into a clean stew-pan, with a blade or two of mace, an onion stuck with cloves, some whole pepper, an anchovy, and a bunch of sweet herbs; cover them with water, and let them stew gently; make a pudding and put into the belly of the other part; lard and roast it, flour and baste it well with butter or small beer. When the stew is tender, take it out with a fork into a dish, and strain off the liquor; put into it a glass of red wine, a spoonful of good catchup, and a piece of butter rolled in flour; shake all together over the fire till it is of a good thickness; take up the roasted hare, and lay it in the middle of the dish, with the stew round, and sauce poured over it, and some good gravy in a boat. *Mason*, 300.

Hare à-la-daube.

Cut a hare in six pieces; bone and lard them with bacon, seasoned with spices, powder of laurel, chopped parsley, thyme, shallots, and one clove of garlick; braze it with slices of lard, the bones, a little broth, as much of the blood as you can save, a glass of brandy, and a quarter of a pound of good butter; stop the pan well, and stew it on a very slow fire, or in the oven, about four hours; then take out the bones, put the hare in a tureen, and the slices of bacon upon it; sift the sauce, and put it in the tureen; let it cool before using. It ought to be like a pic. *Clermont, 288.*

To scare a Hare.

Lard a hare, and put a pudding in the belly; put it into a pot or fish kettle, then put to it two quarts of strong drawn gravy, one of red wine, a whole lemon cut, a faggot of sweet herbs, nutmeg, pepper, a little salt, and six cloves; cover it it close, and stew it over a slow fire till it is three parts done; then take it up, put it into a dish, and strew it over with crumbs of bread, sweet herbs chopped fine, some lemon-peel grated, and half a nutmeg; set it before the fire, and baste it till it is of a fine light brown. In the mean time, take the fat off your gravy, and thicken it with the yolk of an egg. Take six eggs, boiled hard and chopped small, some pickled cucumbers cut very thin; mix these with a sauce, and pour it into the dish.

A fillet of mutton, or neck of venison, may be done the same way.

Note.—You may do rabbits the same way, but it must be veal gravy and white wine, adding mushrooms for cucumbers, *Glasse, 102.*

A Hare Civet.

Bone your hare, and take out all the sinews; cut one half in thin slices, and the other half in pieces an inch thick, flour them, and fry them in a little fresh butter, as collops, quick, and have ready some gravy made with the bones of the hare and beef; put a pint of it into the pan to the hare, some mustard, and a little elder vinegar; cover it close, and let it do softly till it is as thick as cream, then dish it up, with the head in the middle. *Cole, 177.*

To stew a Hare.

When you have paunched and cased your hare, cut her as for eating, put her into a large sauce-pan with three pints of beef gravy, a pint of red wine, a large onion stuck with cloves, a bundle of winter savoury, a slice of horse-radish, two blades of beaten mace, one anchovy, a spoonful of walnut or mum catchup, one of browning, half a lemon, chyan and salt to your taste; put on a close cover, and set it over a gentle fire, and stew

stew it for two hours; then take it up into a soup-dish, and thicken your gravy with a lump of butter rolled in flour; boil it a little, and strain it over your hare. Garnish with lemon-peel cut like straws, and serve it up. *Raffald, 135.*

To lodge-podge a Hare.

Take your hare and cut it in pieces, as if you intended it for stewing, and put into the pitcher, with two or three onions, a little salt and pepper, a bunch of sweet herbs, and a piece of butter; stop the pitcher very close to prevent the steam from getting out, set it in a kettle full of boiling water, keep the kettle filled up as the water wastes; let it stew four or five hours at least. You may, when you first put the hare into the kettle, put in lettuce, cucumbers, celery, and turnips, if you like it better. *Cole, 177.*

To jug a Hare.

Cut your hare into little pieces, and lard them here and there with little slips of bacon. Season them with a little pepper and salt, and pour them into an earthen jug with a blade or two of mace, an onion stuck with cloves, and a bundle of sweet herbs. Cover the jug close, that nothing may get in; set it in a pot of boiling water, and three hours will do it. Then turn it out into the dish, take out the onion and sweet herbs, and send it hot to table. As to the larding, you may omit it if you please. *Farley, 71.*

To hash a Hare.

Cut your hare into small pieces; if any of the pudding is left, rub it small in some gravy, to which put a glass of red wine, a little pepper and salt, an onion, a slice of lemon; toss it up till hot through, take out the onion and lemon. *Cole, 178.*

Another way.

Cut it in small pieces, and if you have any of the pudding left, rub it small, and put to it a gill of red wine, the same quantity of water, half an anchovy chopped fine, an onion stuck with four cloves, and a quarter of a pound of butter rolled in flour. Shake all these together over a slow fire till your hare is thoroughly hot, for it is a bad custom to let any kind of hash boil longer, as it hardens the meat. Send your hare to table in a deep dish, but before you send it up, take out the onion, and lay suppers round the dish. *Farley, 70.*

To collar a Hare.

Bone a hare, and lard it with thick pieces of bacon, seasoned with spices and salt; put a good force-meat in it or not; roll it up very tight, and tie it well; braze it with slices of veal, half a pint of white wine, and a pint of broth; cover it over with slices of bacon. You may also put such meat and other seasoning

ing to make a jelly of the braze after, and serve the hare cold with it, either whole or sliced. *Dalrymple*, 241.

Hare Cake.

Chop the flesh of a hare very fine, take some bacon in dice about half the quantity, season with pepper, a little salt, and spice, a green onion or two, and a morsel of shallot; mix all well together, and prepare a stew-pan just wide enough, that it may cut in slices about two inches thick; line your bottom with thin bacon, and cover with the same; pour in a ladle of broth, and a glass of red wine, some slices of carrot, onion and herbs; let it simmer gently for two or three hours, take off the cover, and let it cool; the next day take it out, and trim it nice and round; pound some of the bacon it was stewed in, and when you serve it to table, spread it upon the top like sugar upon a plumb cake, and serve it to table upon a napkin. If it is well done, it will keep a fortnight for slices.

Veal cake may be done in the same manner, only instead of red wine put white; and do not cover it so much but that every one at table may see what it is. *Verral*, 227.

Hare Cake in Jelly.

Having boned the hare, and picked out the sinews, add an equal quantity of beef; chop these and pound them; add fresh mushrooms, shallot (and garlick if agreeable), sweet herbs, pepper and salt, two or three eggs. Mix these with bacon and pickled cucumbers cut like dice, put it into a mould sheeted with slices of bacon; cover it, bake it in a moderate oven; when cold, turn it out. Lay over it the following jelly:—a pound and an half of scrap of veal, a slice of ham, two or three cloves, a little nutmeg, some sweet herbs, a carrot or two, some shallot, two bay leaves, an ounce of ising-glass, with some beef broth; stew this till it will jelly, pass it through a fine sieve, then through a bag; add some lemon-juice. *Mason*, 303.

Leveret Kid fashion.

Lard a large leveret, marinade it about three hours in a warm marinade, made of water, vinegar, butter, flour, pepper, and salt, chopped parsley, shallots, sliced onions, thyme, laurel, basil, lemon-peel, and cloves; then roast it, basting with some of the marinade; sift the remainder, mix it with a little cullis, and serve it in a sauce-boat. *Clermont*, 291.

To florendine Rabbits.

Skin three young rabbits, but leave on the ears; wash and dry them with a cloth, take out the bones carefully, leaving the head whole, then lay them flat; make a force-meat of a quarter of a pound of bacon scraped, it answers better than suet, it makes

makes the rabbits eat tenderer, and look whiter; add to the bacon the crumb of a penny loaf, a little lemon thyme, or lemon-peel shred fine, parsley chopped small, nutmeg, chyan, and salt to your palate; mix them up together with an egg, and spread it over the rabbits, roll them up to the head, skewer them straight, and close the ends, to prevent the force-meat from coming out; skewer the ears back, and tie them in separate cloths, and boil them half an hour. When you dish them up, take out the jaw-bones, and stick them in the eyes for ears; put round them force-meat balls and mushrooms. Have ready a white sauce made of veal gravy, a little anchovy, the juice of half a lemon, or a tea-spoonful of lemon-pickle; strain it, take a quarter of a pound of butter rolled in flour, so as to make the sauce pretty thick; keep stirring it whilst the flour is dissolving, beat the yolk of an egg; put to it some thick cream, nutmeg, and salt; mix it with the gravy, and let it simmer a little over the fire, but not boil, for it will curdle the cream; pour it over the rabbits, and serve it up. *Raffald, 137. Farley, 130.*

Rabbits Surprise.

Take two half grown rabbits, roast them, cut off the heads close to the shoulders and the first joints; then take off all the lean meat from the back bones; cut it small, and toss it up with six or seven spoonfuls of cream and milk, and a piece of butter as big as a walnut rolled in flour, a little nutmeg, and a little salt; shake all well together till it is as thick as good cream, and set it to cool; then make a force-meat with a pound of veal, a pound of suet, as much crumbs of bread, two anchovies, a little piece of lemon-peel cut fine, a little sprig of thyme, and a little nutmeg grated; let the veal and suet be chopped very fine, and beat in a mortar, then mix it altogether with the yolks of two raw eggs; place it all round the rabbits, leaving a long trough in the back-bone open, that you think will hold the meat you cut out for the sauce; pour it in, and cover it with the force-meat, smooth it all over with your hand as well as you can with a raw egg, square at both ends; throw on a little grated bread, and butter a magazine or pan, and take them from the dresser where you formed them, and place them on it very carefully. Bake them three quarters of an hour, till they are of a fine brown colour. Let your sauce be gravy thickened with butter, and the juice of a lemon; lay them in the dish, and pour in the sauce. Garnish with orange cut into quarters, and serve it up for a first course. *Glasse, 103.*

Rabbits in Casserole.

Take a couple of rabbits, divide them into quarters, flour them

them if they are not larded, and fry them in butter; then put them in a stew-pan, with some good gravy and a glass of white wine; season them with pepper and salt, and a bunch of sweet herbs; cover them down close, and let them stew till tender; then take up the rabbits, strain off the sauce, thicken it with butter and flour, and pour it over them. *Mason, 295.*

Another way.

Having divided your rabbits into quarters, you may lard them or not, just as you please. Shake some flour over them, and fry them in lard or butter. Then put them into an earthen pipkin, with a quart of good broth, a glass of white wine, a little pepper and salt, a bunch of sweet herbs, and a small piece of butter rolled in flour. Cover them close, and let them stew half an hour; then dish them up, and pour the sauce over them. Garnish with Seville oranges cut into thin slices and notched. *Glasse, 104. Farley, 131.*

To roast a Rabbit Hare fashion.

Take your rabbit and lard it with bacon, and then roast it as you do a hare, with a stuffing in the belly. Make a gravy sauce; but if you do not lard it, have white sauce made as follows:—take a little veal broth, boil it up with a little flour and butter to thicken it, and add a gill of cream. Keep it stirring one way till it is smooth, and then put it into a boat.

Portuguese Rabbits.

Get some rabbits, truss them chicken fashion, the head must be cut off, and the rabbit turned with the back upwards, and two of the legs stripped to the claw end, and so trussed with two skewers. Lard them and roast them with what sauce you please. If you want chickens, and they are appear as such, they must be dressed in this manner:—send them up hot with gravy in the dish, and garnish with lemon and beet-root. *Glasse, 103.*

Rabbits Pulled.

Half boil your rabbits, with an onion, a little whole pepper, a bunch of sweet herbs, and a piece of lemon-peel; pull the flesh into flakes, put to it a little of the liquor, a piece of butter mixed with flour, pepper, salt, nutmeg, chopped parsley, and the liver boiled and bruised; boil this up, shaking it round. *Mason, 294.*

A Scotch Rabbit.

Having toasted a piece of bread very nicely on both sides, butter it, and toast a slice of cheese about as big as the bread on both sides, and lay it on the bread. *Cole, 182.*

A Welch Rabbit.

Toast a piece of bread on both sides, then toast the cheese on one side; lay it on the toast, and with a hot iron brown the other side. You may rub it over with mustard.

An English Rabbit.

Toast the bread brown on both sides, and lay it in a plate before the fire, then pour a glass of red wine over it, and let it soak the wine up; then cut some cheese very thin, and lay it pretty thick over the bread, and put it in a tin oven before the fire, and it will be presently toasted and browned. Serve it hot. *Cole, 182.*

CHAP. X—TURTLES AND MOCK TURTLES.

To dress a Turtle the West India way.

TAKE the turtle out of the water the night before you dress it, and lay it on its back. In the morning cut its head off, and hang it up by its hind fins for it to bleed till the blood is all out; then cut the callapee, which is the belly, round, and raise it up; cut as much meat to it as you can; throw it into spring water with a little salt, cut the fins off, and scald them with the head; take off all the scales, cut all the white meat out, and throw it into spring water and salt; the guts and lungs must be cut out. Wash the lungs very clean from the blood, then take the guts and maw and slit them open, wash them very clean, and put them on to boil in a large pot of water, and boil them till they are tender. Then take off the inside skin, and cut them in pieces of two or three inches long. Have ready a good veal broth made as follows:—Take one large, or two small knuckles of veal, and put them on in three gallons of water; let it boil, skim it well, season with turnips, onions, carrots, and celery, and a good large bundle of sweet herbs; boil it till it is half wasted, then strain it off. Take the fins, and put them in a stew-pan, cover them with veal broth, season with an onion chopped fine, all sorts of sweet herbs chopped very fine, half an ounce of cloves and mace, half a nutmeg beat very fine; stew it very gently till tender; then take the fins out, and put in a pint of Madeira wine, and stew it for fifteen minutes. Beat up the whites of six eggs with the juice of two lemons, put the liquor in and boil it up, run it through a flannel bag, make it very hot, wash the fins very clean, and put them in. Take a piece of butter and put at the bottom of a stew-pan, put your white meat in, and sweat it gently till it is almost tender. Take the lungs and heart, and cover them with veal broth, with an onion, herbs, and spice; as for the fins, stew them till tender; take out the lungs, strain the liquor off, thicken it, and put in a bottle of Madeira wine, season with chyan pepper and salt pretty high; put in the lungs and white meat, stew them up gently for fifteen minutes; have some force-meat balls made out of the white part instead of veal, as for Scotch collops. If any eggs, scald them; if not, take twelve hard yolks of eggs, made into egg balls. Have your callapash, or deep shell, done round the edges with paste, season it in the inside with chyan pepper and salt, and a little Madeira wine; bake it half an hour, then put in the lungs and white meat, force meat, and eggs over, and bake it half an hour.

hour. Take the bones, and three quarts of veal broth, seasoned with an onion, a bundle of sweet herbs, two blades of mace; stew it an hour, strain it through a sieve, thicken it with butter and flour, put in half a pint of Madeira wine, stew it half an hour; season with chyan pepper and salt to your liking. This is the soup. Take the callapee, run your knife between the meat and shell, and fill it full of force-meat; season it all over with sweet herbs chopped fine, a shallot chopped, chyan pepper and salt, and a little Madeira wine; put a paste round the edge, and bake it an hour and an half. Take the guts and maw, put them in a stew-pan, with a little broth, a bundle of sweet herbs, and two blades of mace beat fine; thicken with a little butter rolled in flour, stew them gently for half an hour, season with chyan pepper and salt, beat up the yolks of two eggs in half a pint of cream, put it in, and keep stirring it one way till it boils up, then dish them up as follows:

	CALLAPEE.	
FRICASSEE.	SOUP.	FINS.
	CALLAPASH.	

The fins eat fine, when cold, put by in the liquor. *Glasse*, 344 to 346. *Farley*, 22 to 26.

To dress a Turtle of about thirty pounds weight.

When you kill the turtle, which must be done the night before, cut off the head, and let it bleed two or three hours; then cut off the fins, and the callapee from the callapash; take care you do not burst the gall; throw all the inwards into cold water, the guts and the tripe keep by themselves, and slip them open with a penknife, wash them very clean in scalding water, and scrape off all the inward skin; as you do them, throw them into cold water, wash them out of that and put them into fresh water, and let them lie all night, scalding the fins and edges of the callapash and callapee; cut the meat off the shoulders, and hack the bones, and set them over the fire with the fins in about a quart of water; put in a little mace, nutmeg, chyan, and salt; let it stew about three hours, then strain it, and put the fins by for use. The next morning take some of them eat you cut off the shoulders, and chop it small, as for saufages, with about a pound of beef or veal fuet; season with mace, nutmeg, sweet marjoram, parsley, chyan, and salt to your taste, and three or four glasses of Madeira wine, so stuff it under the two fleshy parts of the meat; and if you have any left, lay it over to prevent the meat from burning; then cut the remainder of the meat and fins in pieces the size of an egg; season it pretty high with chyan, salt, and a little nutmeg, and put it into the callapash; take care that it be sewed or secured up at the end, to keep in the gravy; then boil up the gravy, and add more wine, if re-

quired, and thicken it a little with butter and flour; put some of it to the turtle, and set it in the oven with a well buttered paper over it to keep it from burning, and when it is about half baked, squeeze in the juice of one or two lemons, and stir it up. Callapash, or back, will take half an hour more baking than the callapee, which two hours will do. The guts must be cut in pieces two or three inches long, the tripes in lefs, and put into a mug of clear water, and set in the oven with the callapash, and when it is enough drained from the water, it is to be mixed with the other parts, and sent up very hot. *Raf-fald, 19. Farley, 22.*

Another way.

I have seen, says Mr. Verral, many a turtle dressed; but I think not all as they should be. And as I have had the honour of sending several to table myself, to some of the politest gentry in the kingdom, with great applause, I shall give the following receipt from experience, rather than from the general rule of hodge-podging it together. To dissect it then—Let its head be chopped off close to the shell, set it on that part that all the blood may run away; have plenty of water in pails or tubs; lay your fish upon the back, or callapash, cut off the under shell, or callapee, in the first line or partition, from the edge of the callapash; take off that, and immediately put it into water. Next cut off the four fins in the shoulder and aich-bone joints, and put into water too, and with a cleaver chop out the bones from the shoulders and hinder parts, and put to the rest. Take out your guts and tripe clean, and the other entrails, and lay your callapash in water while you prepare your callapee, which should be done as follows:—cut off all superfluous bits for your soup, and trim it neatly. Cut little holes in the thick flesh, with the point of your knife; lay it in a dish, and soak it well in Madeira wine, and season with chyan pepper, (but not too much), a little salt, plenty of shallot and parsley minced and strewed upon it. Next take the callapash, and order in the same manner; first cutting off the shell to the crease on the other side of the edge, and put a neat rim of paste quite round, and adorn it well; pour a little cullis round, and squeeze the juice of some lemons or oranges; and they are ready for your oven. The common way is to put some of the flesh into the callapash; but, in my opinion, it is best to put none. The next to be made ready is your fins and head; blanch them till you can take off the outer skin; trim them, and put them into a stew-pan with the head; pour in some Madeira, a ladle of broth, a pinch of chyan, a small bundle of onions, herbs, and shallots, and stew them tender with a little salt, and 'tis ready; the two biggest fins for one dish, and the head and two smallest for another. Now cut the side shells in pieces, and blanch them

them so that you may take out the gristles or jelly part whole. While this is doing, prepare the tripe or guts with a sharp knife; slit them from end to end, and care must be taken that all is washed and scraped clean; cut them into pieces about two inches in length, and blanch them. When your broth is made of the flesh, to the tripe in a stew-pan put as much as will cover it; put in a bunch of herbs, with an onion or two, a couple of whole shallots, some mace, and a little salt; stew all till pretty tender; take out the herbs, &c. and put butter and flour to thicken it; provide a liaison as for a fricassée of chickens, and at your dinner-time toss it up with the juice of orange or lemon, and it is ready. Next take the jellies of your side shells, and prepare for a dish done in the same manner as the fins and head; squeeze in some juice of orange or lemon, and it is ready. And now four the soup:—Most of which that I have seen or tasted has been poor insipid stuff. To say why it was, is saying less than nothing. The whole matter is, to shew how it may be made good; thus, they cut all the flesh from the bones into small pieces, and to about a pound of meat put a quart of water, and to five or six quarts, a pint of Madeira. Take care that it is well skimmed. Tie up in a bit of linen three or four onions, some bits of carrot, a leek, some herbs and parsley, with two or three pinches of chyan, and let it boil with the meat, and salt according to your taste. Let it simmer an hour, or a little more, and send it up in a tureen or soup-dish, only the meat and the broth.

These seven dishes make a pretty first course; the callapash and callapee at top and bottom, soup in the middle, and the other four the corners. *Verral, 235.*

To dress a Mock Turtle.

Take the largest calf's head you can get, with the skin on, put it in scalding water till you find the hair will come off, clean it well, and wash it in warm water, and boil it three quarters of an hour. Then take it out of the water, and slit it down the face, cut off all the meat along with the skin as clean from the bone as you can, and be careful you do not break the ears off. Lay it on a flat dish, and stuff the ears with force-meat, and tie them round with cloths. Take the eyes out, and pick all the rest of the meat clean from the bone, put it in a tossing-pan, with the nicest and fattest part of another calf's head, without the skin on, boiled as long as the above, and three quarts of veal gray. Lay the skin in the pan on the meat, with the flesh-side up, cover the pan close, and let it stew over a moderate fire one hour; then put in three sweetbreads, fried a little brown, one ounce of morels, the same of truffles, five artichoke bottoms boiled, one anchovy boned and chopped small, a tea-spoonful of chyan pepper, a little salt, half a lemon,

three pints of Madeira wine, two meat spoonfuls of mushroom catchup, one of lemon-pickle, and half a pint of mushrooms. Let them stew slowly half an hour longer, and thicken it with flour and butter. Have ready the yolks of four eggs boiled hard, and the brains of both heads boiled; cut the brains the size of nutmegs, and make a rich force-meat, and spread it on the caul of a leg of veal, roll it up, and boil it in a cloth one hour. When boiled, cut it in three parts, the middle largest; then take up the meat into the dish, and lay the head over it with the skin side up, and put the largest piece of force-meat between the ears, and make the top of the ears to meet round it, (this is called the crown of the turtle) lay the other slices of the force-meat opposite to each other at the narrow end and lay a few of the truffles, morels, brains, mushrooms, eggs, and artichoke bottoms upon the face, and round it; strain the gravy boiling hot upon it. Be as quick in dishing it up as possible, for it soon grows cold. *Glaspe, 347. Raffald, 82.*

Another way.

Take a calf's head, and scald off the hair, as from a pig; then clean it, cut off the horny part in thin slices, with as little of the lean as possible; chop the brains; have ready between a quart and three pints of strong mutton or veal gravy, with a quart of Madeira wine, a large tea-spoonful of chyan, a large onion cut very small, half the peel of a large lemon shred as fine as possible, a little salt, the juice of four lemons, and some sweet herbs cut small. Stew all these together till the head is very tender. Let them stew about an hour and an half. Then have ready the back shell of a turtle, lined with a paste made of flour and water, which must first be set in the oven to harden, then put in the ingredients, and set it in the oven to brown. When that is done, lay the yolks of eggs boiled hard, and force-meat balls round the top.

Some parboil the head the day before, take out the bones, and then cut it into slices. *Mason, 155.*

Mock Turtle from Calf's Feet.

Provide two calves feet and one chicken; cut them into pieces of a proper size for a fricassée; make the seasoning with three large onions, a large handful of parsley, and a few sweet herbs; chop them all together, then season the meat. Let the feet stew two hours and an half in three quarts of water; then put in the chicken; let it stew half an hour. Then take the juice of two lemons, a tea-cupful of Madeira wine, some chyan pepper; put that in last. Let it stew altogether half an hour, and serve it up in a soup-dish.

Force-meat balls of veal may be laid at top, and hard eggs. *Cole, 188.*

CHAP. XI.—OF SOUPS.

Observations on Soups.

GREAT care is necessary to be taken that the pots, or sauce-pans, and covers, be very clean, and free from all grease and sand, and that they are well tinned, for fear of giving the broth or soups any brassy taste, or of injuring the health of those who partake of the several dishes. When you make any kind of soups, particularly portable, vermicelli, or brown gravy soup, or any other that has roots or herbs in it, always observe to lay the meat in the bottom of your pan, with a good lump of butter; cut the herbs and roots small, lay them over your meat, cover it close, set it over a very slow fire; it will draw all the virtue out of the roots or herbs, and turn it to a good gravy, and give the soup a very different flavor from putting water in at the first. When your gravy is almost dried up, fill your pan with water. When it begins to boil, take off the fat, and follow the directions of your receipt for what sort of soup you are making. When you make old peas soup, take soft water; for green peas hard is preferable; it keeps the peas of a better colour. When you make any white soup, do not put in cream till you take it off the fire. Always dish up your soups the last thing. If it be a gravy soup, it will skim over if you let it stand. If it be a peas-soup, it often settles, and the top looks thin. You must observe in all broths and soups, that one thing does not taste more than another, but that the taste be equal, and that it has a fine agreeable relish, according to what you design it for; and you must be sure that all the greens and herbs you put in are clean washed and picked. *Cole, 189.*

Rich Vermicelli Soup.

Put four ounces of butter into a large tossing-pan; cut a knuckle of veal and a scrag of mutton into small pieces about the size of walnuts; slice in the meat of a shank of ham, with three or four blades of mace, two or three carrots, two parsnips, two large onions, with a clove stuck in at each end. Cut in four or five heads of celery washed clean, a bunch of sweet herbs, eight or ten morels, and an anchovy. Cover the pan close, and set it over a slow fire, without any water, till the gravy is drawn out of the meat; then pour the gravy into a pot or bason; let the meat brown in the same pan, and take care it does not burn. Then pour in four quarts of water, let it boil gently till it is wasted to three pints. Then strain it, and put the gravy to it; set it on the fire, add to it two ounces of vermicelli, cut the nicest part of a head of celery, chyan pepper, and salt to your taste, and let it boil for four minutes.

If not a good colour, put in a little browning, lay a small French roll in the soup-dish, pour in the soup upon it, and lay some of the vermicelli over it. *Mason, 197. Raffald, 4. Farley, 155.*

Another way.

Take three quarts of the broth, and some of the gravy mixed together, a quarter of a pound of vermicelli, blanched in two quarts of water; put it into the soup, boil it up for ten minutes, and season with salt, if it wants any. Put it in your tureen, with the crust of a French roll baked. *Glasse, 126.*

Vermicelli Soup, with Meat or Fish.

For a middling dish, take about a quarter of a pound of vermicelli, which you scald a moment in boiling water; then drain it, and boil in good broth or gravy, and a bit of bacon. When boiled tender, take out the bacon, season it with salt, and skim off the fat very clean; it must be served of a middling consistence. If you would make it of a crawfish cullis, or any other, you will only mix it a moment before you serve. If it is for meagre, scald your vermicelli as above, and boil it with fish broth and butter; adding a liaison of yolks of eggs made with the same broth and gravy. *Dalrymple, 20.*

Hare Soup.

This being a rich soup, it is proper for a large entertainment, and may be placed at the bottom of the table, where two soups are required, and almond or onion soup be at the top. Hare soup is made thus:—Cut a large old hare into small pieces, and put it in a mug, with three blades of mace, a little salt, two large onions, a red herring, six morels, half a pint of red wine, and three quarts of water. Bake it three hours in a quick oven, and then strain it into a tossing-pan. Have ready boiled three ounces of French barley, or sago, in water. Then put the liver of the hare two minutes in scalding water, and rub it through a hair sieve, with the back of a wooden spoon. Put it into the soup with the barley or sago, and a quarter of a pound of butter. Set it over the fire, and keep it stirring, but do not let it boil. If you disapprove of the liver, you may put in crisped bread, steeped in red wine. *Farley, 156.*

Soup à-la-Reine.

Take a knuckle of veal, and three or four pounds of lean beef, put to it six quarts of water with a little salt. When it boils, skim it well, then put in six large onions, two carrots, a head or two of celery, a parsnip, one leek, and a little thyme. Boil them all together till the meat is boiled quite down, then strain it through a hair sieve, and let it stand about half an hour; then skim it well, and clear it off gently from the settlings into a clear pan. Boil half a pint of cream, and pour it

on the crumb of a halfpenny loaf, and let it soak well. Take half a pound of almonds, blanch and beat them as fine as possible, putting in now and then a little cream to prevent them from oiling. Then take the yolks of six hard eggs, and the roll that is soaked in the cream, and beat them all together quite fine. Then make your broth hot, and pour it to your almonds. Strain it through a fine hair sieve, rubbing it with a spoon till all the goodness is gone through into a stew-pan, and add more cream to make it white. Set it over the fire, keep stirring it till it boils, skim off the froth as it rises, soak the tops of two French rolls in melted butter, in a stew pan, till they are crisp, but not brown; then take them out of the butter, and lay them on a plate before the fire; and a quarter of an hour before you send it to the table, take a little of the soup hot, and put it to the roll in the bottom of the tureen; put your soup on the fire, keep stirring it till ready to boil, then put it into your tureen, and serve it up hot. Be sure you take all the fat off the broth before you put it to the almonds, or it will spoil it; and take care it does not curdle. *Raffald, 7. Farley, 149.*

Soup Cressy.

Take a pound of lean ham, and cut it into small bits, and put at the bottom of a stew-pan, then cut a French roll and put over the ham. Take two dozen heads of celery cut small, six onions, two turnips, one carrot, cut and washed very clean, six cloves, four blades of mace, two handfuls of water-cresses. Put them all into a stew-pan, with a pint of good broth. Cover them close, and sweat it gently for twenty minutes; then fill it up with veal broth, and stew it for four hours. Rub it through a fine sieve, or cloth, put it in your pan again; season it with salt and a little chyan pepper. Give it a simmer up, and send it to table hot, with some French roll toasted hard in it. Boil a handful of cresses till tender, in water, and put it over the bread. *Glasse, 126. Mason, 196. Farley, 156.*

Another way.

Slice all sorts of roots, stew them in good butter, with slices of ham and veal; let them stew in the butter as long as you possibly can without letting them burn; then add some good broth; let it boil till your roots are become like a marmalade, then press it through a cullis-cloth; add as much broth as necessary for your quantity of soup. If for meagre, instead of veal and ham, use carps or pike, and meagre broth. *Clermont, 25.*

Almond Soup.

Blanch a quart of almonds, and beat them in a marble mortar, with the yolks of six hard eggs, till they are a fine paste; mix them by degrees with two quarts of new milk, a quart of cream,

cream, and a quarter of a pound of double refined sugar, beat fine; stir all well together. When it is well mixed, set it over a slow fire, and keep it stirring quick all the while, till you find it is thick enough; then pour it into your dish, and send it to table. If you are not very careful, it will curdle. *Mason*, 205. from *Glassé*, 156.

Another way.

Chop a neck of veal, and the scrag end of a neck of mutton into small pieces, put them in a large tossing-pan; cut in a turnip, with a blade or two of mace, and five quarts of water; set it over the fire, and let it boil gently till it is reduced to two quarts; strain it through a hair sieve into a clear pot, then put in six ounces of almonds blanched and beat fine, half a pint of thick cream, and chyan pepper to your taste. Have ready three small French rolls, made for that purpose, the size of a small tea-cup; if they are larger, they will not look well, and drink up too much of the soup; blanch a few Jordan almonds, and cut them lengthways, stick them round the edge of the rolls flankways, then stick them all over the top of the rolls, and put them in the tureen. When dished up, pour the soup upon the rolls. These rolls look like a hedge-hog. Some French cooks give this soup the name of Hedge-hog Soup. *Raffald*, 6. *Farley*, 157.

Soup Santé, or Gravy Soup.

Put six good rasters of lean ham in the bottom of a stew-pan; then put over it three pounds of lean beef, and over the beef three pounds of lean veal, six onions cut in slices, two carrots, and two turnips sliced, two heads of celery, and a bundle of sweet herbs, six cloves, and two blades of mace; put a little water at the bottom, draw it very gently till it sticks, then put in a gallon of boiling water; let it stew for two hours, season with salt, and strain it off; then have ready a carrot cut in small pieces of two inches long, and about as thick as a goose-quill, a turnip, two heads of leeks, two heads of celery, two heads of endive cut across, two cabbage lettuces cut across, a very little sorrel, and chervil; put them in a stew pan, and sweat them for fifteen minutes gently; then put them in your soup, boil it up gently for ten minutes; put it in your tureen, with a crust of French roll.

N. B. You may boil the herbs in two quarts of water for ten minutes, if you like them best so; your soup will be the clearer. *Glassé*, 128. *Farley*, 161.

Soup Santé, with Herbs.

Of herbs or vegetables, you must make shift with celery and endives in the winter, but add a lettuce, if you can get it; provide a duckling, or a chicken neatly blanched, and boil it in
your

your soup, which is nothing more than broth or gravy. With the celery, &c. cut in bits about an inch long; let it boil gently for an hour or so; and, when it is almost your time of dining, add a little spinach, sorrel, and chervil, chopped, but not small, and boil it about five minutes; prepare your crusts in a stew-pan, and lay at the bottom of your dish; lay your duckling in the middle, and pour your soup over it; and serve it up with some thin bits of celery for garnish, or without, as you like best.

For the summer season, you may add a handful of young peas, heads of asparagus, nice little firm bits of cauliflower, bottoms of artichokes, and many other things that the season affords. *Verral, 9.*

Soup Santé the English way.

Provide about ten or twelve pounds of gravy-beef, a knuckle of veal, and the knuckle part of a leg of mutton, a couple of fowls (or two old cocks will do as well) and a gallon of water; let these stew very softly till reduced to one half set them on to stew the night before); add to them some crusts of bread; put in a bunch of sweet herbs, some celery, sorrel, chervil and purslain if agreeable; or any of them may be left out. When it is strong and good, strain it; send it to table, with either a roast or boiled fowl, or a piece of roasted or boiled neck of veal, in the middle, and some fried bread in a plate. *Cole, 194.*

Craw-fish Soup.

Boil about fifty fresh craw-fish; pick out all the meat, which you must save; pick out all the meat of a fresh lobster, which you must likewise save; pound the shells of the craw fish and lobster fine in a marble mortar, and boil them in four quarts of water, with four pounds of mutton, a pint of green split peas, nicely picked and washed, a large turnip carrot, onion, mace, cloves, anchovy, a little thyme pepper, and salt. Stew them on a slow fire till all the goodness is out of the mutton and shells, then strain it through a sieve, and put in the tails of your craw-fish and the lobster-meat, but in very small pieces, with the red coral of the lobster, if it has any; boil it half an hour, and just before you serve it up, add a little butter melted thick and smooth; stir it round several times when you put it in; serve it very hot; but do not put too much spice in it.

N. B. Pick out all the bags and the woolly part of your craw-fish, before you pound them. *Raffald. 13. Farley, 165.*

Prawns make an excellent soup, done just in the same manner; but you must observe, that there is a small bag in the carcase, full of gravel, which must be always taken out before you pound them for your stock. *Verral, 21.*

Plumb Porridge for Christmas.

Put a leg and shin of beef into eight gallons of water, and boil them till they are very tender. When the broth is strong, strain it out. Then wipe the pots, and put in the broth again. Slice six penny loaves thin, cut off the tops and bottoms, put some of the liquor to them, and cover them up, and let them stand for a quarter of an hour. Then boil and strain it, and put it into your pot. Let them boil a little, and then put in five pounds of stewed raisins of the sun, and two pounds of prunes. Let it boil a quarter of an hour, then put in five pounds of currants clean washed and picked. Let these boil till they swell, and then put in three quarters of an ounce of mace, half an ounce of cloves, and two nutmegs, all beat fine. Before you put these into the pot, mix them with a little cold liquor, and do not put them in but a little while before you take off the pot. When you take off the pot, put in three pounds of sugar, a little salt, a quart of sack, a quart of claret, and the juice of two or three lemons. You may thicken with sago instead of bread, if you please. Pour your porridge into earthen pans, and keep it for use. *Farley, 162.*

Soup and Bouillie.

For the bouillie, roll five pounds of brisket of beef tight with a tape. Put it into a stew-pan, with four pounds of the leg of mutton piece of beef, and about seven or eight quarts of water. Boil these up as quick as possible, skim it very clean; add one large onion, six or seven cloves, some whole pepper, two or three carrots, a turnip or two, a leek, and two heads of celery. Stew this very gently, close covered, for six or seven hours. About an hour before dinner, strain the soup through a piece of dymity that has been dipped in cold water. Put the rough side upwards. Have ready boiled carrots cut like little wheels, turnips cut in balls, spinach, a little chervil and sorrel, two heads of endive, one or two of celery cut in pieces. Put these into a tureen, with a Dutch loaf, or a French roll dried, after the crumb is taken out. Pour the soup to these boiling hot. Add a little salt and chyan. Take the tape from the bouillie; serve it in a separate dish; mashed turnips, and sliced carrots, in two little dishes. The turnips and carrots should be cut with an instrument that may be bought for that purpose. *Mason, 187.*

A Transparent Soup.

Cut the meat from a leg of veal in small pieces, and when you have taken all the meat from the bone, break the bone in small pieces. Put the meat in a large jug, and the bones at top, with a bunch of sweet herbs, a quarter of an ounce of mace, half

half a pound of Jordan almonds, blanched and beat fine. Pour on it four quarts of boiling water; let it stand all night by the fire, covered close. The next day put it into a well-tinned sauce-pan, and let it boil slowly till it is reduced to two quarts. Be sure you take the scum and fat off as it rises, all the time it is boiling. Strain it into a punch-bowl, let it settle for two hours, pour it into a clean sauce-pan, clear from the sediments, if any, at the bottom. Have ready three ounces of rice, boiled in water. If you like vermicelli better, boil two ounces. When enough, put it in, and serve it up. *Cole, 195.*

Green Peas Soup.

Cut a knuckle of veal, and one pound of lean ham into thin slices; lay the ham at the bottom of a soup-pot, the veal upon the ham; then cut six onions in slices, and put on two or three turnips, two carrots, three heads of celery cut small, a little thyme, four cloves, and four blades of mace. Put a little water at the bottom, cover the pot close, and draw it gently, but do not let it stick; then put in six quarts of boiling water, let it stew gently for four hours, and skim it well. Take two quarts of green peas, and stew them in some of the broth till tender; then strain them off, and put them in a marble mortar, and beat them fine. Put the liquor in and mix them up, (if you have no mortar, you must bruise them in the best manner you can). Take a tammy, or fine cloth, and rub them through till you have rubbed all the pulp out, and then put your soup into a clean pot, with half a pint of spinach juice, and boil it up for fifteen minutes. Season with salt and a little pepper. If your soup is not thick enough, take the crumb of a French roll, and boil it in a little of the soup, beat it in the mortar, and rub it through your tammy or cloth; then put in your soup and boil it up. Then put it in your tureen, with dice of bread toasted very hard. *Glassé, 129.*

Another way.

Provide a peck of peas, shell them, and boil them in spring-water till they are soft; then work them through a hair sieve; take the water that your peas were boiled in, and put in a knuckle of veal, three slices of ham, and cut two carrots, a turnip, and a few beet leaves, shred small; add a little more water to the meat, set it over the fire, and let it boil one hour and a half; then strain the gravy into a bowl, and mix it with the pulp, and put in a little juice of spinach, which must be beat and squeezed through a cloth; put in as much as will make it look a pretty colour, then give it a gentle boil, which will take off the taste of the spinach: slice in the whitest part of a head of celery, put in a lump of sugar the size of a walnut, take a slice of bread, and cut it in little square pieces; cut a little bacon
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the same way, fry them a light brown, in fresh butter; cut a large cabbage lettuce in slices, fry it after the other, put it in the tureen with the fried bread and bacon: have ready boiled, as for eating, a pint of young peas, and put them in the soup, with a little chopped mint, if you like it, and pour it into your tureen. *Raffald, 9.*

Soup à-la-Mousquetaire.

Take a pint of green peas, and a handful of sorrel; boil in your broth and gravy on a slow fire, a neck of mutton; which, when done, glaze it as a fricandeau, and serve it all together. *Dalrymple, 26.*

A Common Peas Soup.

Take a quart of split peas, put to them a gallon of soft water, a little lean bacon, or roast-beef bones; wash one head of celery, cut it, and put it in with a turnip, boil it till reduced to two quarts, then work it through a cullender, with a wooden spoon: mix a little flour and water, and boil it well in the soup, and slice in another head of celery, chyan pepper, and salt to your taste; cut a slice of bread in small dice, fry them a light brown, and put them in your dish; then pour the soup over it. *Farley, 160.*

Another way.

Cut two large onions, or three or four small ones, two carrots, some spinach, celery, endive, and a turnip, into a stew-pan; fry them with a bit of butter, so as to be as little greasy as possible. Put them into a stew-pan with four quarts of water, (if the soup is to be very rich, as much beef-broth), some roast-beef bones, if they are to be had, a red herring, or a bit of lean bacon, and a quart of split peas. Let this stew gently till the peas are very soft; pulp them through a fine cullender, or a coarse sieve. When cold, take off the top, heat the soup with celery boiled and cut to pieces, spinach, endive, and a little chyan. Cut some bread like dice, fry it very dry, put it into a tureen, and pour in the soup; add a little dried mint rubbed very fine; or if preferred, the herbs may be fried after they are boiled. Some gravy that has run from a piece of meat is a great addition. If the soup does not appear quite thick enough, mix a little flour very smooth, and add to it; but be sure to let it boil a few minutes, or the flour will taste raw. The liquor of a leg of pork makes good peas-soup in a common way, or any boiled bones, *Mason, 194.*

Peas Soup without Meat.

A British herring, with a pint of peas, celery, &c. makes good peas-soup. *Cole, 198.*

White Peas Soup.

Put four or five pounds of lean beef into six quarts of water, with a little salt, and as soon as it boils, take off the scum. Put in three quarts of old green peas, two heads of celery, a little thyme, three onions, and two carrots. Boil them till the meat is quite tender, then strain it through a hair sieve, and rub the pulp of the peas through the sieve. Split the blanched part of three coss-lettuces into four quarters, and cut them about an inch long, with a little mint cut small. Then put half a pound of butter in a stew-pan large enough to hold your soup, and put the lettuce and mint into the butter, with a leek sliced very thin, and a pint of green peas. Stew them a quarter of an hour, and shake them frequently. Then put in a little of the soup, and stew them a quarter of an hour longer. Then put in your soup, as much thick cream as will make it white, and keep stirring it till it boils. Fry a French roll a little crisp in butter, put it at the bottom of your tureen, and pour over it your soup. *Farley, 159.*

Partridge Soup.

Skin two old partridges, and cut them into small pieces, with three slices of ham, two or three onions sliced, and some celery; fry them in butter till they are as brown as they can be made without burning; then put them into three quarts of water with a few pepper-corns. Boil it slowly till a little more than a pint is consumed, then strain it, put in some stewed celery and fried bread. *Glasse, 133. Mason, 198. Raffald, 14. Farley, 155.*

Soup à la Chartre.

Take three or four sweetbreads well cleaned in warm water, and scalded in boiling; put them in your pot with scalded cocks'-combs, a faggot of parsley, green shallots, three cloves, and a few mushrooms; stew all with good broth on a slow fire; have crusts of rolls well soaked in broth in the soup-dish. then put upon this the sweetbreads, mushrooms, and cocks'-combs. *Clermont, 19.*

Portable Soup for Travellers.

Cut into small pieces three large legs of veal, one of beef, and the lean part of half a ham. Put a quarter of a pound of butter at the bottom of a large cauldron, then lay in the meat and bones, with four ounces of anchovies, and two ounces of mace. Cut off the green leaves of five or six heads of celery, wash the heads quite clean, cut them small, put them in with three large carrots cut thin, cover the cauldron close, and set it over a moderate fire. When you find the gravy begins to draw, keep taking it up till you have got it all out, then put water in to cover the meat; set it on the fire again, and let it boil slowly for four hours,

hours, then strain it through a hair sieve into a clean pan, and let it boil three parts away; then strain the gravy that you drew from the meat, into the pan, let it boil gently (observing to skim the fat off as it rises) till it looks thick like glue. You must take great care, when it is near enough, that it does not burn; put in chyan pepper to your taste, then pour it on flat earthen dishes a quarter of an inch thick, and let it stand till the next day, and cut it out with round tins a little larger than a crown piece; lay the cakes on dishes, and set them in the sun to dry. This soup will answer best to be made in frosty weather. When the cakes are dry, put them in a tin box, with writing-paper between every cake, and keep them in a dry place. This is a very useful soup to be kept in gentlemens' families, for by pouring a pint of boiling water on one cake, and a little salt, it will make a good basin of broth. A little boiling water poured on it will make gravy for a turkey or fowls. The longer it is kept the better.

N. B. It will be necessary to keep turning the cakes, as they dry. *Raffald, 2. Farley 150.*

Macaroni Soup.

Mix three quarts of strong broth, and one of gravy. Take half a pound of small pipe-macaroni, and boil it in three quarts of water, with a little butter in it, till it is tender. Then strain it through a sieve. Cut it in pieces of about two inches in length, put it into your soup, and boil it up for ten minutes. Send it to table in a tureen, with the crust of a French roll toasted. *Glasse, 126. Mason, 121.*

Soup au Bourgeois.

Cut ten or a dozen heads of endive, and four or five bunches of celery into small bits; wash them, let them be well drained from the water, and put into a large pan; pour upon them four quarts of boiling water; set on three quarts of beef gravy made for soup, in a large sauce-pan, strain the herbs from the water very dry. When the gravy boils, put them in. Cut off the crusts of two French rolls, break them, and put into the rest. When the herbs are tender, the soup is enough. A boiled fowl may be put into the middle, but it is very good without.

If a white soup is liked better, it should be veal gravy. *Cole, 199.*

Onion Soup.

Boil eight or ten large Spanish onions in milk and water; change it three times. When they are quite soft, rub them through a hair sieve. Cut an old cock into pieces, and boil it for gravy, with one blade of mace. Strain it, and pour it upon the pulp of the onions; boil it gently with the crumb of an old penny loaf, grated into half a pint of cream. Add chyan

chyan pepper and salt to your taste. A few heads of asparagus, or boiled spinach, both make it eat well and look very pretty. Grate a crust of brown bread round the edge of the dish. *Raf-fald*, 8.

Ox-Cheek Soup.

Break the bones of an ox-cheek, and wash them till they are perfectly clean. Then lay them in warm water, and throw in a little salt, which will fetch out the slime. Then take a large stew-pan, and put two ounces of butter at the bottom of it, and lay the fleshy side of the cheek-bone in it. Add to it half a pound of shank of ham cut in slices, and four heads of celery, with the leaves pulled off, and the heads washed clean. Cut them into the soup with three large onions, two carrots, a parsnip sliced, a few beets cut small, and three blades of mace. Set it over a moderate fire for a quarter of an hour, which will draw the virtue from the roots, and give to the gravy an agreeable strength. A very good gravy may be made by this method, with roots and butter, adding only a little browning to give it a good colour. When the head has simmered a quarter of an hour, put to it six quarts of water, and let it stew till it is reduced to two quarts. If you would have it eat like soup, strain and take out the meat and the other ingredients, and put in the white part of a head of celery cut in small pieces, with a little browning to make it of a fine colour. Take two ounces of vermicelli, give it a scald in the soup, and put it into the tureen, with the top of a French roll in the middle of it. If you would have it eat like a stew, take up the face as whole as possible, and have ready a boiled turnip and carrot cut in square pieces, and a slice of bread toasted and cut in small dice. Put in a little chyan pepper, and strain the soup through a hair sieve upon the meat, bread, turnip, and carrot. *Farley*, 198.

Soup Lorraine.

Take a pound of sweet almonds, blanch and beat them in a mortar, with a very little water to keep them from oiling; put to them all the white part of a large roast fowl, and the yolks of four poached eggs; pound all together as fine as possible. Take three quarts of strong veal broth; let it be very white, and skim off all the fat. Put it into a stew-pan with the other ingredients, and mix them well together. Boil them softly over a stove, or on a clear fire. Mix the white part of another roast fowl very fine; season with pepper, salt, nutmeg, and a little beaten mace. Put in a bit of butter as big as an egg, and a spoonful or two of the soup strained, and set it over the stove to be quite hot. Cut two French rolls in thin slices, and set them before the fire to crisp. Take one of the hollow rolls, which are made for oyster loaves, and fill it with the mince;

lay on the top as close as possible, and keep it hot. Strain the soup through a piece of dimity into a clean sauce-pan, and let it stew till it is the thickness of cream. Put the crisped bread in the dish or tureen, pour the sauce over it, and place the roll with the minced meat in the middle. *Muson, 191.*

Dauphin Soup.

Put a few slices of lard in the bottom of your sauce-pan, sliced ham and veal, three onions sliced, a carrot and parsnip. Soak over the fire till it catches, then add weak broth or boiling water; boil it on a slow fire till the meat is done. Pound the breast of a roasted fowl, six yolks of hard eggs, as many sweet almonds. Sift your broth, and add enough to your pounded compound as will sift it with a stamene. Soak your bread till tender, in broth; warm your cullis without boiling, and mix it with as much broth as gives it a pretty thick consistence. You may garnish this soup with a fowl, or knuckle of veal, as in all white soups. *Clermont, 21.*

Asparagus Soup.

Provide four or five pounds of beef, cut it into pieces; set it over a fire, with an onion or two, a few cloves, and some whole black pepper, a calf's foot or two, a head or two of celery, and a very little bit of butter. Let it draw at a distance from the fire. Put in a quart of warm beer three quarts of warm beef broth, or water. Let these stew till enough. Strain it, take off the fat very clean, put in some asparagus heads, cut small, (palates may be added, boiled very tender) and a toasted French roll, the crumb taken out. *Cole, 201.*

Calf's Head Soup.

After washing a calf's head clean, stew it with a bunch of sweet herbs, an onion stuck with cloves, mace, pearl barley, and Jamaica pepper. When it is very tender, put to it some stewed celery. Season it with pepper, and serve it with the head in the middle. *Cole, 202.*

Gravy Soup thickened with yellow Peas.

Put in six quarts of water, a shin of beef, a pint of peas, and six onions. Set them over the fire, and let them boil gently till all the juice is out of the meat. Then strain it through a sieve; add to the strained liquor one quart of strong gravy to make it brown; put in pepper and salt to your taste. Then put in a little celery and beet-leaves, and boil it till they are tender. *Raffald, 11.*

Giblet Soup.

Provide about two pounds of scrag of mutton, the same quantity of scrag of veal, and four pounds of gravy beef. Put this

this meat into two gallons of water, and let it stew very softly till it is a strong broth. Let it stand till it be cold, and skim off the fat. Take two pair of giblets, scalded and cleaned, put them into the broth, and let them simmer till they are very tender. Take out the giblets and strain the soup through a cloth. Put a piece of butter rolled in flour into a stew-pan, make it of a light brown. Have ready, chopped small, some parsley, chives, a little pennyroyal, and a little sweet marjoram. Put the soup over a very slow fire. Put in the giblets, fried butter, herbs, a little Madeira wine, some salt, and some chyan pepper. Let them simmer till the herbs are tender, then send the soup to table with the giblets in it. *Cole, 202.*

CHAP. XII.—SOUPS WITHOUT MEATS.

CALCULATED FOR FAST DAYS.

Soup Maigre.

PUT half a pound of butter into a deep stew-pan, shake it about, and let it stand till it has done making a noise; then have ready six middling onions peeled and cut small, throw them in, and shake them about. Take a bunch of celery, clean washed and picked, cut it in pieces half as long as your finger, a large handful of spinach clean washed and picked, a good lettuce clean washed (if you have it) and cut small, a little bundle of parsley chopped fine; shake all this well together in the pan for a quarter of an hour, then shake in a little flour; stir all together, and pour into the stew-pan two quarts of boiling water. Take a handful of dry hardcrust, throw in a tea-spoonful of beaten pepper, three blades of mace beat fine; stir all together, and let it boil softly for half an hour; then take it off the fire, and beat up the yolks of two eggs, and stir in, and one spoonful of vinegar; pour it into the soup-dish, and send it to table. If you have any green peas, boil half a pint in the soup for change. *Glasse*, 153. *Mason*, with little variation, 203. *Farley*, 152.

Queen's Rice Soup Maigre.

Take half a pound of rice, well washed in warm water, boil it tender in broth and butter; make a gravy without colouring, with carp, onions, carrots, and parsnips. When it is ready to catch, add broth, and boil it some time, then sift it; pound a dozen sweet almonds with six hard yolks of eggs, a few bits of boiled fish, crumbs of bread soaked in milk or cream; mix all together with the gravy and sift it. Warm it without boiling, and serve this cullis upon the rice. *Dalrymple*, 30.

Rice Soup.

Put a pound of rice and a little cinnamon to two quarts of water; cover it close, and let it simmer very softly till the rice is quite tender. Take out the cinnamon, then sweeten it to your palate; grate half a nutmeg, and let it stand till it is cold; then beat up the yolks of three eggs with half a pint of white wine. Mix them very well, and stir them into the rice, set them on a slow fire, and keep stirring all the time for fear of curdling. When it is of a good thickness, and boils, take it up. Keep stirring it till you put it into your dish. *Glasse*, 156. *Farley*, 164.

Oyster Soup.

Take a proper quantity of fish stock; then take two quarts
of

of oysters without the beards; beat the hard part in a mortar, with the yolks of ten hard eggs; put them to the fish stock, set it over the fire; season it with pepper, salt, and grated nutmeg. When it boils, put in the eggs; let it boil till it is of a good thickness, and like a fine cream. *Mason, 202. Farley, 166.*

Another way.

Make your stock of any sort of fish the place affords; let there be about two quarts: take a pint of oysters, beard them, put them into a sauce-pan, strain the liquor, let them stew two or three minutes in their own liquor; then take the hard parts of the oysters, and beat them in a mortar with the yolks of four hard eggs; mix them with some of the soup; put them with the other part of the oysters and liquor into a sauce-pan, a little nutmeg, pepper and salt; stir them well together, and let it boil a quarter of an hour. Dish it up, and send it to table. *Cole, 204.*

Green Peas Soup.

In shelling your peas, separate the old ones from the young, and boil the old ones soft enough to strain through a cullender; then put the liquor, and what you strained through, to the young peas, which must be whole, and some whole pepper, mint, and a little onion shred small; put them in a large sauce-pan, with near a pound of butter; as they boil up, shake in some flour; then put in a French roll fried in butter, to the soup; you must season it to your taste with salt and herbs. When you have done so, add the young peas to it, which must be half boiled first. You may leave out the flour, if you think proper, and instead of it, put in a little spinach and cabbage lettuce, cut small, which must be fried in butter, and well mixed with the broth. *Raffald, 12.*

Another way.

Boil a quart of old green peas in a quart of water, till they are as tender as pap, then strain them through a sieve, and boil a quart of young peas in that water. In the mean time put the old peas into a sieve, pour half a pound of melted butter over them, and strain them through a sieve with the back of a spoon, till you have got all the pulp. When the young peas are boiled enough, add the pulp and butter to the young peas and liquor; stir them together till they are smooth, and season with pepper and salt. You may fry a French roll, and let it swim in the dish. If you like it, boil a bundle of mint in the peas. *Glasse, 153.*

Mrs. Mason, page 204, has the same receipt in different words.

Onion Soup.

Brown half a pound of butter with a little flour; take care it does not burn. When it has done hissing, slice a dozen of large white onions, fry them very gently till they are tender; then pour to them, by degrees, two quarts of boiling water, shaking the pan well round as it is poured in; add also a crust of bread. Let it boil gently for half an hour; season it with pepper and salt. Take the top of a French roll, and dry it at the fire; put it into a sauce-pan with some of the soup to soak it; then put it into the tureen. Let the soup boil some time after the onions are tender, as it gives the soup a great richness; strain it off, and pour it upon the French roll. *Mason,* 203.

Eel Soup.

Take a pound of eels, which will make a pint of good soup, or any greater quantity of eels, in proportion to the quantity of soup you intend to make. To every pound of eels, put a quart of water, a crust of bread, two or three blades of mace, a little whole pepper, an onion, and a bundle of sweet herbs. Cover them close, and let them boil till half the liquor is wasted; then strain it, and toast some bread; cut it small, lay the bread into your dish, and pour in the soup. If you have a stew-hole, set the dish over it for a minute, and send it to table. If you find your soup not rich enough, you may let it boil till it is as thick as you would have it. You may add a piece of carrot to brown it. *Farley,* 167.

Peas Soup.

Put a quart of split peas into a gallon of water to boil. When they are quite soft, put in half a red herring, or two anchovies, a good deal of whole pepper, black and white, two or three blades of mace, four or five cloves, a bundle of sweet herbs, a large onion, the green tops of a bunch of celery, and a good bundle of dried mint; cover them close, and let them boil softly till there is about two quarts; then strain it off, and have ready the white part of the celery washed clean, and cut small and stewed tender in a quart of water, some spinach picked and washed clean, put to the celery; let them stew till the water is quite wasted, and put it to your soup.

Take out the crumb of a French roll, fry the crust brown in a little fresh butter; take some spinach, stew it in a little butter, after it is boiled, and fill the roll; take the crumb, cut it in pieces, beat it in a mortar with a raw egg, a little spinach, and a little sorrel a little beaten mace, a little nutmeg, and an anchovy; then mix it up with your hand, and roll them into balls with a little flour, and cut some bread into dice, and fry them crisp; pour your soup into your dish, put in the balls and bread,
and

and the roll in the middle. Garnish your dish with spinach. If it want salt, you must season it to your palate; rub in some dried mint. *Glasse*, 152.

Mussel Soup.

Wash a hundred mussels very clean, and put them into a sauce-pan till they open, then take them from the shells, beard them, and strain the liquor through a lawn sieve; beat a dozen craw-fish very fine, with as many almonds blanched in a mortar; then take a carrot and a small parsnip scraped, and cut in slices, fry them in butter; take the mussel liquor, with a small bunch of sweet herbs, a little parsley and horse-radish, with the craw-fish and almonds, a little pepper and salt, and half the mussels, with a quart of water or more; let it boil till all the goodness is out of the ingredients, then strain it off to two quarts of the white fish-stock; put it into a sauce-pan; put in the rest of the mussels, a few mushrooms and truffles, a leek washed and cut small; take two French rolls, cut out the crumb, fry it brown, cut it into little pieces, and put it into the soup; let it boil together for a quarter of an hour, with the fried carrot and parsnip; at the same time, take the crust of the roll, and fry them crisp. Take the other half of the mussels, a quarter of a pound of butter, a spoonful of water; shake in a little flour, set them on the fire till the butter is melted; season it with pepper and salt, then beat the yolks of three eggs. put them in, stir them all the time for fear of curdling; grate a little nutmeg. When it is thick and fine, fill the rolls, pour the soup into the tureen, and set the rolls in the middle. *Cole*, 206.

Barley Soup.

To a gallon of water put half a pound of barley, a blade or two of mace, a large crust of bread, and a little lemon-peel. Let it boil till it comes to two quarts; then add half a pint of white wine, and sweeten to your palate. *Cole*, 207.

Scate Soup.

Having skinned and washed two pounds of scate, boil it in six quarts of water. When it is boiled, take the meat from the bones; take two pounds of flounders, wash them clean, put them into the water the scate was boiled in, with some lemon-peel, a bunch of sweet herbs, a few blades of mace, some horse-radish, the crust of a penny loaf, a little parsley, and the bones of the scate; cover it very close, and let it simmer till it is reduced to two quarts; then strain it off, and put to it an ounce of vermicelli; set it on the fire, and let it boil very softly. Take one of the hollow rolls which are made for oysters, and fry it in butter. Take the meat of the scate, pull it into little slices, put it into a sauce-pan, with two or three spoonfuls

of the soup; shake into it a little flour and a piece of butter, some pepper and salt; shake them together in a sauce-pan till it is thick, then fill the roll with it; pour the soup into the tureen, put the roll into it, and send it to table. *Mason*, 201.

Mr. Farley, page 168, has the same receipt in substance, though expressed in different words.

Mrs. Glasse, page 155, has also the same receipt; to whom *Mrs. Mason* and *Mr. Farley* appear to be indebted.

Egg Soup.

Beat the yolks of two eggs in a dish, with a piece of butter, as big as a hen's egg; take a tea-kettle of boiling water in one hand, and a spoon in the other. Pour in about a quart, by degrees, then keep stirring it well all the time, till the eggs are well mixed, and the butter melted. Then pour it into a sauce-pan, and keep stirring it all the time till it begins to simmer. Take it off the fire, and pour it between two vessels, out of one into another, till it is quite smooth, and has a great froth. Set it on the fire again, keep stirring it till it is quite hot, then pour it into your soup-dish, and send it hot to table. *Farley*, 165.

Milk Soup.

Put into two quarts of milk, two sticks of cinnamon, two bay-leaves, a very little basket salt, and a very little sugar; then blanch half a pound of sweet almonds while the milk is heating; beat them up to a paste in a marble mortar, mix with them, by degrees, some milk. While they are beating, grate the peel of a lemon with the almonds and a little of the juice; then strain it through a coarse sieve, and mix it with the milk that is heating in the stew-pan, and let it boil up.

Cut some slices of French bread, dry them before the fire, soak them a little in the milk, lay them at the bottom of the tureen, and pour in the soup. *Cole*, 208.

Milk Soup the Dutch way.

Boil a quart of milk with cinnamon and moist sugar; put sippets in the dish, pour the milk over it, and set it over a charcoal fire to simmer till the bread is soft. Take the yolks of two eggs, beat them up, and mix it with a little of the milk, and throw it in. Mix it all together, and send it up to table. *Cole*, 208.

Turnip Soup Italian fashion.

Cut turnips in what shape you please, colour them with butter in a stew-pan, and two spoonfuls of oil; add slices of roots, &c. and boil them in good fish gravy; give it a consistence with any sort of porridge. *Clermont*, 25.

CHAP. XIII.—GRAVIES AND BROTHS.

Brown Gravy without Meat.

MELT a piece of butter as big as a walnut in a faucepan; stir it round, and when the broth sinks, dust some flour in it. Then take half a pint of small beer that is not bitter, and half a pint of water, a spoonful of walnut-liquor, or catchup, the same quantity of mushroom liquor, one anchovy, a little blade of mace, some whole pepper, and a bit of carrot. Let it simmer for a quarter of an hour, and then strain it off. Use it for fish or fowl. *Mason*, 327.

Good brown Gravy.

To half a pint of beer or ale that is not bitter, put half a pint of water, an onion cut small, a little bit of lemon-peel cut small, three cloves, a blade of mace, some whole pepper, a spoonful of mushroom-pickle, a spoonful of walnut-pickle, a spoonful of catchup, and an anchovy. First put a piece of butter into a fauce-pan, as big as an hen's egg; when it is melted, shake in a little flour, and let it be a little brown; then by degrees stir in the above ingredients, and let it boil a quarter of an hour, then strain it, and it is fit for fish or roots. *Cole*, 209.

Gravy for a Turkey, Fowl, or Ragoo.

Take a pound of lean beef, cut and hack it well, then flour it well. Put a piece of butter, as big as an hen's egg, in a stew-pan; when it is melted, put in your beef, fry it on all sides a little brown; then pour in three pints of boiling water, and a bundle of sweet herbs, two or three blades of mace, three or four cloves, twelve whole pepper-corns, a little bit of carrot, a little piece of crust of bread-toasted brown; cover it close, and let it boil till there is about a pint or less. Then season it with salt, and strain it off. *Glasse*, 125.

To make Gravy.

As gravy is not always to be procured, especially by those who live remote from large towns, in such cases the following directions may be useful: When your meat comes from the butcher's, take a piece of beef, veal and mutton, and cut them into small pieces. Take a large deep fauce-pan, with a cover, lay your beef at bottom, then your mutton, then a very little piece of bacon, a slice or two of carrot, some mace, cloves, whole black and white pepper, a large onion cut in slices, a bundle of sweet herbs, and then lay in your veal. Cover it close over a slow fire for six or seven minutes, and shake the fauce-pan often; then dust some flour into it, and pour in boiling

ing water till the meat is something more than covered. Cover it close again, and let it stew till it is rich and good. Then season it to your taste with salt, and strain it off; when you will have a gravy that will answer most purposes. *Farley, 137.*

Gravy for a Fowl, when you have neither Meat nor Gravy ready.

Boil the neck, liver, and gizzard of the fowl in half a pint of water, with a little piece of bread toasted brown, a little pepper and salt, and a little bit of thyme. Let them boil till there is a quarter of a pint; then pour in half a glass of red wine, boil it, and strain it, then bruise the liver well in, and strain it again, thicken it with a little piece of butter rolled in flour, and it will be very good.

An ox's kidney makes good gravy, cut all to pieces, and boiled with spices, &c. *Cole, 210.*

Beef Gravy.

Take some lean beef, according to the quantity of gravy that is wanted, cut it into pieces; put it into a stew-pan, with an onion or two sliced, and a little carrot; cover it close, set it over a gentle fire; pour off the gravy as it draws from it, then let the meat brown, turning it that it may not burn. Pour over it boiling water; add a few cloves, pepper-corns, a bit of lemon-peel, a bunch of sweet herbs. Let this simmer gently; strain it with the gravy that was drawn from the meat. Add a spoonful of catchup and some salt.

A pound of meat will make a pint of gravy. *Mason, 328.*

Mutton or Veal Gravy.

Take your mutton or veal, cut and hack it very well, set it on the fire with water, sweet herbs, mace and pepper. Let it boil till it is as good as you would have it, then strain it off. Your great cooks always, if they can, chop a partridge or two and put into gravies. *Cole, 210.*

A strong Fish Gravy.

Take two or three eels, or any other fish you may have; skin or scale them, gut them and wash them from grit, cut them in little pieces, put them into a stew-pan, cover them with water, a little crust of bread toasted brown, a blade or two of mace, and some whole pepper, a few sweet herbs, and a very little bit of lemon-peel. Let it boil till it is rich and good; then have ready a piece of butter, according to your gravy. If a pint, as big as a walnut. Melt it in the sauce-pan, then shake in a little flour, toss it about till it is brown, and then strain in the gravy to it. Let it boil a few minutes, and it will be good. *Glasse, 127.*

Mutton

Mutton Broth.

Cut a neck of mutton, of about six pounds, into two, and boil the scrag in about four quarts of water. Skim it well, and put in a little bundle of sweet herbs, an onion, and a good crust of bread. Having boiled this an hour, put in the other part of the mutton, a turnip or two, some dried marigolds, a few chives chopped fine, and a little parsley chopped small. Put these in about a quarter of an hour before your broth is enough, and season it with salt. You may, if you choose it put in a quarter of a pound of barley or rice at first. Some like it thickened with oatmeal, and some with bread, and some have it seasoned with mace, instead of sweet herbs and onion; but these are mere matters of fancy, on which the difference of palates must determine. If you use turnips for sauce, do not boil them all in the pot with the meat, but some in the sauce pan, by themselves, otherwise the broth will taste too strong of them. *Farley, 150. From Glasse, 132.*

Another way.

Boil a scrag of mutton in between three and four quarts of water; skim it as soon as it boils, and put to it a carrot, a turnip, a crust of bread, an onion, and a small bundle of herbs; let these stew. Put in the other part of the neck, that it may be boiled tender; when enough, take out the mutton, and strain the broth. Put in the mutton again, with a few dried marigolds, chives, or young onions, and a little parsley chopped; boil these about a quarter of an hour. The broth and mutton may be served together in a tureen; or the meat in a separate dish. Do not send up the scrag, unless particularly liked. Some do not like herbs: the broth must then be strained off. Send up mashed turnips in a little dish. The broth may be thickened either with crumbs of bread or oatmeal. *Mason.*

Veal Broth.

Take a knuckle of veal, stew it in about a gallon of water, two ounces of rice or vermicelli, a little salt, and a blade of mace. *Cole, 211.*

Scotch Barley Broth.

Chop a leg of beef all to pieces, boil it in three gallons of water, with a piece of carrot, and a crust of bread, till it is half boiled away; then strain it off, and put it into the pot again with half a pound of barley, four or five heads of celery washed clean and cut small, a large onion, a bundle of sweet herbs, a little parsley chopped small, and a few marigolds. Let it boil an hour. Take an old cock, or a large fowl, clean pickled and washed, and put it into the pot, boil it till the broth is quite

quite good; then season it with salt, and send to table, with the fowl in the middle. This broth is very good without the fowl. Take out the onion and sweet herbs before you send it to table.

This broth is very good, when made with a sheep's head instead of a leg of beef; but you must chop the head all to pieces. *Cole, 211.*

Beef Broth.

Break the bone of a leg of beef in two or three places, put it into a gallon of water, two or three blades of mace, a little parsley, and a crust of bread; boil the beef very tender, strain the broth, and pour it into a tureen; if agreeable, the meat may be put in with it. Toast some bread, cut it into squares, and put it in a plate. *Cole, 212.*

Strong Beef Broth to keep for use.

Take part of a leg of beef, and the scrag end of a neck of mutton, break the bones in pieces, and put to it as much water as will cover it, and a little salt; and when it boils, skim it clean, and put into it a whole onion stuck with cloves, a bunch of sweet herbs, some pepper, and a nutmeg quartered. Let these boil till the meat is boiled in pieces, and the strength boiled out of it. Strain it out, and keep it for use. *Glassé, 206. Mason, 128.*

Jelly Broth

Put in your pot or stew-pan slices of beef, a fillet of veal, a fowl, one or two partridges, according to the quantity required; put it on the fire till it catches a little, and turn the meat now and then to give it a proper colour; then add some good clear boiling broth, and scalded roots, as carrots, turnips, parsnips, parsley-roots, celery, large onions, a few cloves, a small bit of nutmeg, and some whole pepper; boil it upon a slow fire about four or five hours with attention, and add a few cloves of garlic or shallot, a small faggot or bunch of parsley and thyme tied together; when it is of a good colour, lift it; it serves for sauces, and to add strength to your soups, particularly those made of herbs. *Clermont, 3.*

Chicken Broth.

Take an old cock, or large fowl, and flay it; pick off all the fat, and break it to pieces with a rolling pin; put it into two quarts of water, with a good crust of bread and a blade of mace; let it boil softly till it is as good as you would have it; it will take five or six hours doing. Then pour it off, put a quart more boiling water to it, and cover it close; let it boil softly till it is good, and then strain it off; season with a very little

little salt. When you boil the chicken, save the liquor; and when the meat is eat take the bones, break them, and put them to the liquor you boiled the chicken in, with a blade of mace, and a crust of bread, *Cole*, 212.

Broth to sweeten the sharpness of the blood.

Slice half a pound of veal; boil it in three pints of water, with five or six craw-fish, pounded; add to it white endives, a small handful of chervil, and as much purslain, three or four lettuces, all coarsely chopped; reduce the liquid to half, and strain it through a cloth or stamine, without skimming it. *Clermont*, 5.

CHAP. XIV. FRICASSEES.

To fricassée Chickens.

SKIN your chickens, and cut them in small pieces, wash them in warm water, and then dry them very clean with a cloth; season them with pepper and salt, and then put them into a stew-pan with a little fair water, and a good piece of butter, a little lemon-pickle, or half a lemon, a glass of white wine, one anchovy, a little mace and nutmeg, an onion stuck with cloves, a bunch of lemon-thyme, and sweet marjoram; let these stew together till your chickens are tender, and then lay them on your dish; thicken the gravy with flour and butter, strain it, then beat the yolks of three eggs a little, and mix them with a large tea-cupful of rich cream, and put it in your gravy, and shake it over the fire, but do not let it boil, and pour it over your chickens. *Raffald, 125.*

A brown fricassée of Chickens or Rabbits.

Take your rabbits or chickens, and skin the rabbits but not the chickens, then cut them into small pieces, and rub them over with the yolks of eggs. Have ready some grated bread, a little beaten mace, and a little grated nutmeg mixed together, and then roll them in it; put a little butter into a stew-pan, and when it is melted, put in your meat. Fry it of a fine brown, and take care they do not stick to the bottom of the pan; then pour the gravy from them, and pour in half a pint of brown gravy, a glass of white wine, a few mushrooms, or two spoonfuls of the pickle, a little salt (if wanted) and a piece of butter rolled in flour. When it is of a fine thickness, dish it up, and send it to table. You may add truffles and morels, and cocks' combs. *Glasse, 22.*

A white fricassée of Chickens or Rabbits.

Skin them, cut them to pieces, lay them in warm water; stew them in a little water, with a piece of lemon-peel, a little white wine, an anchovy, an onion, two or three cloves, a bunch of sweet herbs. When tender, take them out, strain the liquor, put a very little of it into a quarter of a pint of thick cream, with four ounces of butter, and a little flour; keep it constantly stirring till the butter is melted; put in the chickens, a little grated lemon-peel and pounded mace, a little lemon-juice and mushroom-powder; shake all together over the fire. If agreeable, put in pickled mushrooms, and omit the lemon-juice. *Mason, 266.*

N. B. You may fricassée lamb, veal, and tripe, in the same manner.

To fricassée Rabbits brown

Cut them up as for eating, fry them in butter a light brown, put them in a tossing pan, with a pint of water, a tea-spoonful of lemon-pickle, a large spoonful of mushroom catchup, the same of browning, one anchovy, a slice of lemon chyan pepper and salt to your taste; stew them over a slow fire till they are enough; thicken your gravy and strain it, dish up your rabbits, and pour the gravy over. *Cole, 214.*

To fricassée Rabbits white.

Having cut up your rabbits, put them into a tossing-pan, with a pint of veal gravy, a tea-spoonful of lemon-pickle, one anchovy, a slice of lemon, a little beaten mace, chyan pepper and salt; stew them over a slow fire. When they are enough, thicken your gravy with flour and butter; strain it, then add the yolks of two eggs mixed with a large tea-cupful of thick cream, and a little nutmeg grated in it; do not let it boil, and serve it up. *Cole, 214.*

To fricassée Tripe.

Cut a piece of double tripe in pieces of about two inches; put them in a sauce-pan of water, with an onion, and a bundle of sweet herbs; boil it till it is quite tender, then have ready a bishamel made thus: Take some lean ham, cut it in thin pieces, and put it in a stew-pan, and some veal, having first cut off the fat, put it over the ham; cut an onion in slices, some carrot and turnip, a little thyme, cloves, and mace, and some fresh mushrooms chopped; put a little milk at the bottom, and draw it gently over the fire. Be careful it does not scorch, then put in a quart of milk, and half a pint of cream; stew it gently for an hour, thicken it with a little flour and milk, season it with salt, and a very little chyan pepper bruised fine; then strain it off through a tammy; put your tripe into it, toss it up, and add some force-meat balls, mushrooms and oysters blanched; then put it into your dish, and garnish with fried oysters, or sweet-breads, or lemons. *Glasse, 24.*

Another way.

Cut some nice white tripe into slips, put it into some boiled gravy with a little cream and a bit of butter mixed with flour; stir it till the butter is melted; add a little white wine, lemon-peel grated, chopped parsley, pepper and salt, pickled mushrooms or lemon-juice; shake all together; stew it a little. *Mason, 135.*

To fricassée Ox Palates.

Clean your palates very well, put them into a stew-pot, and cover them with water, set them in the oven for three or four hours. When they come from the oven, strip off the skins,
and

and cut them in square pieces; season them with mace, nutmeg, chyan, and salt; mix a spoonful of flour with the yolks of two eggs, dip in your palates, and fry them a light brown, then put them in a sieve to drain. Have ready half a pint of veal gravy, with a little caper liquor, a spoonful of browning, and a few mushrooms; thicken it well with flour and butter, pour it hot on your dish, and lay in your palates. Garnish with fried parsley and barberries. *Roffald, 120.*

Another way.

Boil and peel your palates, and cut them in small fillets; put them into a stew-pan with a little butter, a slice of ham, mushrooms, a nosegay*, two cloves, a little tarragon, a glass of white wine, and broth; simmer them till they are quite tender; add salt, pepper, and a little chopped parsley. When ready to serve, add a liaison made of three yolks of eggs, cream, and some bits of good butter; and add the squeeze of a lemon when ready. *Clermont, 55.*

To fricassée Calves Tongues.

Get two tongues, which are enough for a small dish; boil them till the skin comes well off the ragged parts, and slice them very thin, put them into a stew-pan with a ladle or two of broth, and put in a bunch of onions and parsley, a blade of mace, pepper and salt. Let all stew softly till very tender, and liaison, pour it in when boiling hot, cover it close, and let it remain so till your time of dining; move it upon a stove for a minute or two, squeeze in a lemon or orange, and dish it up. *Verral, 122.*

To fricassée Neats Tongues.

Boil your neats tongues till they are tender, peel them, cut them into slices, and fry them in fresh butter; then pour out the butter, put in as much gravy as you want for sauce, a bundle of sweet herbs, an onion, some pepper and salt, a blade or two of mace, and a glass of white wine. Having simmered all together about half an hour, take out the tongues, strain the gravy, and put both that and the tongues into the stew-pan again. Beat up the yolks of two eggs, a little nutmeg grated, and a small piece of butter rolled in flour. Shake all together for four or five minutes, and dish it up. *Farley, 85.*

To fricassée Calf's Feet.

Boil the feet, take out the long bones, split them, and put them into a stew-pan, with some veal gravy, and a very little white wine; beat the yolks of two or three eggs with a little cream, and put to them a little grated nutmeg, some salt, and

* *A faggot of parsley, onions, shallots, &c.*

a piece of butter; stir it till it is of a proper thickness. *Cole, 216.*

To fricassée Pigeons.

Cut your pigeons as you would do chickens for fricassée, fry them a light brown, then put them into some good mutton gravy, and stew them near half an hour; then put in half an ounce of morels, a spoonful of browning, and a slice of lemon; take up your pigeons, and thicken your gravy; strain it over your pigeons, and lay round them force-meat balls, and garnish with pickles. *Raffald, 133. Farley, 84.*

To fricassée Lamb Cutlets.

Cut a leg of lamb into thin cutlets across the grain, and put them into a stew-pan; in the mean time make some good broth with the bones, shank, &c. enough to cover the collops; put it into the stew-pan, and cover it with a bundle of sweet herbs, an onion, a little cloves and mace tied in a muslin rag, and stew them gently for ten minutes; then take out the collops, skim off the fat, and take out the sweet herbs and mace; thicken it with butter rolled in flour, season it with salt and a little chyan pepper, put in a few mushrooms, truffles, and morels, clean washed, some force-meat balls, three yolks of eggs beat up in half a pint of cream, and some nutmeg grated. Keep stirring it one way till it is thick and smooth, and then put in your collops. Give them a toss up, take them out with a fork, and lay them in a dish; pour the sauce over them, and garnish with beet-root and lemon. *Mason, 171.*

To fricassée Sweetbreads brown.

Having scalded two or three sweetbreads, slice them, and dip them in the yolk of an egg, mixed with pepper, salt, nutmeg, and a little flour; fry them a nice brown, thicken a little good gravy with some flour; boil it well; add chyan, catchup, or mushroom powder, a little juice of lemon; stew the sweetbreads in this a few minutes; garnish with lemon. *Cole, 217.*

To fricassée Sweetbreads white.

Scald and slice your sweetbreads, put them into a tossing-pan with a pint of veal gravy, a spoonful of white wine, the same of mushroom catchup, and a little beaten mace; stew them a quarter of an hour, thicken your gravy with flour and butter a little before they are enough. When you are going to dish them up, mix the yolk of an egg with a tea-cupful of thick cream and a little grated nutmeg; put it into your tossing-pan, and shake it well over the fire, but do not let it boil; lay your sweetbreads on your dish, and pour your sauce over them. Garnish with pickled red beet-root and kidney beans. *Raffald, 99.*

To fricassée Eels.

Skin three or four large eels, and notch them from end to end, cut them into four or five pieces each, and lay them in some spring water for half an hour to crimp them; dry them in a cloth, and tofs them over the fire a few minutes in a bit of fresh butter, a green onion or two, and a little parsley minced; but take care the colour of neither is altered by burning your butter; pour in about a pint of white wine, and as much good broth, pepper, salt, and a blade of mace; stew all together about three quarters of an hour, and thicken it with a bit of butter and flour. Prepare your liaison with the yolks of four or five eggs beat smooth, with two or three spoonfuls of broth; grate in a little nutmeg, a little minced parsley; towards your dinner time, let your eels be boiling hot, and pour in your eggs, &c. Tofs it over the fire for a moment, add the juice of a lemon, and serve it up. Be very cautious that you do not let it curdle, by keeping it too long upon the fire after the eggs are in.

Tench cut in pieces make a very good dish done in the same manner. *Verral*, 70.

To fricassée Carp Roes.

Put a little good butter in a stew-pan, with a dozen small mushrooms, a slice of ham, the squeeze of a lemon, and a faggot of sweet herbs; soak it on a slow fire a little while, then add a little flour, and as many carp roes as you think proper, with a little good broth; stew them about a quarter of an hour, seasoning with pepper and salt. When ready to serve, thicken it with a liaison made with the yolks of two or three eggs and cream, with a little chopped parsley. *Dalrymple*, 407.

To fricassée Flounders and Plaice.

After cleaning the fish, take off the black skin, but not the white; cut the flesh from the bones into long slices, and dip them into yolk of egg; strew over them some bread raspings, and fry them in clarified butter. When they are enough, lay them upon a plate, and keep them hot. For sauce—take the bones of the fish, boil them in some water; then put in an anchovy, some thyme, parsley, a little pepper, salt, cloves, and mace. Let these simmer till the anchovy is dissolved, then take the butter the fish was fried in, put it into a pan over the fire; shake some flour into it, and keep stirring it while the flour is shaking in; then strain the liquor into it, and let it boil till it is thick; squeeze some lemon-juice into it; put the fish into a dish, and pour the sauce over them.

To fricassée Scate, or Thornback.

Cut the meat from the bones, fins, &c. and make it very clean. Then cut it into thin pieces, about an inch broad, and
two

two inches long, and lay them in your stew-pan. To one pound of the flesh, put a quarter of a pint of water, a little beaten mace, and grated nutmeg, a small bundle of sweet herbs, and a little salt. Cover it, and let it boil fifteen minutes. Take out the sweet herbs, put in a quarter of a pint of good cream, a piece of butter the size of a walnut, rolled in flour, and a glass of white wine. Keep shaking the pan all the time one way, till it is thick and smooth; then dish it up, and garnish with lemon. *Farley*, 88.

To fricassée Cod Sounds.

Having cleaned them very well, cut them into little pretty pieces, boil them tender in milk and water, then throw them into a cullender to drain; pour them into a clean saucepan, season them with a little beaten mace and grated nutmeg and a very little salt; pour to them just cream enough for sauce, and a good piece of butter rolled in flour; keep shaking your saucepan round all the time, till it is thick enough; then dish it up, and garnish with lemon. *Glassé*, 182.

To fricassée Oysters.

Put a little butter in a stew-pan, with a slice of ham, a faggot of parsley and sweet herbs, and one onion stuck with two cloves; soak it a little on a slow fire, then add a little flour, some good broth, and a piece of lemon-peel; then put scalded oysters to it, and simmer them a little. When ready to serve, thicken it with a liaison made of the yolks of two eggs, a little cream, and a bit of good butter; take out the ham, faggot, onion, and lemon-peel, and add the squeeze of a lemon. *Dalrymple*, 408.

To fricassée Eggs.

Boil your eggs pretty hard and slice them; then take a little veal gravy, a little cream and flour, a bit of butter, nutmeg, salt, pepper, chopped parsley, and a few pickled mushrooms; boil this up, pour it over the eggs; a hard yolk laid in the middle of the dish; toasted sippets. *Mason*, 288.

To fricassée Mushrooms.

Peel your mushrooms, and scrape the inside of them, throw them into salt and water; if buttons, rub them with flannel, take them out and boil them with fresh salt and water. When they are tender, put in a little shred parsley, an onion stuck with cloves; toss them up with a good lump of butter rolled in a little flour. You may put in three spoonfuls of thick cream, and a little nutmeg cut in pieces; but take care to take out the nutmeg and onion before you send it to table. You may leave out the parsley, and stew in a glass of wine, if you like it. *Raffald*, 143. *Farley*, 86.

To fricassée Artichoke Bottoms.

Take artichoke bottoms, either dried or pickled; if dried, you must lay them in warm water for three or four hours, shifting the water two or three times; then have ready a little cream and a piece of fresh butter stirred together one way till it is melted; then put in the artichokes, and when they are hot, dish them up. *Glasse, 196.*

To fricassée Skirrets.

Having washed the roots very well, and boiled them till they are tender, take the skin off the roots and cut them into slices. Have ready a little cream, a piece of butter rolled in flour, the yolk of an egg beat, a little nutmeg grated, two or three spoonfuls of white wine, a very little salt, and stir all together. Your roots being in the dish, pour the sauce over them. It is a pretty side dish.

CHAP. XV.—OF FISH.

Turbot au Court Bouillon, with Capers.

WASH and dry a small turbot, then take some thyme, parsley, sweet herbs, and an onion sliced; put them into a stew-pan, then lay in the turbot (the stew-pan should be just large enough to hold the fish) strew over the fish the same herbs that are under it, with some chives and sweet basil; then pour in an equal quantity of white wine, and white wine vinegar till the fish is covered; then strew in a little bay-salt, with some whole pepper: set the stew-pan over a gentle stove increasing the heat by degrees till it is enough; then take it off the fire, but do not take the turbot out; set a saucepan on the fire with a pound of butter, two anchovies, split, boned, and washed, two large spoonfuls of capers cut small, some chives whole, and a little pepper, salt, some nutmeg grated, a little flour, a spoonful of vinegar, and a little water; set the saucepan over the stove, and keep shaking it round for some time, and set the turbot on to make it hot; put it in a dish, and pour some of the sauce over it; lay some horse-radish round it, and put what remains of the sauce in a boat.

Soles, flounders, large plaice or dabs, are very good done this way. *Mason, 212.*

To fry a Turbot.

Take a small turbot and cut it across as if it were ribbed. When it is quite dry, flour it and put it into a large frying-pan, with boiling lard enough to cover it; fry it till it is brown, then drain it; clean the pan, put into it claret or white wine, almost enough to cover it, anchovy, salt, nutmeg, and a little ginger; put in the fish, and let it stew till half the liquor is wasted; then take it out, and put in a piece of butter rolled in flour, and a minced lemon; let them simmer till of a proper thickness, rub a hot dish with a piece of shallot, lay the turbot in the dish, and pour the sauce over it. *Cole, 220.*

To bake a Turbot.

Take a dish about the size of the turbot, rub butter thick all over it, throw a little salt, a little beaten pepper, and half a large nutmeg, some parsley minced fine, and throw all over; pour in a pint of white wine, cut off the head and tail, lay the turbot in the dish, pour another pint of white wine all over, grate the other half of the nutmeg over it, and a little pepper, some salt, and chopped parsley. Lay a piece of butter here and there all over, and throw a little flour all over, and then a good many crumbs of bread. Bake it, and be sure that it is a fine brown;

then lay it in your dish, stir the sauce in your dish all together, pour it into a saucepan, shake in a little flour, let it boil, then stir in a piece of butter and two spoonfuls of catchup, let it boil, and pour it into basons. Garnish your dish with lemon; and you may add what you fancy to the sauce, as shrimps, anchovies, mushrooms, &c. If a small turbot, half the wine will do. It eats finely thus. Lay it in a dish, skim off all the fat, and pour the rest over it. Let it stand till cold, and it is good with vinegar, and a fine dish to set out a cold table. *Glaspe*, 178.

Turbot with Pontiff Sauce.

Take a fish kettle or stew-pan much of the size of the turbot, with a fish-plate in it, and garnish it with thin slices of ham and veal, sliced roots and onions, one clove of garlic, a little whole pepper, and three cloves; soak it on a slow fire near half an hour, then add a bottle of white wine, and as much broth, with salt sufficient; stew it on a slow fire till the meat is done, then strain the sauce, put the turbot to it, and stew it on a slow fire till it is done; then drain it, and serve it with pontiff sauce; or you may serve it with the sauce it was stewed in, thickening it with flour and butter, and seasoning it according to taste and judgment. *Dalrymple*, 304.

Salmon a-la-braise.

Make a force-meat thus:—take a large eel, slit it open, and take out the bone, and take the meat quite clean from it; chop it fine, with two anchovies, some lemon-peel cut fine, a little pepper and grated nutmeg, with some parsley and thyme cut fine, a yolk of an egg boiled hard. Mix them all together, and roll them up in a piece of butter; then take a large piece of fine salmon, or a salmon-trout, put the force-meat into the belly of the fish, sew it up, and lay it in an oval stew-pan that will just hold it; then take half a pound of fresh butter, put it into a stew-pan. When it is melted shake in a little flour; stir it till it is a little brown, then put to it a pint of fish broth, with a pint of Madeira. Season it with salt, mace, cloves, and whole pepper tied in a muslin rag; put in an onion and a bunch of sweet herbs. Stir it all together, and put it to the fish. Cover it down very close, and let it stew. When the fish is almost done, put in some fresh or pickled mushrooms, truffles, or morels, cut in pieces; let them stew all together till the fish is quite done. Take the salmon up carefully, lay it in a dish, and pour the sauce over it. *Mason*, 215.

To roll Salmon.

Take a side of salmon, when split and the bone taken out and scalded, strew over the inside pepper, salt, nutmeg, and
mace,

mace, a few chopped oysters, parsley, and crumbs of bread, roll it up tight, put it into a deep pot, and bake it in a quick oven; make the common fish sauce and pour over it. Garnish with fennel, lemon and horse-radish. *Raffald, 24, from Mason, 215.*

To broil Salmon.

Cut your fresh salmon into thick pieces, and flour and broil them. Lay them in your dish, and serve them up with plain melted butter in a boat. *Farley, 51.*

Salmon in Cases.

Cut your salmon into small pieces, such as will lay rolled in half sheets of paper. Season it with pepper, salt, and nutmeg; butter the inside of the paper well. fold the paper so as nothing can come out, then lay them in a tin plate to be baked, pour a little melted butter over the papers, and then crumbs of bread over them. Do not let your oven be too hot, for fear of burning the paper. A tin oven before the fire does best. When you think they are enough, serve them up just as they are. There will be sauce enough in the papers; or put the salmon in buttered papers only and broil them. *Glasse, 183.*

Salmon with Shrimp sauce.

Of a salmon the jowl is preferred to any other part; notch it to the bone on both sides about an inch apart, lay it in a marinade, put it into some long stew-pan just its biggefs, if you can with a fish plate or napkin under it, that you may take it out without breaking; put to it a pint of white wine, a dash of vinegar, some sweet basil and thyme, whole pepper, salt, and mace, two or three shallots, a bunch of parsley and green onions; pour in as much water as will just cover it, let your lid be shut close upon it, and, about an hour before your dinner, put it over a slow stove to simmer, and prepare your sauce as follows:—provide as many small prawns or shrimps (the tails only) as you think necessary for your piece of salmon; put into your stew-pan to them a proportionate quantity of cullis; add to it a little basil, pimperl, thyme, and parsley, all minced very fine, with a dash of white wine. Boil all about a quarter of an hour, squeeze in the juice of a lemon or two. Take care that the dish is well drained, and put meat into your dish. Pour your sauce over, and serve it up. Garnish with lemons cut in quarters.

Trouts may be done in the same manner. *Verral, 35.*

Haflets of Salmon.

Cut the salmon in middling pieces; season them with sweet herbs, pepper, and salt, mixed with butter, and the yolk of a raw egg or two; skewer them like haflets, with all the season-

ing: strew them with bread-crumbs, and either roast or boil them, basting with oil or butter. When they are done of a good colour, serve dry, with what sauce you think proper in a boat. *Clermont*, 361.

Salmon with sweet herbs.

Take a piece of butter, and mix it with chopped parsley, shallots, sweet herbs, mushrooms, pepper and salt; put some of this in the bottom of the dish you intend for table, then some thin slices of salmon upon it, and the remainder of the butter and herbs upon the salmon; strew it over with bread crumbs, and baste it with butter; bake it in the oven. When it is done, drain the fat from it, and serve with a clear relishing sauce. *Dalrymple*, 294.

To dress dried Salmon.

Lay your dried salmon in soak for two or three hours, then lay it on the gridiron, and shake a little pepper over it.

To dress a fowl of pickled Salmon.

Lay your salmon in fresh water all night, then lay it in a fish-plate, put it into a large stew pan, season it with a little whole pepper, a blade or two of mace tied in a coarse muslin rag, a whole onion, a nutmeg bruised, a bundle of sweet herbs and parsley, a little lemon-peel; put to it three large spoonfuls of vinegar, a pint of white wine, and a quarter of a pound of fresh butter rolled in flour. Cover it close, and let it simmer over a slow fire for a quarter of an hour, then carefully take up your salmon, and lay it in your dish; set it over hot water and cover it. In the mean time let your sauce boil till it is thick and good. Take out the spice, onion, and sweet herbs, and pour it over the fish. Garnish with lemon. *Glasse*, 178.

Mrs. Mason, page 216, has the same receipt, differently expressed.

To dress Sturgeon.

Wash your sturgeon clean, lay it all night in salt and water. The next morning take it out, rub it well with allegar, and let it lie in it for two hours. Then have ready a fish kettle full of boiling water, with an ounce of bay-salt, two large onions, and a few sprigs of sweet marjoram. Boil your sturgeon till the bones will leave the fish, then take it up, take the skin off, and flour it well; set it before the fire, baste it with fresh butter, and let it stand till it is of a fine brown. Then dish it up, and pour into the dish what sauce you think proper. Garnish with crisp parsley and red pickles.

This is a proper dish for the top or middle. *Raffald*, 29. *F. rley*, 29.

Sturgeon broiled.

Take your sturgeon, stew it in as much liquid as will stew it, being half fish-broth or water, and half white wine, with a little vinegar, sliced roots, onions, sweet herbs, whole pepper, and salt. When done, serve upon a napkin. Garnish with green parsley, and serve with what sauces you please in sauce-boats, such as capers, anchovies, &c. *Clermont*, 365.

Sturgeon Mayence fashion, or à-la-Mayence.

Take a piece of sturgeon, of what size you think proper, and lard it with Westphalia ham, fat and lean cut together. Wrap it in paper and roast it, basting it with butter. Make a sauce as follows:—Put in a stew-pan a few slices of ham and veal, sliced carrots, onions, parsley roots, shallots, and three cloves. Soak it on the fire till it begins to catch at bottom, then add a little cullis, half a pint of white wine, some whole pepper and a little salt. Reduce it to a proper consistence, then skim and strain it. When done, add the juice of half a lemon, and serve it upon the sturgeon.

This is called *à-la-Mayence*, from being larded with Westphalia ham, termed by the French, *Jambon de Mayence*. *Cole*, 224.

To stew Cod.

Cut some slices of cod as for boiling; season them with grated nutmeg, pepper, salt, a bunch of sweet herbs, an onion stuck with cloves. Put them into a stew-pan, with half a pint of white wine, and a quarter of a pint of water. Cover them close, and let them simmer for five or six minutes. Then squeeze in the juice of a lemon, a few oysters, and their liquor strained, a piece of butter rolled in flour, and a blade or two of mace. Cover them close, and let them stew softly. Shake the pan often to prevent its burning. When the fish is enough, take out the onion and sweet herbs, lay the cod in a warm dish, and pour the sauce over it. *Mason*, 219.

To bake a Cod's Head.

Make the head very clean, butter the pan you intend to bake it in, put the head into the pan. put in a bundle of sweet herbs, an onion stuck with cloves, three or four blades of mace, half a large spoonful of black and white pepper, a nutmeg bruised, a quart of water, a little piece of lemon-peel, and a little piece of horse-radish. Flour your head, grate a little nutmeg over it, stick pieces of butter all over it, and throw raspings all over that. Send it to the oven to bake. When it is enough, take it out of that dish, and lay it carefully into the dish you intend to serve it up in. Set the dish over boiling water, and cover it up to keep it hot. In the mean time be quick, pour all the liquor out of the dish it was baked in into a sauce-pan; set it on the fire to boil three or four minutes, then strain it, and put

to it a gill of red wine, two spoonfuls of catchup, a pint of shrimps, half a pint of oysters or mussels, liquor and all, but first strain it; a spoonful of mushroom pickle, a quarter of a pound of butter rolled in flour. Stir it all together till it is thick and boils, then pour it into the dish. Have ready some toast cut three-corner ways, and fried crisp. Stick pieces about the head and mouth, and lay the rest round the head. Garnish with lemon notched, scraped horse-radish, and parsley crisped in a plate before the fire. Lay one slice of lemon on the head, and serve it up hot. *Glasse, 175.*

To dress a Cod's Head and Shoulders.

Having taken out the gills, and the blood clean from the bone, wash the head very clean, rub over it a little salt and a glass of allegar, then lay it on your fish-plate. When your water boils, throw in a good handful of salt, with a glass of allegar, then put in your fish, and let it boil gently for half an hour; if it is a large one, three quarters. Take it up very carefully, and strip the skin nicely off. Set it before a brisk fire, dredge it all over with flour, and baste it well with butter. When the froth begins to rise, throw over it some very fine white bread crumbs. You must keep basting it all the time to make it froth well. When it is of a fine white brown, dish it up, and garnish it with a lemon cut in slices, scraped horse-radish, barberries, a few small fish fried and laid round it, or fried oysters. Cut the roe and liver into slices, and lay over it a little of the lobster out of the sauce in lumps, and then serve it. *Raffald, 20.*

To broil Cod.

Having cut a cod into slices of about two inches thick, dry and flour them well; make a good clear fire, rub the gridiron with a piece of chalk, and set it high from the fire. Turn them often till they are quite enough, and of a fine brown. They require great care to prevent them from breaking. Lobster or shrimp sauce. *Cole, 226.*

To dress Salt Cod.

Let your fish lie in water all night, and if you put a glass of vinegar into the water, it will draw out the salt, and make it eat fresh. The next day boil it, and when it is enough, break it into flakes on the dish. Pour over it parsnips boiled, and beat fine, with butter and cream; but egg sauce is more generally used. As it very soon grows cold, you must send it to table on a water plate. *Farley, 28.*

Fresh Cod with sweet herbs.

Cut a small cod in five or six pieces, bone it, and marinade it in melted butter, the juice of a lemon, chopped parsley, shallots, and sweet herbs; then lay it upon the dish you intend for table,

table, with all the marinade both under and over, and strew it over with bread-crumbs. Baste it with melted butter, bake it in the oven, and serve it with what sauce you think proper. *Dalrymple, 321.*

To crimp Cod.

Cut a very fresh cod into slices, and throw it into pump water and salt; set over a stove a fish-kettle, or stew-pan, almost full of spring water, and salt enough to make it taste brackish. Make it boil very quick, and then put in the slices of cod, and keep them boiling; skim them very clean; they will take about eight or nine minutes; then take out the fish, and lay them on a fish-plate. Shrimp or oyster sauce. *Cole, 226.*

To dress Cod Sounds.

Steep them as you do the salt cod, and boil them in a large quantity of milk and water. When they are very tender and white, take them up, and drain the water out; then pour the egg-sauce boiling hot over them, and serve them up. *Cole, 227.*

To broil Cod Sounds.

Lay them a few minutes in hot water; then take them out, and rub them well with salt, and take off the skin and black dirt, when they will look white. After this, put them into water, and give them a boil. Take them out, flour them well, pepper and salt them, and then put them on the gridiron. As soon as they are enough, lay them on your dish, and pour melted butter and mustard over them. *Cole, 227.*

To broil Crimp Cod.

Having put a gallon of pump-water into a pot, set it on the fire, put in it a handful of salt; boil it up several times, and skim it often. When it is well cleared from the scum, take a midling cod, as fresh as you can get, throw it into a tub of fresh pump water; let it lie a few minutes, and then cut it into slices two inches thick; throw these into the boiling brine, and let it boil briskly for a few minutes; then take out the slices; take great care not to break them, and lay them on a sieve to drain. When they are well dried, flour them, and lay them at a distance upon a very good fire to broil. Lobster or shrimp sauce. *Mason, 220.*

To dress Herrings.

The most general way of dressing herrings is to broil or fry them, with melted butter. *Cole, 227.*

To fry Herrings.

Scale them, gut them, cut off their heads, wash them clean, dry them in a cloth, flour them, and fry them in butter. Have ready a good may onions peeled and cut thin. Fry them

of a light brown with the herrings. Lay the herrings in your dish, and the onions round; butter and mustard in a cup. You must do them with a quick fire. *Glasse*, 180.

Another way,

Scale them, and dry them well; lay them separately on a board, and set them to the fire two or three minutes before you want them, it will keep the fish from sticking to the pan; dust them with flour. When your dripping, or butter, is boiling hot, put in your fish, a few at a time, fry them over a brisk fire. When you have fried them all, set the tails one up against another in the middle of the dish; then fry a large handful of parsley crisp, take it out before it loses its colour, lay it round them, and parsley sauce in a boat; or, if you like onions better, fry them, lay some round your dish, and make onion-sauce for them; or you may cut off the heads, after they are fried, chop them, and put them into a sauce-pan, with ale, pepper, salt, and an anchovy; thicken it with flour and butter, strain it, then put it in a sauce-boat. *Raffald*, 33. *Farley*, 59.

Herrings with Mustard sauce.

Cut and wipe the herrings very clean. Melt some butter, Add chopped parsley, shallots, green onions, pepper, and salt. Dip the herrings in this, and roll them in bread-crumbs. Then broil them, and serve them with a sauce made of melted butter, flour, broth, a little vinegar, pepper, and salt. When ready to serve, add mustard according to judgment. *Clermont*, 384.

To bake Herrings.

Having well cleaned your herrings, lay them on a board, take a little black and Jamaica pepper, a few cloves, and a good deal of salt; mix them together, then rub it all over the fish, lay them straight in a pot, cover them with allegar, tie strong paper over the pot, and bake them in a moderate oven. If your allegar is good, they will keep two or three months. You may eat them either hot or cold. *Cole*, 228.

Soals with force-meat.

Provide a pair of large soals, or three or four of a lesser size, take the skin off from both sides, and soak them in a marinade for an hour. Dry them upon a cloth, cut them down the middle, and with the point of your knife raise up the fillets. Make a little force-meat of the flesh of a couple of plaice or flounders, a morsel of suet, season with a mushroom or two, a green onion and parsley minced, pepper and salt, and nutmeg. Scrape a bit of bacon, and fry it very gently. Let it cool, and pound it well with a bit of bread well soaked, and a couple of eggs, taking away one white. Lift up the flesh of the soals, and crowd in as much as you can. Brush some egg over them, and firew

frew crumbs of bread, a little oil, or oiled butter, poured upon it. Bake them about half an hour, of a fine colour, and send them up, garnished with some little pats of your force-meat fried, and some parsley. For your sauce, take a little sweet basil, pimpernel, thyme, and parsley, a shallot or two minced fine, with a ladle of your clear gravy, and a dash of white wine, pepper, and salt. Boil all together for a few minutes, squeeze in a lemon or two, and send it up in a fish sauce-boat.

Small prills are good done in this manner, or any other firm-fleshed fish. *Verral, 72.*

Soals à-la-Francoise.

Put a quart of water and half a pint of vinegar into an earthen dish; skin and clean a pair of soals, put them into the vinegar and water, let them lie two hours, then take them out and dry them with a cloth; then put them into a stew-pan with a pint of white wine, a quarter of a pint of water, a very little thyme, a little sweet marjoram, winter savoury, and an onion stuck with four cloves. Put in the soals, sprinkle a very little bay-salt, and cover them close; let them simmer very gently till they are enough. Take them out, lay them in a warm dish before the fire; put into the liquor, after it is strained, a piece of butter rolled in flour; let it boil till of a proper thickness. Lay the soals into a dish, and pour the sauce over them.

A small turbot, or any flat fish, may be dressed in the same manner. *Mason, 225.*

To stew Soals.

Having taken the flesh from the bones of your soals, cut each of them into eight pieces. Put into a stew-pan a quart of boiled gravy, a quarter of a pint of Madeira, or white wine, some white pepper pounded, grated nutmeg, a piece of lemon-peel; stew these together for near an hour; add some cream, a piece of butter mixed with flour. Keep the sauce stirring till it boils, put in the fish, stew it for a quarter of an hour; take out the lemon-peel, squeeze in some lemon-juice. The fish may be stewed whole in the same sauce, and, if more convenient, cut the fish as before directed, and make a little gravy with the bones and head. *Cole, 229.*

To stew Soals, Plaice, or Flounders.

Half fry them in three ounces of butter of a fine brown, then take up your fish, and put to your butter a quart of water, and boil it slowly a quarter of an hour, with two anchovies and an onion sliced; then put in your fish again, with an herring, and stew them gently twenty minutes; then take out your fish, and thicken the sauce with butter and flour, and give it a boil;
then

then strain it through a hair sieve over the fish, and send them up hot.

N. B. If you chuse cockle or oyster liquor, put it in just before you thicken the sauce, or you may send oysters, cockles, or shrimps, in a sauce-boat to table. *Raffald*, 31.

To fry Soals.

Having skinned them, rub them over with yolk of egg, strew on them very fine bread-crumbs, or flour them; fry them with a brisk fire.—Anchovy sauce. *Cole*, 230.

Another way.

Scale and trim the soals properly, and skin the black side; mix some bread-crumbs with a very little flour; baste the soals with beat eggs, and strew them over with the bread-crumbs; fry them in hogs'-lard of a good colour. Garnish with fried parsley, and serve with anchovy sauce, &c. in a sauce-boat. *Dalrymple*, 312.

To marinade Soals.

Boil them in salt and water, bone and drain them, and lay them on a dish with their belly upwards. Boil some spinach, and pound it in a mortar; then boil four eggs hard, chop the yolks and white separate, and lay green, white, and yellow among the soals, and serve them up with melted butter in a boat. *Farley*, 136.

To fry Whittings.

Gut the whittings by the gills, trim and dry them well, bathe them with beat eggs, and roll them in fine bread-crumbs, mixed with a very little flour; fry them with hogs'-lard of a good colour, and garnish with fried parsley. Serve with plain butter, or what sauce you think proper, in a sauce-boat. *Cole*, 230.

Another way.

Wash, gut, and skin them, turn the tails in their mouths, dry them in a cloth, and flour them well all over; fill the frying-pan with lard enough to cover them. When it boils, put them in, and fry them of a fine brown. Lay them on a coarse cloth to drain, then put them on a warm dish. Sauce—shrimp, oyster, or anchovy. They are proper garnish for salmon or cod. *Mason*, 227.

To broil Whittings or Haddocks.

Gut and wash them, dry them with a cloth, and rub a little vinegar over them, it will keep the skin on better. Dust them well with flour, rub your gridiron with butter, and let it be very hot when you lay the fish on, or they will stick; turn them two or three times on the gridiron. When enough, serve them up, and

and lay pickles round them, with plain melted butter, or cockle sauce. They are a pretty dish for supper. *Raffald, 35.*

Mackarel à-la-Maitre-d'Hotel.

Take three mackarel, and wipe them very dry with a clean cloth; cut them down the back from head to tail, but not open them; flour them, and broil them nicely; chop an handful of parsley, and an handful of green onions very fine, mix them up with butter, pepper, and salt. Put your mackarel in the dish, and put your parsley, &c. into the cut in the back, and put them before the fire till the butter is melted. Squeeze the juice of two lemons over them, and send them up hot. *Glasse, 179.*

To broil Mackarel whole.

Clean your mackarel, split them down the back, and season them with pepper and salt, some mint, parsley, and fennel, chopped very fine. Flour them and fry them of a fine light brown, and put them on a dish and strainer. Let your sauce be fennel and butter, and garnish with parsley. *Farley, 51.*

Mackarel au Court Bouillon.

Put in a stew-pan some weak broth, half a pint of white wine, sliced roots, onions, sweet herbs, pepper, and salt; boil this together about half an hour, then boil the fish in it; make a sauce with a piece of butter, a little flour, one shallot chopped very fine, some scalded fennel chopped, and a little of the boiling liquid. When ready to serve, add the squeeze of a lemon. *Clermont, 382.*

To bake Mackarel.

Cut their heads off, wash and dry them in a cloth, cut them open, rub the bone with a little bay-salt beat fine; take some mace, black and white pepper, a few cloves, all beat fine; lay them in a long pan, and between every layer of fish, put two or three bay-leaves, cover them with vinegar; tie writing-paper over them first, and then thick brown paper doubled; they must be put into a very slow oven, and will take a long time doing. When they are enough, uncover them, let them stand till they are cold, then pour away all the vinegar they were baked in, cover them with some more vinegar, and put in an onion stuck with cloves. Send them to a very slow oven again, and let them stand two hours. They will keep a great while. Always take them out with a slice; the hands will spoil them. The great bones taken out are good boiled. *Cole, 231.*

To stew a Trout.

Stuff a small trout with grated bread, a piece of butter, parsley chopped, lemon-peel grated, pepper, salt, nutmeg, favoury herbs and yolk of egg, mixed; put it into a stew-pan, with a quart of good boiled gravy, some Madeira, an onion, a little whole

whole pepper, a few cloves, a piece of lemon-peel; stew it in this gently till enough; add a little flour mixed in some cream, a little catchup; boil it up; squeeze in some lemon-juice. *Mason, 231.*

Trout à-la-Chartreuse.

Scale and clean the fish, and cut each in three pieces; stew them in broth, with pepper, salt, and two or three sliced lemons peeled. Make a sauce with a little butter rolled in bread-crumbs, chopped parsley, shallots, mushrooms, a little basil, pepper, and salt, a little fish broth, and a glass of white wine. Put the fish upon the dish you intend for table; squeeze the juice of a Seville orange upon them, then the sauce over, and strew them over with a few fine bread-crumbs. *Dalrymple, 289.*

To fry Trout or Perch.

Scale, gut, and wash them, dry them well, then lay them separately on a board before the fire; two minutes before you fry them, dust them well with flour, and fry them a fine brown in roast drippings or rendered suet. Serve them up with melted butter and crisped parsley. *Raffald, 36.*

To marinade Trout.

Fry them in a sufficient quantity of oil to cover them, put them in when the oil is boiling hot. When they are crisp, lay them to drain till they are cold; then take some white wine and vinegar, of each an equal quantity, with some salt, whole pepper, nutmeg, cloves, mace, sliced ginger, savoury, sweet marjoram, thyme, rosemary, a bay-leaf, and two onions; let these boil together for a quarter of an hour; put the fish into a stew-pan, pour the marinade to them hot; put in as much oil as white wine and vinegar, which must be according to the quantity of fish that are done as the liquor must cover them, and they will keep a month. Serve them with oil and vinegar. *Cole, 232.*

Pike with force-meat.

Prepare your pike thus:—Gut it without cutting it open, but take care it is well cleaned; cut a notch down the back, from head to tail, turn it round, and fasten the tail in the mouth, and lay it in a marinade. For your force-meat, take the udder of a leg of veal, or the kidney part of a loin of lamb, some fat bacon cut in dice, the spawn or melt of the fish, some green onions, a mushroom or two, or truffles, parsley, and salt, a little nutmeg and pepper; add a morsel of butter to fry it, chop it all well, and the crumb of a French roll soaked in cream or milk; pound all together in a large mortar, with three or four eggs; try if it is seasoned to your mind, and fill the belly of your fish, and close up that part that is cut in the back, make it

It nice and even; take two or three eggs, daub it well over; and strew some crumbs of bread upon it, and bake it in a gentle oven; the time, according to the bigness of your pike. For your sauce, to two or three ladles of your cullis, add two or three large spoonfuls of whole capers, some parsley minced fine, the juice of two lemons, a little minced shallot, and serve it up in your hot dish, but not poured over.

As this dish is baked, garnish with a large quantity of fried parsley. *Verral, 57.*

To stew Pike.

Make a brown with butter and flour, then add a pint of red wine, a faggot, four cloves, two dozen small onions half boiled, pepper and salt, then the pike cut in pieces. Stew it slowly till the fish is done. Take out the faggot, and add a piece of butter. When ready to serve, add two chopped anchovies, and a spoonful of capers; garnish with fried bread, and serve the sauce over all. You may also add artichoke bottoms, mushrooms, carp-roes, &c. *Clermont, 338.*

To dress a Brace of Carp.

Put a piece of butter into a stew-pan, melt it, and put in a large spoonful of flour, keep it stirring till it is smooth; then put in a pint of gravy, and a pint of red port or claret; a little horse-radish scraped, eight cloves, four blades of mace, and a dozen corns of all-spice; tie them in a little linen rag; a bundle of sweet herbs, half a lemon, three anchovies, a little onion chopped very fine; season with pepper, salt, and chyan pepper, to your liking; stew it for half an hour, then strain it through a sieve into the pan you intend to put your fish in. Let your carp be well cleaned and scaled; then put the fish in with the sauce, and stew them very gently for half an hour; then turn them, and stew them fifteen minutes longer. Put in along with your fish some truffles and morels scalded, some pickled mushrooms; an artichoke bottom, and about a dozen large oysters; squeeze the juice of half a lemon, stew it five minutes; then put your carp in the dish, and pour all the sauce over; garnish with fried sippets, and the roe of the fish done thus:— Beat the roe up well with the yolks of two eggs, a little flour, a little lemon-peel chopped fine; some pepper, salt, and a little anchovy liquor. Have ready a pan of beef-dripping boiling; drop the roe in to be as big as a crown piece; fry it of a light brown, and put it round the dish, with some oysters fried in batter, and some scraped horse-radish. Stick your fried sippets in the dish.

N. B. If you are in a great hurry, while the sauce is making, you may boil the fish with spring water, half a pint of vinegar, a little horse-radish, and a bay-leaf. Put your fish in the dish, and pour the sauce over it. *Glasse, 124.*

To stew Carp white.

Scale, gut, and wash them; put them into a stew-pan, with two quarts of water, half a pint of white wine, a little mace, whole pepper, and salt, two onions, a bunch of sweet herbs, and a stick of horse-radish; cover the pan close, let it stand an hour and a half over a slow fire; then put a gill of white wine into a sauce-pan, with two anchovies chopped, an onion, a little lemon-peel, a quarter of a pound of butter rolled in flour, a little thick cream, and a large tea-cup of the liquor the carp was stewed in; boil them a few minutes, drain your carp, add to the sauce the yolks of two eggs mixed with a little cream; when it boils up, squeeze in the juice of half a lemon; dish up your carp, and pour your sauce hot upon it. *Raffald, 26. Farley, 74.*

To stew Carp brown.

Put a quart of good gravy into the stew-pan, add the blood of the carp, (if agreeable) half a pint of small beer, (if bitter, only a quarter of a pint) a quarter of a pint of red wine, a large onion, half a dozen cloves, a piece of lemon-peel, and horse-radish; let them stew gently till reduced to the quantity that is wanted. Strain the liquor; add to it catchup, lemon juice, some of the hard roe bruised, chyan, a little salt, if necessary. Simmer this; and, if not thick enough, mix a little flour smooth in some gravy, and boil it up in it, stirring it. Let the carp be boiled, and well drained in a cloth; put it into the sauce, simmer it two or three minutes. Let the remainder of the roe be mixed with egg, a little grated lemon-peel and nutmeg, fried in little cakes; garnish the dish with these sippets, cut with three corners, and fried dry, horse-radish and sliced lemon. *Mason, 235.*

To dress Carp the best way.

When you kill your carp, save the blood, scale and clean them well; have ready some rich gravy made of beef and mutton, seasoned with pepper, salt, mace, and onion; strain it off before you stew your fish in it; boil your carp first before you stew it in the gravy. Be careful not to boil them too much before you put in the carp; then let it stew on a slow fire about a quarter of an hour, thicken the sauce with a good lump of butter rolled in flour; garnish your dish with fried oysters, fried toast cut three-corner ways, pieces of lemon, scraped horse radish, and the roe of the carp cut in pieces, some fried and the other boiled; squeeze the juice of a lemon into the sauce just before you send it up. Dish it up handsomely, and very hot. *Cole, 235.*

Carp à-la-Jacobine.

Put two dozen of small onions blanched in a stew-pan, with a few sliced truffles, a piece of butter, and a faggot of parsley and

and sweet herbs; simmer this on a slow fire till it catches a little; then add three half pints of white wine, and put a carp to it cut in pieces, with a little broth, pepper, and salt; reduce the sauce; when ready to serve, add a liaison made of three yolks of eggs and cream, and the juice of half a lemon. *Dalrymple, 267.*

To dress Carp au Blue.

Take a brace of carp alive, and gut them, but neither wash nor scale them; tie them to a fish-drainer, and put them into a fish-kettle, and pour boiling vinegar over till they are blue; or you may hold them down in a fish-kettle with two forks, and another person pour the vinegar over them. Put in a quart of boiling water, a handful of salt, some horse-radish cut in slices; boil them gently twenty minutes. Put a fish-plate in the dish, a napkin over that, and send them up hot. Garnish with horse-radish. Boil half a pint of cream, and sweeten it with fine sugar for sauce, in a boat or bason. *Glasse, 124.*

To fry Carp.

Take a brace of carp, scale, gut, and clean them, dry them well in a cloth, flour them, and put them into a frying-pan of boiling lard; let them be of a fine brown. Fry the roes, and cut some thin slices of bread with three corners; fry them. Lay the fish on a coarse cloth to drain; then put them into the dish, the roes on each, the toasts between. Anchovy sauce.

To stew Tench or Carp.

Having gutted and scaled your fish, wash them, and dry them well with a clean cloth; dredge them well with flour, fry them in dripping, or sweet rendered suet, till they are a light brown; then put them in a stew-pan, with a quart of water, and the same quantity of red wine, a meat-spoonful of lemon-pickle, another of browning, the same of walnut or muncatchup; a little mushroom-powder, and chyan to your taste; a large onion stuck with cloves, and a stick of horse-radish. Cover your pan close to keep in the steam; let them stew gently over a slow fire till your gravy is reduced to just enough to cover your fish in the dish. Then take the fish out, and put them on the dish you intend for table; set the gravy on the fire, and thicken it with flour and a large lump of butter; boil it a little, and strain it over your fish. Garnish them with pickled mushrooms and scraped horse-radish; put a bunch of pickled barberries, or a sprig of myrtle in their mouths, and send them to table.

It is a top-dish for a grand entertainment. *Raffald, 29.*

To fry Tench.

Gut, wash, and dry them well in a cloth; slit them down the back, sprinkle a little salt over them, and dredge them with

flour; fry them of a fine brown in boiling lard. Sauce—anchovy, with mushrooms, truffles, and capers, all chopped small, and stewed in gravy, with the juice of a lemon, and a little fish-cullis. *Cole*, 236.

To fry Perch.

Scale and gut your perch and wash them clean; score them at some distance on the sides, but not very deep; dry them well, and flour them all over; fry them in oiled butter. When they are of a fine brown, lay some crisped parsley round the fish. For sauce, take plain butter. Some make the following sauce:—Two ounces of browned butter; put it to some flour, a few chives chopped small, some parsley, a few fresh mushrooms cut small, and a little boiling water. Lay the perch in this liquor after they are fried, and let them stew gently for four or five minutes; then lay them in a warm dish; add two large spoonfuls of capers cut small; thicken it with butter and flour, and pour it over them. *Mason*, 239.

To dress Perch in Water Souchy.

Having scaled, gutted, and washed them, put some salt in your water; when it boils, put in your fish, with an onion cut in slices, and separated into round rings, and an handful of parsley; put as much milk as will turn the water white. The perch being enough, put them in a soup-dish, and pour a little of the water over them, with the parsley and the onions; serve it up with butter and parsley in a boat; onions may be omitted, if you think proper. Trout may be boiled the same way. *Cole*, 236.

Smelts à-la-St. Menchault.

The smelts being well cleaned, put them in a stew-pan with a piece of butter, chopped parsley, shallots, green onions, sweet herbs, pepper and salt; give them a few turns in this over the fire; then take them out, and add two or three yolks of eggs to the butter; mix it well together, dip the smelts in it, and strew them over with bread-crumbs. Serve with melted butter and lemon juice, or verjuice; or a relishing sauce in a sauce-boat, and garnish with fried parsley. *Clermont*, 349.

Smelts in savoury Jelly.

Season your smelts with pepper and salt, bake them and drain them. When they are cold, pour the jelly over them; or break the jelly, and heap over them. *Cole*, 237.

To fry Smelts.

Draw the guts out at the gills, but leave in the melt or roe; dry them with a cloth, beat an egg, rub it over them with a feather, and strew crumbs of bread over them. Fry them with hogs'-lard or beef-suet, and put in your fish when it is boiling hot.

hot. Shake them a little, and fry them till they are of a fine brown. Drain them on a dish, or in a sieve; and when you dish them up, put a bason, bottom up, in the middle of your dish, and lay the tails of your fish on it. *Farley, 57.*

To pitchcock Eels.

Take a large eel, and scour it well with salt to clean off all the slime; then slit it down the back, take out the bone, and cut it in three or four pieces; take the yolk of an egg and put over the inside, sprinkle crumbs of bread, with some sweet herbs and parsley chopped very fine, a little nutmeg grated, and some pepper and salt mixed all together; then put it on a gridiron over a clear fire, broil it of a fine light brown, dish it up, and garnish with raw parsley and horse-radish; or put a boiled eel in the middle, and the pitchcocked round. Garnish with anchovy sauce, and parsley and butter in a boat. *Glasse, 184.*

Another way.

Skin your eels, gut them and wash them, then dry them with a cloth; sprinkle them with pepper, salt, and a little dried sage; turn them backward and forward, and skewer them; rub your gridiron with beef-suet, broil them a good brown, put them on your dish with good melted butter, and lay round fried parsley. *Raffald, 37.*

Eel à-la-Nivernois.

Skin and trim the eel, cut it in pieces about three inches long, and marinade it about two hours with oil, chopped parsley, shallots, mushrooms, pepper and salt; make as much of the marinade stick to it as possible; strew it with crumbs of bread, broil it on a slow fire, basting with the remainder of the marinade; when done of a good colour, serve with a *Nivernois sauce*. *Dalrymple, 279.*

To stew Eels.

Skin, gut, and wash your eels very clean in six or eight waters, to wash away all the sand; then cut them in pieces about as long as your finger; put just water enough for sauce; put in a small onion stuck with cloves, a little bundle of sweet herbs, a blade or two of mace, and some whole pepper in a thin muslin rag. Cover it close, and let them stew very softly.

Take care to look at them now and then; put in a little piece of butter rolled in flour, and a little chopped parsley. When you find they are quite tender, and well done, take out the onion, spice, and sweet herbs. Put in salt enough to season it; then dish them up with the sauce. *Cole, 238.*

To broil Eels.

Having skinned and cleansed your eels, rub them with the yolk of an egg, strew over them bread crumbs, chopped parsley,

sage, pepper, and salt; baste them well with butter, and set them in a dripping-pan; roast or broil them, and serve them up with parsley and butter. *Cole, 238.*

To broil or roast Eels.

Having skinned and cleaned a large eel, mix bread crumbs, grated lemon-peel, parsley chopped, pepper, salt, nutmeg, a few oysters chopped, a bit of butter, and the yolk of an egg. Stuff the eel, sew it up, turn it round, rub it with yolk of egg, strew over it fine bread-crumbs, stick on it bits of butter, a little water in the dish. Bake it either in a common or Dutch oven. Serve it with white fish sauce; add to it what gravy comes from the fish, first taking off the fat. The oysters in the stuffing may be omitted. Or, strip the skin off the eel to the tail, scotch it, rub it with pepper and salt; stuff it with the above ingredients, draw the skin over it, skewer it round, hang it in the Dutch oven, roast it; or put it on a gridiron, at a great distance, over a clear fire. When it is near done, set it lower to brown. Anchovy, or white fish-sauce. *Mason, 244.*

To fry Eels.

Cut one or two eels in pieces; cut out the back-bone, and score it on both sides; marinade it about an hour in vinegar, with parsley, sliced onions, shallots, and four cloves; then drain it, baste it with eggs and bread-crumbs, fry it of a good colour. Garnish with fried parsley, and serve with a relishing sauce in a sauce-boat. *Clermont, 344.*

To bake Sprats.

Rub them with salt and pepper; and to every two pints of vinegar put one pint of red wine. Dissolve a penny-worth of cochineal; lay your sprats in a deep earthen dish; pour in as much red wine, vinegar, and cochineal, as will cover them; tie a paper over them, set them in an oven all night. They will eat well, and keep for some time. *Raffald, 34.*

CHAP. XVI.—OF SAUCES.

Sauce Poivrade.

TAKE a little butter, sliced onions, bits of carrot, parsley-root, two cloves of garlick, two cloves, a laurel-leaf. Soak all together till it takes colour; then add some cullis, a little vinegar and broth, salt and pepper; boil it to the consistence of fauces; skim and sift it for use. *Dalrymple, 43.*

Sauce for a Cod's Head.

Pick out a good lobster; if it be alive, stick a skewer in the vent of the tail to keep out the water. Throw an handful of salt into the water, and, when it boils, put in the lobster, which must boil half an hour. If it has spawn, pick them off, and pound them exceedingly fine in a marble mortar. Put them into half a pound of melted butter, then take the meat out of your lobster, pull it in bits, and put it in your butter, with a large spoonful of lemon-pickle, the same quantity of walnut-catchup, a slice of an end of a lemon, one or two slices of horse-radish, as much beaten mace as will lie on a six-pence, and season to your taste with salt and chyan pepper. Boil them one minute, and then take out the horse-radish and lemon, and serve it in your sauce-boat. If lobsters cannot be had, you may make use of oysters or shrimps the same way. And if you can get no kind of shell fish, you may then add two anchovies cut small, a spoonful of walnut-liquor, and a large onion stuck with cloves. *Raffald, 21. Farley, 144.*

Parsley and Butter.

Tie up some parsley in a bunch, wash it, and put it into some boiling water with a little salt; after it has boiled up very quick two or three times, take it out and chop it very fine; then mix it with some melted butter. *Cole, 240.*

Poor Man's Sauce.

Cut some young onions into water, with some chopped parsley. It is very good with roasted mutton. *Cole, 240.*

Another way, cal'ed by the French, Sauce à Pauvre Homme.

Slice half a lemon, boil it in a little broth with two or three chopped shallots, pepper and salt, and a spoonful of oil; and serve it in a sauce-boat. *Clermont, 37.*

Lemon Sauce for boiled Fowls.

Take a lemon and pare off the rind, cut it into slices, and take the kernels out, cut it into square bits; blanch the liver of the fowl and chop it fine; mix the lemon and liver together in

a boat, and pour some hot melted butter on it, and stir it up. Boiling it will make it go to oil. *Cole, 240.*

Mushroom Sauce for white Fowls of all sorts.

Take about a quart of fresh mushrooms, well cleaned and washed, cut them in two, put them in a stew-pan, with a little butter, a blade of mace, and a little salt; stew it gently for half an hour, then add a pint of cream, and the yolks of two eggs beat very well, and keep stirring it till it boils up; then squeeze half a lemon, put it over your fowls or turkies, or in basons, or in a dish, with a piece of French bread, first buttered, then toasted brown, and just dip it in boiling water; put it in the dish, and mushrooms over. *Glasse, 70. Farley, 146.*

Celery Sauce.

Wash and clean ten heads of celery, cut off the green tops, and take out the outside stalks, cut them into thin bits, and boil it in gravy till it is tender; thicken it with flour and butter, and pour it over your meat. A shoulder of mutton, or a shoulder of veal, roasted, is very good with this sauce. *Raf-fald, 104.*

Caper Sauce.

Take some capers, chop half of them, put the rest in whole; chop also a little parsley very fine, with a little bread grated very fine, and some salt; put these into butter melted very smooth. Some only chop the capers a little, and put them into the butter. *Farley, 139, from Mason, 320.*

Shallot Sauce.

Take five or six shallots, chopped fine, put them into a sauce-pan with a gill of gravy, a spoonful of vinegar, and some pepper and salt; stew them for a minute, then pour them into your dish, or put it in sauce-boats. *Cole, 241.*

Egg Sauce.

Take two eggs and boil them hard. First chop the whites, then the yolks, but neither of them very fine, and put them together. Then put them into a quarter of a pound of good melted butter, and stir them well together. *Cole, 241.*

Apple Sauce.

Pare, core, and slice your apples, then put a little water in the sauce-pan to keep them from burning, and a bit of lemon-peel. When they are enough, take out the peel, bruise the apples, add a lump of butter, and a little sugar. *Cole, 241,*

Onion Sauce.

Boil eight or ten large onions, change the water two or three times while they are boiling. When enough, chop them on a board

board to keep them from growing of a bad colour; put them in a sauce-pan with a quarter of a pound of butter, and two spoonfuls of thick cream; boil it a little, and pour it over your dish. *Raffald, 59.*

Another way.

Having peeled your onions, boil them in milk and water, put a turnip with them into the pot (it draws out the strength); change the water twice; pulp them through a cullender, or chop them; then put them in a sauce-pan with some cream, a piece of butter, a little flour, some pepper and salt. They must be very smooth. *Cole, 241.*

Gooseberry Sauce.

Put some coddled gooseberries, a little juice of sorrel, and a little ginger, into some melted butter. *Cole, 241.*

Fennel Sauce.

Having boiled a bunch of fennel and parsley, chop it small, and stir into it some melted butter. *Cole, 241.*

Bread Sauce.

Put a pretty large piece of crumb of bread, that is not new, into half a pint of water, with an onion, a blade of mace, and a few pepper-corns in a bit of cloth; boil these a few minutes; take out the onions and spice, mash the bread very smooth, add a piece of butter and a little salt.

Bread-sauce for a pig is made the same, with the addition of a few currants picked, washed, and boiled in it. *Cole, 241.*

Mint Sauce.

Wash your mint perfectly clean from grit and dirt, chop it very fine, and put to it vinegar and sugar. *Cole, 242.*

Sauce Robert.

Cut some large onions into square pieces, cut some fat bacon in the same manner, put them together in a sauce-pan over the fire, shake them round to prevent their burning. When they are brown, put in some good veal gravy, with a little pepper and salt; let them stew gently till the onions are tender, then put in a little salt, some mustard and vinegar, and serve it hot. *Mason, 323. Farley, 140.*

Another way.

Slice several onions, fry them in butter, turning often till they take colour; then add a little cullis and good broth, pepper and salt; let them boil half an hour, and reduce to a sauce; when ready, add mustard. You may sift it for those who only like the flavour of onions. *Dalrymple, 41.*

Anchovy Sauce.

Put an anchovy into a pint of gravy, then take a quarter of a pound

pound of butter rolled in flour, and stir all together till it boils. You may add a little juice of lemon, catchup, red wine, and walnut liquor, just as you think proper.

Plain butter melted thick, with a spoonful of walnut pickle, or catchup, is a good sauce, or anchovy: in short, you may put as many things as you please into sauce. *Glasse*, 123.

Shrimp Sauce.

Wash half a pint of shrimps very clean, and put them into a stew-pan, with a spoonful of anchovy liquor, and a pound of butter melted thick. Boil it up for five minutes, and squeeze in half a lemon. Toss it up, and put it into your sauce-boat. *Cole*, 242.

To crisp Parsley.

Having picked and washed your parsley, put it into a Dutch oven, or on a sheet of paper; do not set it too near the fire; turn it till it is quite crisp. Lay little bits of butter on it, but not to be greasy. It is a better method than that of frying it. *Cole*, 242.

Plain Sour Sauce.

Take some fresh sorrel-leaves, pick off the stalks, bruise the leaves, and put them into a plate with their juice; strew on some pepper and salt, stir it all together, and serve it cold. *Cole*, 242.

White Sauce for Fish.

Having washed two anchovies, put them into a sauce-pan, with one glass of white wine, and two of water, half a nutmeg, and a little lemon-peel. When it has boiled five or six minutes, strain it through a sieve. Add to it a spoonful of white wine vinegar, thicken it a little, then put in near a pound of butter rolled in flour. Boil it well, and pour it hot upon your fish. *Raffald*, 27.

White Sauce for Fowls or Chickens.

Take a little strong veal gravy, with a little white pepper, mace, and salt, boiled in it. Have it clear from any skin or fat. As much cream, with a little flour mixed in the cream, a little mountain wine to your liking. Boil it up gently for five minutes, then strain it over your chickens or fowls, or in beats. *Cole*, 243.

A white Sauce for Veal.

To a pint of good veal gravy, put a spoonful of lemon-pickle, half an anchovy, a tea-spoonful of mushroom powder, or a few pickled mushrooms; give it a gentle boil; then put in half a pint of cream, the yolks of two eggs beat fine; shake it over the fire after the eggs and cream are in, but do not let it boil, as that would curdle the cream. *Cole*, 243.

Sauce Ravigotte à-la-Bourgeoise

Provide some sage, parsley, a little mint, thyme, and basil; tie them in a bunch, and put them into a sauce-pan of boiling water; let them boil a minute, then take them out, and squeeze the water from them; chop them very fine, and add to them a clove of garlick, and two large onions minced fine. Put them into a stew-pan with half a pint of broth, some pepper, and a little salt; boil them up, and put in a spoonful of vinegar. *Mason, 324.*

Sauce à la-Nivernois.

Put in a small stew pan two slices of ham, a clove of garlick, a laurel-leaf, sliced onions and roots; let it catch, then add a little broth, two spoonfuls of cullis, a spoonful of tarragon vinegar; stew it an hour on a slow fire, then sift it through a sieve, and serve it for a relishing sauce. *Clermont, 31.*

Sauce for Pheasants or Partridges.

These birds are usually served up with gravy-sauce in the dish, and bread-sauce in a boat. *Cole, 243.*

Sauce for Wild Duck, Teal, &c.

Take a proper quantity of veal-gravy, with some pepper and salt; squeeze in the juice of two Seville oranges; add a little red wine, and let the red wine boil some time in the gravy. *Cole, 244.*

To make Force-meat Balls.

Force-meat balls are a great addition to all made-dishes, made thus:—Take half a pound of veal, and half a pound of suet cut fine, and beat in a marble mortar or wooden bowl. Have a few sweet herbs and parsley shred fine, a little mace dried and beat fine, a small nutmeg grated, or half a large one, a little lemon-peel cut very fine, a little pepper and salt, and the yolks of two eggs. Mix all these well together, then roll them in little round balls, and some in little long balls; roll them in flour, and fry them brown. If they are for any thing of white sauce, put a little water in a sauce-pan, and when the water boils, put them in, and let them boil for a few minutes, but never fry them for white sauce. *Glasse, 21. Farley, 139.*

Sauce for a boiled Salmon.

Having boiled a bunch of fennel and parsley, chop them small, and put it into some good melted butter, and send it to table in a sauce-boat; another with gravy-sauce.

To make the gravy-sauce, put a little brown gravy into a sauce-pan with one anchovy, a tea-spoonful of lemon-pickle, a meat-spoonful of liquor from your walnut-pickle, one or two spoonfuls of the water that the fish was boiled in; it gives it a pleasant

pleasant flavour; a stick of horse-radish, a little browning and salt; boil them three or four minutes, thicken it with flour and a good lump of butter, and strain it through an hair sieve.

N. B. This is a good sauce for most kinds of fish. *Raffald*, 242.

An excellent Sauce for most kinds of Fish.

Take some mutton or veal gravy, put to it a little of the water that drains from your fish; when boiled enough, put it in a sauce-pan, and put in a whole onion, one anchovy, a spoonful of catchup, and a glass of white wine; thicken it with a lump of butter rolled in flour, and a spoonful of cream; if you have oysters, cockles, or shrimps, put them in after you take it off the fire, but it is extremely good without. You may use red wine instead of white, by leaving out the cream. *Cole*, 244.

To make Oyster Sauce.

The oysters being opened, wash them out of the liquor, then strain it; put that and the oysters into a little boiled gravy; just scald them; add some cream, a piece of butter mixed with flour, and some catchup; shake all up; let it boil, but not much, as it will make the oysters grow hard and shrink; yet care should be taken that they are enough, as nothing is more disagreeable than for the oysters to taste raw. Or melted butter only, with the oysters and their liquor. *Mason*, 327.

Another way.

Take a pint of large oysters, scald them, and then strain them through a sieve, wash the oysters very clean in cold water, and take the beards off; put them in a stew pan, pour the liquor over them, but be careful to pour the liquor gently out of the vessel you have strained it into, and you will leave all the sediment at the bottom, which you must avoid putting into your stew-pan; then add a large spoonful of anchovy liquor, two blades of mace, half a lemon; enough butter rolled in flour to thicken it; then put in half a pound of butter, boil it up till the butter is melted, then take out the mace and lemon, squeeze the lemon-juice into the sauce, give it a boil up, stir it all the time, and then put it into your boats or basons.

N. B. You may put in a spoonful of catchup, or the same quantity of mountain wine. *Glassé*, 123.

Aspic Sauce.

Infuse chervil, tarragon, burnet, garden-crefs, and a little mint, in a little cullis for above half an hour; then sift it, and add to it a spoonful of garlick-vinegar, pepper and salt; serve up in a sauce-boat. *Clermont*, 38.

Lobster Sauce.

Bruise the body of a lobster into thick melted butter, and cut the flesh into it in small pieces; stew all together, and give it a boil; season with a little pepper, salt, and a very small quantity of mace. *Cole, 245.*

Another way.

Procure a lobster that has a good deal of spawn, pull the meat to pieces with a fork; do not chop it; bruise the body and the spawn with the back of a spoon; break the shell, boil it in a little water to give it a colour; strain it off, melt some butter in it very smooth, with a little horse-radish and a very little chyan; take out the horse radish, mix the body of the lobster well with the butter, then add the meat, and give it a boil, with a spoonful of catchup or gravy, if agreeable. Some people choose only plain butter. *Mason, 327.*

[*Cullisses are used for thickening all sorts of ragoos, soups, &c. and to give them an agreeable flavour. I have given the following receipts for making several of them, as they may probably be agreeable to some of my readers; though I have found by long experience, that Lemon-pickle and Browning (which see) answers much better both for taste and beauty. It is infinitely cheaper, and prevents a great deal of unnecessary trouble.*]

A Cullis for all sorts of Ragoos and rich Sauces.

Take two pounds of veal, two ounces of ham, two or three cloves, a little nutmeg, a blade of mace, some parsley-roots, two carrots cut to pieces, some shallots, two bay-leaves; set these over a stove in an earthen vessel; let them do very gently for half an hour close covered, observing they do not burn; put beef-broth to it, let it stew till it is as rich as it is required to be, and then strain it. *Cole, 246.*

A Cullis for all sorts of Butcher's Meat.

The quantity of your meat must be proportioned to your company. If ten or twelve, you cannot take less than a leg of veal and an ham, with all the fat, skin, and outside cut off. Cut the leg of veal in pieces about the thickness of your fist; place them in your stew-pan, and then the slices of ham, two carrots, an onion cut in two; cover it close, let it stew softly at first, and as it begins to brown, take off the cover and turn it, to colour it on all sides the same; but take care not to burn the meat. When it has a pretty brown colour, moisten you cullis with broth made of beef, or other meat; season your cullis with a little sweet basil, some cloves, with some garlick; pare a lemon, cut it in slices, and put it into your cullis, with some mushrooms. Put into a stew-pan a good lump of butter, and set it over a slow fire; put into it two or three handfuls of
flour,

flour, stir it with a wooden ladle, and let it take a colour. If your cullis be pretty brown, you must put in some flour. Your flour being brown with your cullis, pour it very softly into your cullis, keeping it stirring with a wooden ladle; then let your cullis stew softly, and skim off all the fat; put in two glasses of Champagne, or other white wine; but take care to keep your cullis very thin, so that you may take the fat off and clarify it. To clarify it, you must put it in a stove that draws well, and cover it close, and let it boil without uncovering till it boils over; then uncover it, and take off the fat that is round the stew-pan, then wipe it off the cover also, and cover it again. When your cullis is done, take out the meat, and strain your cullis through a strainer. This cullis is for all sorts of ragoos, fowls, pies, and terrines. *Glasse, 108.*

A Cullis for Fish.

Cut a large pike, and lay it whole upon the gridiron; turn it often. When done, take it off; take off the skin, and take the meat from the bones; boil six hard eggs, and take out the yolks; blanch a few almonds, beat them to a paste in a marble mortar, and then add the yolks of the eggs; mix these well with butter, and put in the fish; beat them all to mash; then take half a dozen onions, and cut them into slices, two parsnips, three carrots; set on a stew-pan, put in a piece of butter to brown, and when it boils, put in the roots; turn them till they are brown, and then pour in a little pea broth to moisten them. When they have boiled a few minutes, strain it into another sauce-pan; put in a whole leek, some parsley, and sweet basil, half a dozen cloves, some mushrooms and truffles, and a few crumbs of bread; let it stew gently a quarter of an hour, and then put in the fish from the mortar; let it stew some time longer; it must not boil up, because that would make it brown. When it is done, strain it through a coarse sieve.

It serves to thicken all made-dishes, and soups for Lent. *Cole, 247.*

Ham Cullis.

This is done with slices of veal-fillet, and ham sufficient to give it a pretty strong taste; add all sorts of roots; then add broth without salt, a glass of white wine, a nosegay of thyme and parsley, half a laurel-leaf, one clove of garlick, a few mushrooms, and shallots. *Dalrymple, 11.*

A white Cullis.

Cut a piece of veal into small bits, take some thin slices of ham, and two onions cut into four pieces; moisten it with broth, seasoned with mushrooms, a bunch of parsley, green onions, and three cloves; let it stew. Being stewed, take out all your meat and roots with a skimmer, put in a few crumbs of

of bread, and let it stew softly; take the white of a fowl, or two chickens, and pound it in a mortar; when well pounded, mix it in your cullis, but it must not boil, and your cullis must be very white; but if it is not white enough, you must pound two dozen of sweet almonds blanch'd, and put into your cullis. Let it be of a good taste, and strain it off, then put it in a small kettle, and keep it warm. You may use it for white loaves, white crust of bread and biseujts. *Glasse,*
110.

A Family Cullis.

Take a piece of butter roll'd in flour, stir it in your stew-pan till the flour takes a fine yellow colour; then add small broth, a little gravy, a glass of white wine, a bundle of parsley, thyme, laurel, and sweet basil, two cloves, a little nutmeg or mace, a few mushrooms, whole pepper, and salt; boil for an hour on a slow fire; sift it through a lawn sieve, well skimmed from fat. This cullis is made either with meat or fish broth, according to your fancy. *Clermont, 9.*

To make Lemon Pickle.

Take twenty-four lemons, grate off the out-rinds very thin, and cut them in four quarters, but leave the bottoms whole, rub on them equally half a pound of bay-salt, and spread them on a large pewter dish; either put them in a cool oven, or let them dry gradually by the fire, till all the juice is dried into the peels; then put them into a well-glazed pitcher, with an ounce of mace, and half an ounce of cloves beat fine, an ounce of nutmeg cut into thin slices, four ounces of garlick peeled, half a pint of mustard seed bruised a little, and tied in a muslin bag; pour two quarts of boiling white wine vinegar upon them, close the pitcher well up, and let it stand five or six days by the fire; shake it well up every day, then tie it up, and let it stand for three months to take off the bitter. When you bottle it, put the pickle and lemon in an hair sieve, press them well to get out the liquor and let it stand till another day, then pour off the fine, and bottle it. Let the other stand three or four days, and it will refine itself. Pour it off, and bottle it; let it stand again, and bottle it till the whole is refined. It may be put in any white sauce, and will not hurt the colour. It is very good for fish-sauce and made-dishes. A tea-spoonful is enough for white, and two for brown sauce, for a fowl. It is a most useful pickle, and gives a pleasant flavour. Always put it in before you thicken the sauce, or put any cream in, lest the sharpness should make it curdle. *Raf-fald, 82.*

CHAP. XVII. ELEGANT SMALL SAVOURY
DISHES OF VEGETABLES, FRUITS, &c.

Artichoke Bottoms with Eggs.

TAKE your artichoke bottoms, and boil them in hard water; if dry ones, in soft water; put a good lump of butter in the water; it will make them boil in half the time, and they will be white and plump. When you put them up, put the yolk of an hard egg in the middle of every bottom, and pour good melted butter upon them, and serve them up. You may lay asparagus or brocoli between every bottom. *Raffald, 290.*

To fry Artichoke Bottoms.

Having blanched them in water, flour them and fry them in fresh butter. Lay them in your dish, and pour melted butter over them. Or you may put a little red wine into the butter, and season with nutmeg, pepper, and salt. *Glassé, 197. Farley, 56.*

A ragoo of Artichoke Bottoms.

If dried, let them lie in warm water for two or three hours, changing the water; put to them some good gravy, mushroom catchup or powder, chyan and salt; thicken with a little flour. Boil these together. *Cole, 249.*

A ragoo of Celery.

Cut the white part of your celery into lengths, boil it till it is tender; fry and drain it, flour it, put into it some rich gravy, a very little red wine, salt, pepper, nutmeg, and catchup; boil it up. *Cole, 249.*

Another way.

Having taken off all the outsides of your heads of celery, cut them in pieces, put them in a tossing-pan, with a little veal-gravy or water; boll them till they are tender; put to it a spoonful of lemon pickle, a meat spoonful of white wine, and a little salt; thicken it with flour and butter, and serve them up with sippets. *Raffald, 286.*

To fry Celery.

When boiled, dip it in batter, fry it of a light brown in hogs'-lard; put it on a plate, and pour melted butter over it. *Cole, 250.*

Cucumbers stewed.

Having pared your cucumbers, slice them about the thickness of a crown piece; slice some onion. Fry them both; drain and shake a little flour over them. Put them into a stew-pan

pan with some good gravy, chyan, and salt; stew them till tender. Or they may be stewed in their own liquor, without being fried; chyan, and salt. Or take out the seeds, quarter the cucumbers, stew them till clear in some boiled gravy; mix a little flour with some cream, a very little white wine, and white pepper pounded. Boil it up. *Mason*, 338.

To ragoo Cucumbers.

Slice two cucumbers and two onions, and fry them in a little butter, then drain them in a sieve, put them into a saucepan, add six spoonfuls of gravy, two of white wine, and a blade of mace; let them stew five or six minutes. Then take a piece of butter as big as a walnut rolled in flour, a little salt, and chyan pepper; shake them together, and when it is thick, dish them up. *Glasse*, 113.

Cucumbers with Eggs.

Pare six large young cucumbers, and cut them into squares about the size of a dice; put them into boiling water; let them boil up, and take them out of the water, and put them into a stew-pan, with an onion stuck with cloves, a good slice of ham, a quarter of a pound of butter, and a little salt; set it over the fire a quarter of an hour, keep it close covered, skim it well, and shake it often, as it is apt to burn; then dredge in a little flour over them, and put in as much veal-gravy as will just cover the cucumbers; stir it well together, and keep a gentle fire under it till no scum will rise; then take out the ham and onion, and put in the yolks of two eggs, beat up with a tea-cupful of cream; stir it well for a minute, then take it off the fire, and just before you put it in the dish, squeeze in a little lemon-juice. Have ready five or six poached eggs to lay on the top. *Cole*, 250.

Cucumbers stuffed with Force-meat.

Peel as many cucumbers as you propose for a dish; take out the middle with an apple corer, blanch them a little in boiling water, and fill them with a force-meat made of roasted poultry; braze them with some thin slices of bacon, a little broth, two or three onions, a faggot of parsley and sweet herbs, one carrot sliced, three cloves, a little whole pepper and salt. When done drain and wipe them, and serve with a good relishing cullis-sauce. *Cole*, 250.

To ragoo Mushrooms.

Peel some large mushrooms, and take out the inside. Broil them on a gridiron, and when the outside is brown, put them in a tossing-pan, with a quantity of water sufficient to cover them. Let them stand ten minutes, then put to them a spoonful of white wine, as much of browning, and a very little alle-

gar. Thicken it with butter and flour, and boil it a little. Serve it up with sippets round the dish. *Farley*, 80, from *Raffald*, 288.

Another way.

Scrape the inside of some large mushrooms, and broil them. When a little brown, put them into some gravy thickened with ale, a little flour, a very little Madeira, salt, and chyan; a little juice of lemon. Boil these together. *Cole*, 251.

To stew Mushrooms.

First put your mushrooms in salt and water, then wipe them with a flannel, and put them again in salt and water; then throw them into a sauce-pan by themselves, and let them boil up as quick as possible; then put in a little chyan pepper and a little mace: let them stew in this a quarter of an hour, then add a tea-cupful of cream, with a little flour and butter the size of a walnut. Serve them up as soon as done. *Cole*, 251.

Mushroom Loaves.

Take small buttons, and wash them as for pickling; boil them a few minutes in a little water; put to them a little cream, a piece of butter rolled in flour, salt, and pepper; boil this up, and fill some small Dutch loaves. If they are not too be had, small French rolls will do, the crumb taken out; but not so well as the loaves. *Mason*, 339.

Stewed Peas and Lettuce.

Take a quart of green peas and two large cabbage lettuces, cut small across, and washed very clean; put them in a stew-pan with a quart of gravy, and stew them till tender; put in some butter rolled in flour, season with pepper and salt. When of a proper thickness, dish them up.

N. B. Some like them thickened with the yolks of four eggs; others prefer an onion chopped very fine, and stewed with them, with two or three rashers of lean ham. *Glasse*, 116.

Another way.

Boil and drain the peas, slice and fry the lettuce; put them into some good gravy; shake in a little flour; add chyan and salt, and a very little shred mint; boil this up, shaking it. *Cole*, 252.

Another way.

Having shelled your peas, boil them in hard water, with salt in it, drain them in a sieve; then slice your lettuces and fry them in fresh butter; put your peas and lettuces into a tossing-pan, with a little good gravy, pepper and salt; thicken it with flour and butter, put in a little shred mint, and serve it up in a soup-dish. *Raffald*, 289.

To ragoo Asparagus.

Scrape and clean one hundred grafs, and throw them in cold water; then cut as far as they are good and green, and take two heads of endive, clean picked and washed, and cut very small, a young lettuce clean washed and cut small, and a large onion peeled and cut small. Put a quarter of a pound of butter into a stew-pan, and when it is melted, throw in the above ingredients. Toss them about, and fry them ten minutes; then season them with a little pepper and salt, shake in a little flour, toss them about, and pour in half a pint of gravy. Let them stew till the sauce is very thick and good, and then pour all into your dish. Garnish with a few of the little tops of the grafs. *Farley, 80.*

Asparagus and Eggs.

Toast a piece of bread as large as you have occasion for, butter it, and lay it on your dish; butter some eggs and lay over it. In the mean time, boil some grafs tender, cut it small, and lay it over the eggs.

N. B. The eggs are buttered thus:—take as many as you want, beat them well, put them into a sauce-pan with a good piece of butter, a little salt; keep beating them with a spoon till they are thick enough, then pour them on the toast. *Cole, 252.*

An Amulet of Asparagus.

Beat up six eggs with cream, boil some fine asparagus, and when boiled, cut off all the green in small pieces; mix them with the eggs, and add pepper and salt. Make your pot hot, and put in a slice of butter; then put them in, and send them up hot. They may be served on buttered toasts. *Cole, 252.*

To make an Amulet.

Beat six eggs, strain them through a hair sieve, and put them into a frying-pan, in which is prepared a quarter of a pound of hot butter. Throw in a little boiled ham, scraped fine, some shred parsley, and season them with pepper, salt, and nutmeg. Fry it brown on the under side, and lay it on your dish, but do not turn it. Hold a hot salamander over it for half a minute, to take off the raw look of the eggs. Some put in clary and chives, and some put in onions. Serve it with curled parsley stuck in it. *Cole, 253.*

An Amulet with Onions.

Fry four sliced onions in butter, till they are quite done. Add the yolks of three eggs, and a little chopped parsley. Make two small amulets without salt, put the onions upon them, and a few fillets of anchovies; roll them lengthw ays. Have ready some pieces of bread cut like toasts, and fried in butter. Cut the amulets the same size of the bread upon

which you put them. Pour a little melted butter over, and strew them with rasped Parmesan cheese and bread crumbs. Give them a colour in the oven, and serve with a relishing-sauce under. *Dalrymple*, 413.

To ragoo Cauliflowers.

Take a large cauliflower, or two small ones, pick as if you intended them for pickling: stew them till they are enough in a rich brown cullis, seasoned with pepper and salt; put them in a dish, and pour the cullis over them. Boil some sprigs of the cauliflower very white, and lay round them. *Mason*, 337. *Farley*, 81.

To broil Potatoes.

Boil them, then peel them, cut them in two, and broil them till they are brown on both sides; then lay them in the plate or dish, and pour melted butter over them. *Cole*, 253.

To fry Potatoes.

Cut your potatoes into thin slices, as large as a crown piece, fry them brown, lay them in the plate or dish, pour melted butter and sack and sugar over them. These make a pretty corner plate. *Cole*, 253.

To mash potatoes.

Boil them, peel them, and put them into a sauce-pan; mash them well, and put a pint of milk to two pounds of potatoes; add a little salt, stir them well together, and take care that they do not stick to the bottom; then take a quarter of a pound of butter, stir it in, and serve it up. *Cole*, 253.

To scollop Potatoes.

Having first boiled your potatoes, beat them fine in a bowl with good cream, and a lump of butter and salt; put them into scollop shells, make them smooth on the top, score them with a knife, lay thin slices of butter on the top of them, put them in a Dutch oven to brown before the fire. Three shells is sufficient for a dish. *Raffald*, 287.

To fry Chardoons.

Cut them about six inches long, and string them, then boil them till tender. Take them out, have some butter melted in your stew-pan, flour them, and fry them brown. Send them in a dish, with melted butter in a cup. Or you may tie them up in bundles, and boil them like asparagus. Put a toast under them, and pour a little melted butter over them; or cut them into dice, and boil them like peas. Toss them up in butter, and send them up hot. *Glassé*, 195.

Chardoons à-la-Fromage.

String them, cut them an inch long, stew them in a little red
wine

wine till they are tender; season with pepper and salt, and thicken it with a piece of butter rolled in flour; then pour them into your dish, squeeze some juice of orange over it, then scrape Parmesan or Cheshire cheese all over them; then brown it with a cheese iron, and serve it up quick and hot. *Cole, 254.*

To stew Pears.

Take six pears, pare them, and either quarter them or stew them whole. Lay them in a deep earthen pan, with a few cloves, a piece of lemon peel, a gill of red wine, and a quarter of a pound of fine sugar. If the pears are very large, they will require half a pound of sugar, and half a pint of red wine. Cover them close with brown paper, and stew them in an oven till they are enough. They may be served up hot or cold. They make a very pretty dish with one whole and they rest cut in quarters, and the cores taken out. *Farley, 72.*

To stew Pears in a sauce-pan.

Put them into a sauce-pan with the ingredients mentioned in the preceding article, cover them, and do them over a slow fire. When they are enough, take them off; add a pennyworth of cochineal bruised very fine. *Cole, 254.*

To bake Pears.

Pare them, cut them in halves, and core them; then put them into an earthen pan with a few cloves, a little water and red wine, and about half a pound of sugar to six pears; bake them in an oven moderately hot, then set them over a slow fire; let them stew gently; cut in a lemon-peel in small shreds. If the syrup is not rich enough, add more sugar. *Mason, 433.*

Eggs and Broccoli.

Boil your broccoli tender, observing to save a large bunch for the middle, and six or eight little thick sprigs to stick round. Toast a bit of bread as large as you would have it for your dish or butter plate. Butter some eggs thus:—take six eggs, or as many as you have occasion for, beat them well, put them into a sauce-pan with a good piece of butter, a little salt; keep beating them with a spoon till they are thick enough, then pour them on the toast. Set the largest bunch of broccoli in the middle, and the other little pieces round and about, and garnish the dish with little sprigs of broccoli. This is a pretty side-dish, or corner-plate. *Glasse, 197.*

To broil Eggs.

Cut a toast round a quartern loaf, brown it, lay it in your dish, butter it, and very carefully break six or eight eggs on the toast. Take a red-hot shovel and hold it over them.

When they are done, squeeze a Seville orange over them, grate a little nutmeg over it, and serve it up for a side-plate. Or you may poach your eggs and lay them on a toast; or toast your bread crisp, and pour a little boiling water over it. Season it with a little salt, and then lay your poached eggs upon it. *Cole, 255.*

Eggs Dutcheffs fashion.

Boil a pint of cream and sugar, a little orange-flower water, and piece of lemon-peel; poach six or eight eggs in it; take out the eggs, reduce the cream for sauce to serve upon them. *Dalrymple, 416.*

Spinach and Eggs.

Pick and wash your spinach very clean in several waters, put it into a sauce-pan with a little salt; cover it close, and shake the pan often. When it is just tender, and whilst it is green, throw it into a sieve to drain; lay it in your dish. Have ready a stew-pan of water boiling, and break as many eggs into cups as you would poach. When the water boils, put in the eggs; have an egg slice ready to take them out with, lay them on the spinach, and garnish the dish with orange cut into quarters, with melted butter in a cup. *Cole, 255.*

To force Eggs.

Scald two cabbage lettuces with a few mushrooms, parsley, sorrel, and chervil; then chop them very small, with the yolks of hard eggs, seasoned with salt and nutmeg; then stew them in butter, and when they are enough, put in a little cream, then pour them into the bottom of a dish. Then chop the whites very fine, with parsley, nutmeg, and salt. Lay this round the brim of the dish, and run a red-hot fire-shovel over it to brown it. *Cole, 255.*

To poach Eggs with Toasts.

Pour your water in a flat-bottomed pan, with a little salt. When it boils, break your eggs carefully in, and let them boil two minutes; then take them up with an egg-spoon, and lay them on buttered toasts. *Raffald, 289.*

Eggs with Sausages.

Fry some sausages, and then a slice of bread; lay the sausages on the bread, with a poached egg between each link. If the toast is too strong fried, butter it a little.

The common way of dressing eggs is to poach them, and serve them on a buttered toast, or on stewed spinach or sorrel. *Cole, 256.*

CHAP. XVIII.—OF PUDDINGS.

Preliminary Observations on Puddings.

IN boiled puddings, particular care is required that the cloth be clean, and remember to dip it in boiling water, let it be well floured, and give your cloth a shake. If it is a bread pudding, tie it loose; if a batter pudding, tie it close; and never put your pudding in till the water boils. If you boil it in a bason, butter it, and boil it in plenty of water, without covering the pan, and turn it often. When it is enough, take it up in the bason, let it stand a few minutes to cool, then untie the string, wrap the cloth round the bason, lay your dish over it, and turn the pudding out; then take off the bason and cloth with great care, otherwise a light pudding is liable to be broken in turning out. When you make a batter pudding, first mix the flour well with a little milk, then gradually put in the ingredients, by which means it will be perfectly smooth and without lumps. But for a plain batter pudding, the best method is to strain it through a coarse hair sieve, that it may neither have lumps nor the treadles of the eggs; and for all other puddings, strain the eggs when you beat them. With respect to baking, all bread and custard puddings require time, and a moderate oven, that will raise and not burn them. Batter and rice puddings, a quick oven. Be particularly careful to butter the pan or dish before you put in your pudding. *Cole, 256.*

A baked Almond Pudding.

Having boiled the skins of two lemons very tender, beat them very fine; beat half a pound of almonds in rose water, and a pound of sugar very fine; then melt half a pound of butter and let it stand till it is quite cold; beat the yolks of eight eggs and the whites of four; mix them and beat them all together, with a little orange-flower water, and bake it in the oven. *Raffald, 168. Farley, 184.*

A boiled Almond Pudding.

Strain two eggs well beaten into a quart of cream, a penny-loaf grated, one nutmeg, six spoonfuls of flour, half a pound of almonds blanched and beat fine, half a dozen bitter almonds, sweeten with fine sugar; add a little brandy; boil it half an hour; pour round it melted butter and wine; stick it with almonds blanched and slit. *Mason, 370.*

Almond Hog's Puddings.

Take a pound of beef marrow chopped fine, half a pound of sweet almonds blanched and beat fine, with a little orange-

flower or rose water; half a pound of white bread grated fine, half a pound of currants clean washed and picked, a quarter of a pound of fine sugar, a quarter of an ounce of mace, nutmeg, and cinnamon together, of each an equal quantity, and half a pint of sack or mountain. Mix all well together, with half a pint of good cream, and the yolks of four eggs. Fill your guts half full, tie them up, and boil them a quarter of an hour, and prick them as they boil to keep the guts from breaking. For a change, you may leave out the currants, but you must then add a quarter of a pound more sugar. *Cole, 257.*

A baked Apple Pudding.

Boil half a pound of apples and pound them well; take half a pound of butter beaten to a cream, mix it with the apples before they are cold; add six eggs with the whites, well beaten and strained, half a pound of sugar pounded and sifted, the rinds of two lemons well boiled and beaten; sift the peel into clean water twice in the boiling; put a thin crust in the bottom and rims of your dish. It will take half an hour to bake it. *Cole, 257.*

Another way.

Pare twelve large pippins, and take out the cores; put them into a sauce-pan, with four or five spoonfuls of water, and boil them till they are soft and thick. Then beat them well, stir in a pound of loaf sugar, the juice of three lemons, and the peels of two cut thin and beat fine in a mortar, and the yolks of eight eggs beaten. Mix all well together, and bake it in a slack oven. When nearly done, throw over it a little fine sugar. You may, if you please, bake it in a puff paste, at the bottom of the dish, and round the edges of it. *Glasse, 217; Farley, 198.*

Apple Dumplings.

Having pared and taken out the core of your apples, fill the hole with quince, or orange marmalade, or sugar (which ever best suits); then take a piece of cold paste, and make a hole in it, as if you was going to make a pie; lay in your apple, and put another piece of paste in the same form, and close it up round the side of your apple. It is much preferable to the method of gathering it in a lump at one end. Tie it in a cloth, and boil it three quarters of an hour; pour melted butter over them and serve them up. Five is sufficient for a dish. *Raf-fald, 183. Farley, 198.*

An Apricot Pudding.

Coddle six large apricots very tender, break them very small, sweeten them to your taste; when they are cold add six eggs and only two whites, well beat; mix them all well together,
with

with a pint of good cream; lay a puff paste all over your dish, and pour in your ingredients. Bake it half an hour; but the oven should not be too hot. When it is enough, throw a little fine sugar all over it, and send it to table. *Glasse*, 272. *Farley*, 189.

A Batter Pudding.

Take a quart of milk, beat up the yolks of six eggs, and the whites of three, and mix them with a quarter of a pint of milk. Take six spoonfuls of flour, a tea-spoonful of salt, and one of beaten ginger. Mix them all together, boil them an hour and a quarter, and pour melted butter over the pudding. You may, if you think proper, put in half a pound of pruens, or currants, and two or three more eggs. Or you may make it without eggs, in the following manner: take a quart of milk, mix six spoonfuls of the flour with a little of the milk first, a tea-spoonful of salt, two of beaten ginger, and two of the tincture of saffron. Then mix all together, and boil it an hour. *Farley*, 200, from *Glasse*, 219.

Another.

A pint of milk, four eggs, four spoonfuls of flour, half a grated nutmeg, and a little salt; tie the cloth very close, and boil it three quarters of an hour. Sauce, melted butter. *Cole*, 259.

A Bread Pudding.

Slice all the crumb of a penny loaf thin into a quart of milk, set it over a chafing-dish of coals till the bread has soaked up all the milk, then put in a piece of butter, stir it round, and let it stand till cool. Or you may boil your milk and pour over your bread, and cover it up close; this method is as good as the other. Then take the yolks of six eggs, and half the whites, and beat them up with a little rose water and nutmeg, and a little salt and sugar, if you like it. Mix all well together, and boil it an hour. *Glasse*, 220. *Farley*, 192.

A nice Bread Pudding.

Take half a pint of milk, boil it with a bit of cinnamon, four eggs, and the whites well beaten, the rind of a lemon grated, half a pound of suet chopped fine, and as much bread as may be thought requisite. Pour your milk on the bread and suet, keep mixing it till cold, then put in the lemon-peel, eggs, a little sugar, and some nutmeg grated fine. This pudding may be either boiled or baked. *Raffald*, 173.

A Calf's-foot Pudding.

Boil four feet tender; pick the nicest of the meat from the bones, and chop it very fine; add the crumb of a penny loaf grated, a pound of beef suet shred small, half a pint of cream,
seven

seven eggs, a pound of currants, four ounces of citron cut small, two ounces of candied orange peel cut like straws, a nutmeg, and a large glass of brandy. Butter the cloth and flour it, tie it close, let it boil three hours. *Mason*, 370.

Mrs. Raffald, page 172, gives the same receipt, with this addition: "When you take the pudding up, it is best to put it in a bowl that will just hold it, and let it stand a quarter of an hour before you turn it out; lay your dish upon the top of the bason, and turn it upside down," *Cole*, 261.

A Carrot Pudding.

Scrape a raw carrot very clean and grate it. Take half a pound of the grated carrot, and a pound of grated bread; beat up eight eggs, leaving out half the whites, and mix the eggs with half a pint of cream. Then stir in the bread and carrot, half a pound of fresh butter melted, half a pint of sack, three spoonfuls of orange flower-water, and a nutmeg grated. Sweeten to your palate. Mix all well together, and if it is not thin enough, stir in a little new milk or cream. Let it be of a moderate thickness, lay a puff paste all over the dish, and pour in the ingredients. It will take an hour's baking. If you would boil it, you must melt butter, and put in white wine and sugar. *Cole*, 259.

Green Codling Pudding.

Green about a quart of codlings as for a pie, rub them through a hair sieve, with as much of the juice of beets as will green your pudding; put in the crumb of half a penny loaf, half a pound of butter, and three eggs well beaten; beat them all together with half a pound of sugar, and two spoonfuls of cyder. Lay a good paste round the rim of the dish and pour it in. *Raffald*, 178. From *Mason*, 377, with very little alteration.

A Custard Pudding.

Put a piece of cinnamon in a pint of thick cream; boil it; add a quarter of a pound of sugar; when cold, add the yolks of five eggs well beaten; stir this over the fire till pretty thick, but you should not let it boil. When quite cold, butter a cloth well, dust it with flour, tie the custard in it very close, boil it three quarters of an hour. When taken up, put it into a bason to cool a little; untie the cloth, lay the dish on the bason, turn it up. If the cloth is not taken off carefully, the pudding will break; grate over it a little sugar. Melted butter, and a little wine in a boat. *Raffald*, 169, from *Mason*, 369; with this difference, *Mrs. Mason* recommends but *five* eggs, *Mrs. Raffald*, *six*.

Damascene Dumplings.

Having made a good hot paste crust, roll it pretty thin, lay it in a basin, and put in a proper quantity of damascenes; wet the edge of the paste, and close it up; boil it in a cloth one hour and send it up whole; pour melted butter over it, and grate sugar round the edge of the dish.

N. B. Dumplings may be made from any kind of preserved fruit, in the same manner. *Raffald, 183.*

Gooseberry Pudding.

Scald a pint of green gooseberries, and rub them through a sieve; put to them half a pound of sugar, and an equal quantity of butter, two or three Naples' biscuits, and four eggs well beaten; mix it well, bake it half an hour. *Mason, 377. Raffald, 182. Farley, 198.* The two last recommended six eggs; *Mrs. Mason, only four.* In other respects they all agree.

A Grateful Pudding.

Take a pound of fine flour, and a pound of white bread grated; take eight eggs, with half the whites, beat them up, and mix with them a pint of milk; then stir in the bread and flour, a pound of raisins stoned, a pound of currants, half a pound of sugar, a little beaten ginger; mix all well together, and either bake or boil it. It will take three quarters of an hour baking. Put in cream, if you have it, instead of milk; the pudding will be much improved by it. *Glasse, 219.*

Hard Dumplings.

Put a little salt to some flour and water, and make it into a paste. Roll them in balls as large as a turkey's egg; roll them in a little flour, throw them into boiling water, and half an hour will boil them. They are best boiled with a good piece of beef. For a change, you may add a few currants.

A Hasty Pudding.

Take a pint of cream and a pint of milk, a little salt, and sweeten it with loaf-sugar; make it boil; then put in some fine flour, and keep it continually stirring while the flour is put in, till it is thick enough, and boiled enough; pour it out, and stick the tops full of little bits of butter. It may be eaten with sugar or salt. *Mason, 368.*

Herb Pudding.

Of spinach, beet, parsley, and leeks, take each a handful; wash them and scald them, then shred them very fine; have ready a quart of groats steeped in warm water half an hour, and a pound of hog's-lard cut in little bits, three large onions chopped small, and three sage leaves hacked fine; put in a little salt, mix all well together, and tie it close up. It will require

quire to be taken up in boiling to loosen the string a little. *Raffald, 182, from Mason, 372.*

A Hunting Pudding.

Take the yolks of ten eggs, and the whites of six; beat them up well with half a pint of cream, six spoonfulls of flour, one pound of beef suet chopped small, a pound of currants well washed and picked, a pound of jar raisins stoned and chopped small, two ounces of candied citron, orange and lemon, shred fine; put two ounces of fine sugar, a spoonful of rose water, a glass of brandy, and half a nutmeg grated. Mix all well together, tie it up in a cloth, and boil it four hours; be sure to put it in when the water boils, and keep it boiling all the time; turn it into a dish, and garnish with powder sugar. *Cole, 261.*

An Italian Pudding.

Take a pint of cream, and slice in some French rolls, as much as you think will make it thick enough; beat ten eggs fine, grate a nutmeg, butter the bottom of the dish, slice twelve pippins into it, throw some orange-peel and sugar over, and half a pint of red wine; then pour your cream, bread, and eggs over it; first lay a puff paste at the bottom of the dish, and round the edges, and bake it half an hour, *Glasse, 217.*

A Lemon Pudding.

Take three lemons and grate the rinds off, beat up twelve yolks and six whites of eggs, put in half a pint of cream, half a pound of fine sugar, a little orange flower water, a quarter of a pound of butter melted. Mix all well together, squeeze in the juice of two lemons; put it over the stove, and keep stirring it till it is thick; put a puff paste round the rim of the dish, put in pudding-stuff, with some candied sweetmeats cut small over it, and bake it three quarters of an hour. *Cole, 262,*

A Marrow Pudding.

Grate a penny loaf into crumbs, and pour on them a pint of boiling hot cream. Cut very thin a pound of beef marrow, beat four eggs well, and then add a glass of brandy, with sugar and nutmeg to your taste. Mix them all well together, and either boil or bake it. Three quarters of an hour will do it. Cut two ounces of citron very thin; and when you dish it up, stick them all over it. *Cole, 262.*

Another.

Take a quarter of a pound of rice, half boil it, half a pound of marrow shred very fine, a quarter of a pound of raisins stoned and chopped small, with two ounces of currants; beat four eggs a quarter of an hour, mix it all together, with a pint
of

of good cream, a spoonful of brandy, and sugar and nutmeg to your taste. You may either bake it or put it into skins for hog's-puddings. *Cole, 262.*

A Millet Pudding.

Spread a quarter of a pound of butter at the bottom of a dish; lay into it six ounces of millet, and a quarter of a pound of sugar. When going to the oven, pour over it three pints of milk. *Mason, 377.*

Norfolk Dumplings.

To half a pint of milk put two eggs, and a little salt, and make them into a good thick batter with flour. Have ready a clean saucepan of water boiling, and drop your batter into it, and two or three minutes will boil them. Be particularly careful that the water boils fast when you put the batter in. Then throw them into a sieve to drain, turn them into a dish, and stir a lump of fresh butter into them. If eaten hot, they are very good. *Cole, 263.*

An Oat Pudding.

Take two pounds of oats skinned, and new milk enough to drown it; eight ounces of raisins of the sun stoned, the same quantity of currants neatly picked; a pound of sweet suet finely shred, six new laid eggs well beat; season with nutmeg, beaten ginger, and salt; mix it all well together, it will make an excellent pudding. *Cole, 263.*

An Oatmeal Pudding.

Boil a pint of fine oatmeal in three pints of new milk, stirring it till it is as thick as hasty pudding; take it off, and stir in half a pound of fresh butter, a little beaten mace and nutmeg, and a gill of sack; then beat up eight eggs, half the whites, stir all well together, lay puff paste all over the dish, pour in the pudding, and bake it half an hour. Or you may boil it with a few currants. *Cole, 263.*

An Orange Pudding.

Take the rind of a Seville orange, boil it very soft, beat it in a marble mortar, with the juice; put to it two Naples' biscuits grated very fine, half a pound of butter, a quarter of a pound of sugar, and the yolks of six eggs; mix them well together; lay a good puff paste round the edge of your China dish, bake it in a gentle oven half an hour. You may make a lemon pudding the same way, by putting in a lemon instead of the orange. *Raffald, 171.*

Peas Pudding.

Boil it till it is quite tender; then take it up, untie it, stir in
a good

a good piece of butter, a little salt, and a good deal of beaten pepper; then tie it up tight again, boil it an hour longer, and it will eat fine. *Cole, 263.*

A Plain Pudding.

Put into a pint of milk three laurel leaves, a little grated lemon-peel, and a bit of mace; boil it, then strain it off, and with a little flour make it into a pretty thick hasty pudding; then stir into it a quarter of a pound of butter, two ounces of sugar, half a small nutmeg grated, five yolks and three whites of eggs; beat them well up all together, pour it into a dish, and bake it. *Mason, 375.*

Another.

Take the yolks and whites of three eggs, beat them together, with two large spoonfuls of flour, a little salt, and half a pint of milk or cream; make it the thickness of a pancake batter, and beat all well together. It will take half an hour to boil it. *Cole, 264.*

An excellent Plum Pudding.

Take one pound of suet, one pound of currants, and one pound of raisins stoned; the yolks of eight eggs, and the whites of four; the crumb of a penny loaf grated, one pound of flour, half a nutmeg, a tea-spoonful of grated ginger, a little salt, and a small glass of brandy; beat the eggs first, mix them with some milk. By degrees add the flour and other ingredients, and what more milk may be necessary; it must be very thick and well stirred. It will require five hours boiling. *Cole, 264.*

A Potatoe Pudding.

Boil a quarter of a pound of potatoes till they are soft, peel them, and mash them with the back of a spoon, and rub them through a sieve to have them fine and smooth. Then take half a pound of fresh butter melted, half a pound of fine sugar, and beat them well together till they are smooth. Beat six eggs, both yolks and whites, and stir them in with a glass of sack or brandy. You may, if you please, add half a pint of currants. Boil it half an hour. Melt some butter, and put into it a glass of white wine; sweeten with sugar, and pour it over it. *Farley, 190.*

A Quaking Pudding.

Take a quart of cream, boil it, and let it stand till almost cold, then beat four eggs a full quarter of an hour, with a spoonful and a half of flour; then mix them with your cream, add sugar and nutmeg to your palate, tie it close up in a cloth well buttered; let it boil an hour, and turn it carefully. *Raffald, 180.*

A Rabbit Pudding.

Take the meat of a large roasted rabbit, chop it very fine with the liver, soak the bones in a pint of cream about an hour; boil six onions in broth, with a faggot of parsley, shallots, two cloves, pepper and salt; boil it till the liquid is of a thick consistence, chop the onions very fine, mix them with the meat and bread crumbs soaked in cream, and the cream wherein you soaked the bones; add eight yolks of eggs, three quarters of a pound of lard cut in small pieces, salt, and spices to taste.

Puddings may thus be made of all sorts of poultry or game. They may be boiled in a cloth, as a common bread pudding, and served with a relishing sauce. *Dalrymple, 150.*

A Rice Pudding.

Put a quarter of a pound of rice into a saucepan, with a quart of new milk, and a stick of cinnamon; stir it often to keep it from sticking to the saucepan. When it has boiled thick, pour it into a pan, stir in a quarter of a pound of fresh butter, and sugar to your palate. Grate in half a nutmeg, add three or four spoonfuls of rose water, and stir it all well together. When it is cold, beat up eight eggs, with half the whites, beat it all well together, butter a dish, pour it in, and bake it. You may first lay a puff paste all over the dish. For a change, you may put in a few currants and sweet meats. *Glasse, 217.*

A Ground Rice Pudding.

Boil a quarter of a pound of ground rice in water till it is soft, then beat the yolks of four eggs, and put to them a pint of cream, a quarter of a pound of sugar, and a quarter of a pound of butter; mix them well together. You may either boil or bake it. *Cole, 265.*

A cheap plain Rice Pudding.

Take a quarter of a pound of rice, and half a pound of raisins stoned, and tie them in a cloth. Give the rice a great deal of room to swell. Boil it two hours. When it is enough, turn it into your dish, and pour melted butter and sugar over it, with a little nutmeg. *Cole, 265.*

Another Rice Pudding.

Take a quarter of a pound of rice, boil it in water till it is soft, and drain it through a hair sieve; beat it in a marble mortar, with the yolks of four eggs, four ounces of butter, and the same quantity of sugar; grate the rind of half a lemon, and half a nutmeg, work them well together for half an hour; then put in half a pound of currants well washed and cleaned, mix them

them well together, butter your cloth, and tie it up. Boil it an hour, and serve it up with white wine sauce. *Cole, 265.*

A Sago Pudding.

Take two ounces of sago, boil it with some cinnamon and a bit of lemon-peel, till it is soft and thick. Grate the crumb of a halfpenny roll, put to it a glass of red wine, four ounces of chopped marrow, the yolks of four eggs well beaten, and sugar to your taste. When the sago is cold, put these ingredients to it. Mix it all well together. Bake it with a puff paste. When it comes from the oven, stick over it citron cut into pieces, and almonds blanched and cut into slips. *Raffald, 175, from Mason, 380.*

A Spoonful Pudding.

Take a spoonful of flour, a spoonful of cream or milk, an egg, a little nutmeg, ginger, and salt; mix all together, and boil it in a little wooden dish half an hour. You may add a few currants. *Cole, 266.*

A Spinach Pudding.

Take a quarter of a peck of spinach, picked and washed clean, put it into a sauce-pan with a little salt; cover it close, and when it has boiled just tender, throw it into a sieve to drain; then chop it with a knife, beat up six eggs, mix well with it half a pint of cream, and a stale roll grated fine, a little nutmeg and a quarter of a pound of melted butter; stir all well together, put it into the sauce-pan the spinach was stewed in, keeping it stirring till it begins to be thick, then wet the pudding-cloth and flour it well; tie it up and boil it an hour; turn it into a dish, and pour over it melted butter, with a little Seville orange squeezed in it, and sugar. You may bake it, but then you should put in a quarter of a pound of sugar. *Glassé, 225. Mason, 372. Farley, 186.*

A Suet Pudding.

Take a pound of shred suet, a quart of milk, four eggs, two tea-spoonfuls of grated ginger, a little salt, and flour enough to make it a thick batter; boil it two hours. It may be made into dumplings, when half an hour will boil them. *Cole, 266.*

A Tansy Pudding.

Put as much boiling cream to four Naples' biscuits grated as will wet them, beat the yolks of four eggs. Have ready a few chopped tansy-leaves, with as much spinach as will make it a pretty green. Be careful not to put too much tansy in, because it will make it bitter. Mix all together when the cream is cold, with a little sugar, and set it over a slow fire till it grows thick; then take it off, and, when cold, put it in a cloth well buttered and floured; tie it up close, and let it boil three quarters

ters of an hour; take it up in a bason, and let it stand one quarter, then turn it carefully out, and put white-wine sauce round it.

The above receipt, with very inconsiderable alterations, appears in *Mason*, 370; *Raffald*, 176; and *Farley*, 194.

A Transparent Pudding.

Beat eight eggs well, put them in a pan with half a pound of fresh butter, half a pound of fine powdered sugar, and half a nutmeg grated; set it on the fire, and keep stirring it till it is of the thickness of buttered eggs; then put it away to cool; put a thin puff paste round the edge of your dish; pour in the ingredients, bake it half an hour in a moderate oven, and send it up hot. It is a pretty pudding for a corner for dinner, and a middle for supper. *Raffald*, 175, *Farley*, 189, from *Glasse*, 222.

Vermicelli Pudding.

Boil a quarter of a pound of vermicelli in a pint of milk till it is soft, with a stick of cinnamon; then take out the cinnamon, and put in half a pint of cream, a quarter of a pound of butter melted, and a quarter of a pound of sugar, with the yolks of four eggs well beaten. Bake it in an earthen dish without a paste. *Cole*, 267.

Yeast Dumplings.

Make a light dough, as for bread, with flour, water, yeast, and salt; cover it with a cloth, and set it before the fire for half an hour. Then have a sauce-pan of water on the fire, and when it boils, take the dough, and make it into little round balls, as big as a large hen's egg. Then flatten them with your hand, put them into the boiling water, and a few minutes will do them. Take care that they do not fall to the bottom of the pot or saucepan, for they will then be heavy, and be sure to keep the water boiling all the time. When they are enough, take them up, and lay them in your dish, with melted butter in a boat. To save trouble, you may get your dough at the baker's, which will do as well. *Cole*, 267.

A Yorkshire Pudding.

Take a quart of milk and five eggs, beat them well up together, and mix them with flour till it is of a good pancake batter, and very smooth; put in a little salt, some grated nutmeg and ginger; butter a dripping or frying-pan, and put it under a piece of beef, mutton, or a loin of veal, that is roasting, and then put in your batter; and when the top-side is brown, cut it in square pieces, and turn it, and then let the underside be brown. Put it in a hot dish, as clean from fat as you can, and send it to table hot. *Cole*, 267.

Another way.

Take a quart of milk, three eggs, a little salt, some grated ginger, and flour enough to make it as a batter pudding; put it into a small tin dripping-pan, of the size for the purpose; put it under beef, mutton, or veal, while roasting. When it is brown, cut it into four or five lengths, and turn it, that the other side may become brown. *Cole, 268.*

White Puddings in skins.

Boil half a pound of rice in milk till it is soft, having first washed the rice well in warm water. Put it into a sieve to drain, and beat half a pound of Jordan almonds very fine with some rose water. Wash and dry a pound of currants, cut a pound of hogs'-lard in small bits, beat up six eggs well, half a pound of sugar, a large nutmeg grated, a stick of cinnamon, a little mace, and a little salt. Mix them well together, fill your skins, and boil them. *Farley, 195.*

To make Black Puddings.

Before you kill a hog, get a peck of groats, boil them half an hour in water, then drain them, and put them into a clean tub, or large pan; then kill your hog, and save two quarts of the blood, and keep stirring it till the blood is quite cold; then mix it with your groats, and stir them well together. Season with a large spoonful of salt, a quarter of an ounce of cloves, mace, and nutmeg together, an equal quantity of each; dry it, beat it well, and mix in. Take a little winter favoury, sweet marjoram and thyme, penny-royal stripped of the stalks and chopped very fine; just enough to season them and give them a flavour, but no more. The next day take the leaf of the hog, and cut into dice, scrape and wash the guts very clean, then tie one end, and begin to fill them. Mix in the fat as you fill them; be sure to put in a good deal of fat, fill the skins three parts full, tie the other end, and make your puddings what length you please; prick them with a pin, and put them in a kettle of boiling water. Boil them very softly an hour, then take them out, and lay them on clean straw. *Glasse, 256.*

CHAP. XIX.—OF PIES.

Preliminary Observations on Pies.

IT may be necessary to inform the reader, that raised pies should have a quick oven, and be well closed up, or they will fall in the sides. It should have no water put in till just before you put it in the oven, as that will give the crust a sodden appearance, and may probably occasion it to run. Light paste requires a moderate oven, but not too slow, as it will make it look heavy, and a quick oven will catch and burn it, and not give it time to rise. Tarts that are iced, should be baked in a slow oven, or the icing will become brown before the paste is properly baked. Tarts of this sort should be made of sugar paste, and rolled very thin. *Cole, 269.*

Paste for Tarts.

Take one pound of flour, three quarters of a pound of butter mix up together, and beat well with a rolling-pin. *Cole, 269.*

Crisp Paste for Tarts.

To one pound of fine flour, put one ounce of loaf-sugar, beat and sifted. Make it into a stiff paste with a gill of boiling cream, and three ounces of butter to it; work it well, and roll it very thin. When you have made your tarts, beat the white of an egg a little, rub it over them with a feather, sift a little double-refined sugar over them, and bake them in a moderate oven. *Cole, 296.*

Another way.

Having beat the white of an egg to a strong froth, put in by degrees four ounces of double-refined sugar, with about as much gum as will lie upon a six-pence, beat and sifted fine. Beat them half an hour, and then lay it thin on your tarts. *Cole, 269.*

Puff Paste.

Take a quarter of a peck of flour, rub in a pound of butter very fine, make it up in a light paste with cold water, just stiff enough to work it up; then roll it out about as thick as a crown piece; put a layer of butter all over; sprinkle on a little flour, double it up, and roll it out again; double it and roll three times, then it is fit for all pies and tarts that require a puff paste. *Cole, 269.*

Short Crust.

Rub some flour and butter together, full six ounces of butter to eight of flour; mix it up with as little water as possible, so as to have it a stiffish paste; beat it well, and roll it thin. This is the best crust for all tarts that are to be eaten cold, and for

preserved fruit. A moderate oven. An ounce and a half of sifted sugar may be had. *Cole, 270.*

A good Paste for great Pies.

Put the yolks of three eggs to a peck of flour, pour in some boiling water, then put in half a pound of suet, and a pound and a half of butter. Skim off the butter and suet, and as much of the liquor as will make it a light good crust. Work it up well, and roll it out. *Cole, 270.*

A Paste for Custards.

Pour half a pound of boiling water on two pounds of flour, with as much water as will make it into a good paste. Work it well, and when it has cooled a little, raise your custards, put a paper round the inside of them, and when they are half baked, fill them. *Cole, 270.*

Another way.

To half a pound of flour, put six ounces of butter, the yolks of two eggs, and three spoonfuls of cream. Mix them together, and let them stand a quarter of an hour, then work it up and down, and roll it very thin. *Cole, 270.*

An Apple Pie.

Make a good puff-paste crust, lay some round the sides of the dish, pare and quarter your apples, and take out the cores, lay a row of apples thick, throw in half the sugar you intend for your pie, mince a little lemon-peel fine, throw over, and squeeze a little lemon over them, then a few cloves, here and there one; then the rest of your apples, and the rest of your sugar. Sweeten to your palate, and squeeze in a little more lemon. Boil the peeling of the apples and the cores in some fair water, with a blade of mace, till it is very good; strain it, and boil the syrup with a little sugar, till there is but very little and good; pour it into your pie, put on your upper crust, and bake it. You may, if you please, put in a little quince or marmalade.

Make a pear pie in the same manner, but omit the quince. You may butter them when they come out of the oven. Or, beat up the yolks of two eggs, and half a pint of cream, with a little nutmeg sweetened with sugar; put it over a slow fire, and keep stirring it till it just boils up; take off the lid, and pour in the cream. Cut the crust into little three-corner pieces, stick about the pie, and send it to table cold. *Glasse, 230. Farley, 212.*

An Apple Tart.

Take eight or ten large codlings, scald them, and when cold, skin them; beat the pulp as fine as you can with a silver spoon, then mix the yolks of six eggs, and the whites of four; beat all together as fine as possible, put in grated nutmeg, and sugar to your taste; melt some fine fresh butter, and beat it till it is like
a fine

a fine thick cream; then make a fine puff-paste, and cover a tin patty-pan with it, and pour in the ingredients, but do not cover it with the paste. Bake it a quarter of an hour, then flip it out of the patty-pan on a dish, and strew some sugar finely beat and sifted all over it. *Raffald, 145.*

A Beef-steak Pie.

Take four or five rump steaks, beat them very well with a paste pin, season them with pepper and salt, lay a good puff-paste round the dish, and put a little water in the bottom; then lay the steaks in, with a lump of butter upon every steak, and put on the lid. Cut a little paste in what form you please, and lay it on. *Cole, 271.*

A Bride's Pie.

Having boiled two calves' feet, take the meat from the bones, and chop it very small; take a pound of beef suet and a pound of apples, shred them small, wash and pick one pound of currants, dry them before the fire, stone and chop a quarter of a pound of jar raisins, a quarter of an ounce of cinnamon, the same quantity of mace and nutmeg, two ounces of candied citron, the same of lemon cut thin, a glass of brandy, and one of champagne; put them in a china dish, with a rich puff-paste over it; roll another lid, and cut it in leaves, flowers, figures, and put a glass ring in it. *Cole, 271.*

A Calf's-foot Pie.

Put your calf's feet into a sauce-pan, with three quarts of water, and three or four blades of mace; let them boil softly till there is about a pound and a half; then take out the feet, strain the liquor, and make a good crust. Cover your dish, then pick off the flesh from the bones, and lay half in the dish. Strew over it half a pound of currants, clean washed and picked, and half a pound of raisins stoned. Then lay on the rest of the meat, skim the liquor, sweeten it to your taste, and put in half a pint of white wine. Then pour all into the dish, put on your lid, and bake it an hour and an half. *Farley, 205, from Glasse, 140.*

A Calf's-head Pie.

Take a calf's head and parboil it; when it is cold, cut it in pieces, and season it well with pepper and salt. Put it in a raised crust, with half a pint of strong gravy; let it bake an hour and an half. When it comes out of the oven, cut off the lid, and chop the yolks of three hard eggs small; strew them over the top of the pie, and lay three or four slices of lemon, and pour on some melted butter. Send it to table without a lid. *Cole, 272.*

A Cherry Pie.

Make a good cruff, lay a little of it round the sides of your dish, and throw sugar at the bottom; then lay in your fruit, and some sugar at the top. Some red currants added to the cherries are a great improvement. Then put on your lid, and bake it in a slack oven.

A plum pie, or a gooseberry pie, may be made in the same manner. *Cole*, 272.

A savoury Chicken Pie.

Procure some small chickens, season them with mace, pepper, and salt; put a lump of butter into each of them, lay them in the dish with the breasts up, and put a thin slice of bacon over them; it will give them a pleasant flavour; then put in a pint of strong gravy, and make a good puff-paste; lid it, and bake it in a moderate oven. French cooks usually add morels and yolks of eggs chopped small. *Roffald*, 151. *Farley*, 210.

A rich Chicken Pie.

Cover the bottom of the dish with a puff-paste, and upon that, round the side, lay a thin layer of force-meat; cut two small chickens into pieces, season them high with pepper and salt; put some of the pieces into the dish, then a sweetbread or two, cut into pieces, and well seasoned, a few truffles and morels, some artichoke bottoms cut each into four pieces, then the remainder of the chickens, some force-meat balls, yolks of eggs boiled hard, chopped a little, and strewed over the top, a little water; cover the pie. When it comes from the oven, pour in a rich gravy, thickened with a little flour and butter. To make the pie still richer, fresh mushrooms, asparagus tops, and cocks'-combs may be added.

The chickens are sometimes larded with bacon, and stuffed with sweet herbs, pepper, nutmeg, and mace. You should then only slit them down, and lay them in the pie. *Cole*, 272.

A Codling Pie.

Put some small codlings into a clean pan with spring-water, lay vine-leaves on them, and cover them with a cloth, wrapped round the cover of the pan to keep in the steam. As soon as they grow soft, peel them, and put them in the same water as the vine leaves. Hang them a great height over the fire to green, and when you see them of a fine colour, take them out of the water, and put them into a deep dish, with as much powder or loaf sugar as will sweeten them. Make the lid of a rich puff-paste, and bake it. When it comes from the oven, take off the lid, and cut it in little pieces, like sippets, and stick them round the inside of the pie, with the points upwards. Then make a good custard in the following manner, and pour

it over your pie. Boil a pint of cream with a stick of cinnamon, and sugar enough to make it a little sweet. As soon as it is cold, put in the yolks of four eggs well beaten, set it on the fire, and keep stirring it till it grows thick; but be careful not to let it boil, as that will curdle it. Pour this in your pie, pare a little lemon thin, cut the peel like straws, and lay it on the top over your codlings. *Farley, 214.*

A Devonshire Squab Pie.

Cover the dish with a good crust, put at the bottom a layer of sliced pippins, then a layer of mutton steaks cut from the loin, well seasoned with pepper and salt, then another layer of pippins; peel some onions, and slice them thin, lay a layer all over the apples, then a layer of mutton, then pippins and onions; pour in a pint of water, close your pie, and bake it. *Glasse, 144.*

A Duck Pie.

Take two ducks, scald them, and make them very clean; cut off the feet, the pinions, the neck, and head; pick them all clean, and scald them. Pick out the fat of the inside, lay a good puff-paste crust all over the dish, season the ducks both inside and out with pepper and salt, and lay them in your dish, with the giblets at each end properly seasoned. Put in as much water as will almost fill the pie, and lay on the crust. *Cole, 273.*

Eel Pies.

After skinning and washing your eels, cut them in pieces of about an inch and an half long, season them with pepper, salt, and a little dried sage rubbed small; raise your pies about the size of the inside of a plate, fill your pies with eels, lay a lid over them, and bake them in a quick oven. They require to be well baked. *Raffald, 155.*

An Egg Pie.

Cover your dish with a good crust, then have ready twelve eggs boiled hard, cut them in slices, and lay them in your pie, wash and pick half a pound of currants, and throw all over the eggs; then beat up four eggs well, mixed with half a pint of white wine; grate in a small nutmeg, and make it pretty sweet with sugar. Lay a quarter of a pound of butter between the eggs, then pour in your wine and eggs, and cover your pie. Bake it half an hour, or till the crust is done. *Cole, 274.*

A French Pie.

Lay a puff-paste half an inch thick at the bottom of a deep dish; lay a force-meat round the sides of the dish; cut some sweetbreads in pieces, three or four, according to the size the pie is intended to be made; lay them in first, then some artichoke bottoms, cut into four pieces each, then some cocks-

combs, (or they may be omitted) a few truffles and morels, some asparagus tops, and fresh mushrooms, if to be had, yolks of eggs boiled hard, and force-meat balls; season with pepper and salt. Almost fill the pie with water, cover it, and bake it two hours. When it comes from the oven, pour in some rich veal gravy, thickened with a very little cream and flour. *Mason*, 357.

A plain Goose Pie.

Quarter your goose, season it well, and lay it in a raised crust; cut half a pound of butter into pieces, and put it on the top; lay on the lid, and bake it gently. *Cole*, 274.

A rich Goose Pie.

Take a goose and a fowl, bone them, and season them well; put the fowl into the goose, and some force-meat into the fowl; put these into a raised crust, and fill the corners with a little force-meat; lay half a pound of butter on the top, cut into pieces; cover it, and let it be well baked.

N. B. Goose pie is eaten cold. *Cole*, 274.

A Gibleet Pie.

Let two pair of gibleets be nicely cleaned, put all but the livers into a sauce pan, with two quarts of water, twenty corns of whole pepper, three blades of mace, a bundle of sweet herbs, and a large onion; cover them close, and let them stew very softly till they are quite tender; then have a good crust ready, cover your dish, lay a fine rump steak at the bottom, seasoned with pepper and salt; then lay in your gibleets with the livers, and strain the liquor they were stewed in. Season it with salt, and put into your pie; put on the lid, and bake it an hour and an half. *Glasse*, 143.

A Ham Pie.

Bone the ham, and trim it properly; in the trimming, take care to cut off all the rusty fat or lean, till you come to the wholesome-looking flesh. If an old ham, soak it twenty-four hours; if fresh, six or eight hours; then braze it with slices of beef, slices of bacon, some butter, and hogs'-lard, a large faggot of sweet herbs, all sorts of roots, and whole pepper; braze it till three parts done; then let it cool, and put it in a raised paste, with the liquid, and a gill of brandy; bake it an hour, and let it cool before using. If it is to be served hot, skim off the fat very clean, and serve with a relishing cullis-sauce, without salt. *Clermont*, 401. *Dalrymple*, 332.

A Hare Pie.

Cut your hare in pieces, and season it well with pepper, salt, nutmeg, and mace; then put it in a jug with half a pound of butter; cover it close up with a paste or cloth, set it in a copper of

of boiling water, and let it stew an hour and an half; then take it out to cool, and make a rich force-meat, of a quarter of a pound of scraped bacon, two onions, a glass of red wine, the crumb of a penny loaf, a little winter favoury, the liver cut small, a little nutmeg; season it high with pepper and salt; mix it well up with the yolks of three eggs; raise the pie, and lay the force-meat in the bottom; lay in the hare, with the gravy that came out of it; lay the lid on, and put flowers or leaves on it. Bake it an hour and an half. It is a very handsome-dish for a large table. *Raffald, 149.*

An Herb Pie for Lent.

Take an equal quantity of spinach, lettuce, leeks, beets, and parsley, about an handful of each; boil them, and chop them small. Have ready boiled in a cloth, a quart of groats, with two or three onions among them; put them and the herbs into a frying-pan, with a pretty large quantity of salt, a pound of butter, and some apples cut thin; stew them a few minutes over the fire, fill your dish or raised crust with it; bake it an hour, and serve it up. *Cole, 275.*

A Lobster Pie.

Boil two lobsters, and take the meat out of the shells; season them with pepper, mace, and nutmeg, beat fine; bruise the bodies, and mix them with some oysters, if in season; cut fine a small onion, and a little parsley, and add a little grated bread: season with a little salt, pepper, spice, and the yolks of two raw eggs; make this into balls, then make some good puff-paste, butter the dish, lay in the tails, claws, and balls; cover them with butter, pour in a little fish gravy, and cover the pie. Have a little fish gravy ready to put into it when it is taken out of the oven. *Mason, 364.*

Mince Pies.

Shred three pounds of suet very fine, and chop it as small as possible; take two pounds of raisins stoned and chopped very fine, the same quantity of currants, nicely picked, washed, rubbed, and dried at the fire. Pare half an hundred fine pippins, core them, and chop them small; take half a pound of fine sugar, and pound it fine; a quarter of an ounce of mace, a quarter of an ounce of cloves, and two large nutmegs, all beat fine; put all together into a large pan, and mix it well together with half a pint of brandy and half a pint of sack; put it down close in a stone pot, and it will keep good three or four months. When you make your pies, take a little dish, somewhat larger than a soup-plate, lay a very thin crust all over it; lay a thin layer of meat, and then a layer of citron, cut very thin, then a layer of mince meat, and a layer of orange-peel cut thin; over that a little meat, squeeze half the juice of a
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fine Seville orange or lemon, lay on your crust, and baké it nicely. These pies eat very fine cold. If you make them in little patties, mix your meat and sweetmeats accordingly. If you choose meat in your pies, parboil a neat's tongue, peel it, chop the meat as fine as possible, and mix with the rest; or two pounds of the inside of a surloin of beef boiled. But when you use meat, the quantity of fruit must be doubled. *Glassé*, 148.

Another way.

Take a neat's tongue, and boil it two hours, then skin it, and chop it exceedingly small. Chop very small three pounds of beef suet, three pounds of good baking apples, four pounds of currants clean washed, picked, and well dried before the fire, a pound of jar raisins stoned and chopped small, and a pound of powder sugar. Mix them all together with half an ounce of mace, as much nutmeg, a quarter of an ounce of cloves, a quarter of an ounce of cinnamon, and a pint of French brandy. Make a rich puff-paste, and as you fill up the pie, put in a little candied citron and orange cut in little pieces. What mince-meat you have to spare, put close down in a pot, and cover it up; but never put any citron or orange to it till you use it. *Farley*, 216.

Mutton and Lamb Pie.

Take off the skin and inside fat of a loin of mutton, cut it into steaks, season them well with pepper and salt; almost fill the dish with water; put puff-paste top and bottom. Bake it well. *Cole*, 277.

An Olive Pie.

Take a fillet of veal, cut it in thin slices, rub the slices over with yolks of eggs; strew over them a few crumbs of bread; shred a little lemon-peel very fine, and put it on them, with a little grated nutmeg, pepper, and salt; roll them up very tight, and lay them in a pewter dish; pour over them half a pint of good gravy made of bones; put half a pound of butter over it, make a light paste, and lay round the dish; roll the lid half an inch thick, and lay it on.

A beef olive pie may be made the same way. *Raffald*, 158.

A Partridge Pie.

Singe, draw, and trufs your partridges as for boiling; flatten the breast bones, and make a force-meat with the livers, a piece of butter or scraped lard, pepper, salt, chopped parsley, shallots, winter savoury, thyme, and sweet marjoram; stuff the partridges with this, and fry them a little in butter; then put them in a raised-crust, upon slices of veal, well seasoned; finish it as all others. When done, if it is to serve up hot, add a relishing sauce.

fauce; if cold, add some good jelly broth before it is quite cold.
Clermont, 403. Dalrymple, 336.

A Pigeon Pie.

Cover your dish with a puff-paste crust, let your pigeons be very nicely picked and cleaned, season them with pepper and salt, and put a good piece of fresh butter, with pepper and salt, in their bellies; lay them in your pan; the necks, gizzards, livers, pinions, and hearts, lay between, with the yolk of a hard egg, and beef-steak in the middle; put in as much water as will almost fill the dish, lay on the top crust, and bake it well. This is a very good way to make a pigeon pie; but some French cooks fill the pigeons with a very high force-meat, and lay force-meat balls round the inside, with asparagus-tops, artichoke-bottoms, mushrooms, truffles, and morels, and season high. *Cole, 277.*

A Cheshire Pork Pie.

Having skinned a loin of pork, cut it into steaks; season it with salt, nutmeg, and pepper; make a good crust, lay a layer of pork, then a layer of pippins, pared and cored, and a little sugar, enough to sweeten the pie, and then a layer of pork; put in half a pint of white wine, lay some butter on the top, and close your pie; if it be large, it will require a pint of white wine. *Glasse, 144. Mason, 357. Farley, 211.*

A Rook Pie.

Take half a dozen young rooks, skin them and draw them, cut out the back bones, season them well with pepper and salt, and lay them in a deep dish, with a quarter of a pint of water; lay half a pound of butter over them, make a good puff-paste, and cover the dish; lay a paper over. It requires to be well baked. *Cole, 278.*

A Rabbit Pie.

Cut a couple of young rabbits into quarters; take a quarter of a pound of bacon, and bruise it to pieces in a marble mortar, with the livers, some pepper, salt, a little mace, and some parsley cut small, some chives, and a few leaves of sweet basil; when these are all beaten fine, make the paste, and cover the bottom of the pie with the seasoning, then put in the rabbits; pound some more bacon in a mortar, mix with it some fresh butter, and cover the rabbits with it, and over that lay some thin slices of bacon; put on the lid, and send it to the oven. It will require two hours baking. When done, take off the lid, take out the bacon, and skim off the fat. If there is not gravy enough in the pie, pour in some rich mutton or veal gravy, boiling hot. *Mason, 358.*

A Salmon Pie.

Boil your salmon as if you intended it for eating; take the
skin

skin off, and all the bones out; pound the meat in a mortar fine, with mace, nutmeg, pepper and salt, to your taste; raise the pie, and put flowers or leaves on the walls; put in the salmon and lid it; let it bake an hour and an half. When done, take off the lid, and put in a quarter of a pound of rich melted butter; cut a lemon in slices, and lay over it; stick in two or three leaves of fennel, and send it to table without a lid. *Raf-fald*, 149.

A Soal Pie.

Make a good crust, cover your dish, boil two pounds of eels tender, pick the flesh from the bones, put the bones into the liquor the eels were boiled in, with a blade of mace and salt; let them boil till there is only a quarter of a pint of liquor, then strain it; cut the flesh of the eels very fine, with a little lemon-peel cut small, a little salt, pepper, and nutmeg, a few crumbs of grated bread, parsley cut fine, and an anchovy. Mix a quarter of a pound of butter, and lay it in the dish; cut the meat from a pair of large soals, and take off the fins, lay it on the force-meat, then pour in the liquor the eels were boiled in, and close the pie.

Turbot-pie may be made in the same manner. *Glasse*, 232. *Mason*, 363.

A Sucking-Pig Pie

Bone the pig thoroughly; lard the legs and shoulders with bacon seasoned with spices, and sweet herbs chopped; put it in a raised crust of its own length; season it with spices, sweet herbs chopped, and a pound of butter or scraped bacon; cover it over with thin slices of bacon. Finish the pie, and bake it about three hours. When near done, add two glasses of brandy; let it be cold before using. *Dalrymple*, 333.

A sweet Veal, or Lamb Pie.

Cut your veal or lamb into little pieces, season it with pepper, salt, cloves, mace, and nutmeg, beat fine. Make a good puff paste crust, lay it in your dish, then lay in your meat, and strew on it some stoned raisins and currants clean washed, and some sugar. Then lay on some force-meat balls made sweet, and in the summer some artichoke-bottoms boiled; and in the winter scalded grapes. Boil Spanish potatoes cut into pieces, candied citron, candied orange, lemon-peel, and three or four blades of mace. Put butter on the top, close up your pie, and bake it; have ready, when it comes from the oven, a caudle made as follows:—Take a pint of white wine, and mix in the yolks of three eggs. Stir it well together over the fire one way all the time, till it is thick; then take it off, stir in sugar enough to sweeten it, and squeeze in the juice of a lemon. Put it hot into your pie, and close it up again. Send your pie hot to table. *Farley*, 203.

A savoury Veal Pie.

Season the steaks of a loin of veal with pepper, salt, beaten mace, and nutmeg; put the meat in a dish with sweetbreads seasoned with the meat, and the yolks of six hard eggs, a pint of oysters, and half that quantity of good gravy; lay a puff-paste, of half an inch thick, round your dish, and cover it with a lid of the same thickness; bake it an hour and a quarter in a quick oven; when done, cut off the lid, cut the lid into eight or ten pieces, and stick it round the inside of the rim; cover the meat with slices of lemon, and serve it up. *Cole, 279.*

A Venison Pastly.

Take a neck and breast of venison, bone them, and season them well with pepper and salt, put them into a deep pan, with the best part of a neck of mutton sliced and laid over them; pour in a glass of red wine, put a coarse paste over it, and bake it two hours in an oven; then lay the venison in a dish, and pour the gravy over it, and put one pound of butter over it; make a good puff-paste, and lay it near half an inch thick round the edge of the dish; roll out the lid, which must be a little thicker than the paste on the edge of the dish, and lay it on; then roll out another lid pretty thin, and cut in flowers, leaves, or whatever form you please, and lay it on the lid. If you do not want it, it will keep in the pot it was baked in eight or ten days; but let the crust be kept on that the air may not get to it. A breast and a shoulder of venison is the most proper for a pastly. *Raffald, 154. Farley, 205.*

A Vermicelli Pie.

Season four pigeons with a little pepper and salt, stuff them with a piece of butter, a few crumbs of bread, and a little parsley cut small; butter a deep earthen dish well, and then cover the bottom of it with two ounces of vermicelli. Make a puff-paste, roll it pretty thick, and lay it on the dish; then lay in the pigeons, the breasts downwards; put a thick lid on the pie, and bake it in a moderate oven. When it is enough, take a dish proper for it to be sent to table in, and turn the pie on it. The vermicelli is then on the top, and looks very pretty. *Mason, 360.*

CHAP. XX.—PANCAKES AND FRITTERS.

Cream Pancakes.

TAKE a quart of milk, beat in six or eight eggs, leaving half the whites out; mix it well till your batter is of a fine thickness. You must observe to mix your flour first with a little milk, then add the rest by degrees; put in two spoonfuls of beaten ginger, a glass of brandy, and a little salt; stir all together, make your stew pan very clean, put in a piece of butter as large as a walnut, then pour in a ladleful of batter, which will make a pancake, moving the pan round that the batter may be all over the pan; shake the pan, and when you think that side is enough, toss it, if you cannot turn it cleverly; and when both sides are done, lay it in a dish before the fire, and so do the rest. You must take care that they are dry. When you send them to table, strew a little sugar over them. *Glasse, 165.*

Common Pancakes.

Take a pint of milk or cream, a pound of flour, and three eggs; put the milk by degrees into the flour; add a little salt, and grated ginger; fry them in lard, and grate sugar over them. *Cole, 281.*

Batter Pancakes.

Take a pound of flour and three eggs, beat them well together; put to it a pint of milk, and a little salt; fry them in lard or butter; grate sugar over them, cut them in quarters, and serve them up. *Raffald, 166.*

Fine Pancakes.

To a pint of cream add the yolks of eight eggs, but no whites, three spoonfuls of sack, or orange-flower water, a little sugar, and a grated nutmeg; the butter and cream must be melted over the fire; mix all well together with three spoonfuls of flour; butter the frying-pan for the first, let them run as thin as you can in the pan, fry them quick, and send them up hot. *Cole, 281.*

Rice Pancakes.

Wash and pick clean half a pound of rice, boil it till it is tender, and all the water boiled away; put it into a tin cullender, cover it close, and let it stand all night; then break it very small; take fourteen eggs, beat and strain them, and put them to the rice, with a quart of cream, a nutmeg grated; beat it well together, then shake in as much flour as will hold them together, and stir in as much butter as will fry them. *Cole, 281.*

Pancakes called a Quire of Paper.

Take a pint of cream, six eggs, three spoonfuls of fine flour, three spoonfuls of sack, one of orange-flower water, a little sugar, half a nutmeg grated, and half a pound of melted butter almost cold; mingle all together, and butter the pan for the first pancake. Let them run as thin as possible. When they are just coloured, they are enough; and so do with all the fine pancakes. *Glasse*, 165.

Cream Pancakes,

Mix the yolks of two eggs with half a pint of cream, and two ounces of sugar; rub your pan with lard, and fry them as thin as you possibly can. Grate sugar over them, and let them be served up hot. *Cole*, 282.

Pink-coloured Pancakes.

Boil a large beet-root tender, and beat it fine in a marble mortar; then add the yolks of four eggs, two spoonfuls of flour, and three spoonfuls of cream; sweeten it to your taste, and grate in half a nutmeg, and add a glass of brandy; beat them all together half an hour, fry them in butter, and garnish them with green sweetmeats, preserved apricots, or green sprigs of myrtle. It is a pretty corner dish for either dinner or supper. *Raffald*, 167.

Clary Pancakes.

Take three eggs, three spoonfuls of fine flour, and a little salt, beat them well, and mix them well with a pint of milk; put lard into your pan; when it is hot, pour in your batter as thin as possible, then lay in some clary leaves, washed and dried, and pour a little more batter thin over them; fry them a fine brown, and serve them up. *Cole*, 282.

Common Fritters.

Get some large baking apples, pare them, and take out the core; cut them in round slices, and dip them in batter made as follows:—Take half a pint of ale, and two eggs, and beat them in as much flour as will make it rather thicker than a common pudding, with nutmeg and sugar to your taste. Let it stand three or four minutes to rise. Having dipping your apples into this batter, fry them crisp, and serve them up with sugar grated over them, and wine sauce in a boat. *Farley*, 226.

Strawberry Fritters.

Make a batter with flour; a spoonful of oil, white wine, a little rasped lemon-peel, and the whites of two or three eggs; make it pretty soft, just fit to drop with a spoon. Mix some large strawberries with it, and drop them with a spoon, the bigness of a nutmeg, into the hot fritter. When of a good colour,

colour, take them out, and drain them on a sieve; when ready to serve, strew sugar over, or glaze them. *Dalrymple, 389.*

Plain Fritters.

Grate the crumb of a penny loaf, and put it into a pint of milk; mix it very smooth; when cold, add the yolks of five eggs, three ounces of sifted sugar, and some grated nutmeg; fry them in hogs'-lard; pour melted butter, wine, and sugar, into the dish. Currants may be added, as an improvement. *Cole, 283.*

Tansy Fritters.

Pour a pint of boiling milk on the crumb of a penny-loaf, let it stand an hour, and then put as much juice of tansy to it as will give it a flavour; (too much will make it bitter,) then, with the juice of spinach, make it a pretty green. Put to it a spoonful of ratafia-water, or brandy, sweeten it to your taste, grate the rind of half a lemon, beat the yolks of four eggs, mix them all together; put them in a tossing-pan, with a quarter of a pound of butter; stir it over a slow fire, till it is quite thick; take it off, and let it stand two or three hours; then drop them into a pan full of boiling lard, a spoonful is enough for a fritter; serve them up with slices of orange round them, grate sugar over them, and serve wine sauce in a boat. *Raffald, 163.*

Currant Fritters.

Take half a pint of ale that is not bitter, stir a sufficient quantity of flour in it to make it pretty thick; add a few currants; beat this up quick, have the lard boiling, throw in a large spoonful at a time. *Cole, 283.*

Royal Fritters.

Put a quart of new milk in a sauce-pan, and, as the milk boils up, pour in a glass of sack. Let it boil up, then take it off, and let it stand five or six minutes; then skim off all the curd and put it into a basin; beat it up well with six eggs, season it with nutmeg; then beat it with a whisk; add flour to make it as thick as batter usually is, put in some fine sugar, and fry them quick. *Glassé, 162.*

Apple Fritters.

Pare, core, and slice some small apples; make a batter with three eggs, a little grated ginger, and almost a pint of cream; add a glass of brandy, a little salt, and flour enough to make it thick; put in the apples, fry them in lard. *Mason, 382.*

Hasty Fritters.

Heat some butter in a stew-pan. Stir a little flour by degrees into half a pint of ale; put in a few currants, or chopped apples;

apples; beat them up quick, and drop a large spoonful at a time all over the pan. Take care to prevent their sticking together, turn them with an egg-slice; and, when they are of a fine brown, lay them on a dish, and throw some sugar over them. You may cut an orange into quarters for garnish. *Farley*, 228.

Water Fritters.

For these fritters, the batter must be very thick. Take five or six spoonfuls of flour, a little salt, a quart of water, the yolks and whites of eight eggs well beat, with a little brandy; strain them through a hair sieve, and mix them with the other ingredients. The longer they are made before they are fried, the better. Just before they are fried, melt half a pound of butter, and beat it well in. The best thing to fry them in is lard. *Mason*, 381. *Raffald*, 163.

Fine Fritters.

Take some very fine flour, and dry it well before the fire. Mix it with a quart of milk, but be careful not to make it too thick; put to it six or eight eggs, a little salt, nutmeg, mace, and a quarter of a pint of sack, or ale, or a glass of brandy. Beat them well together, then make them pretty thick with pippins, and fry them dry. *Cole*, 284.

Apple Fraise.

Having cut your apples in thin slices, fry them of a fine light brown; take them up and lay them to drain, keep them as whole as you can, and either pare them or not, as you think proper; then make a batter as follows:—Take five eggs, leaving out two whites, beat them up with cream and flour, and a little sack, make it the thickness of a pancake-batter, pour in a little melted butter, nutmeg, and a little sugar. Let your batter be hot, and drop in your fritters, and on every one lay a slice of apple, and then more batter on them. Fry them of a fine light brown; take them up, and strew some double-refined sugar all over them. *Glasse*, 164.

Almond Fraise.

Blanch and beat half a pound of Jordan almonds, and about a dozen bitter; put to them a pint of cream, eight yolks and four whites of eggs, and a little grated bread. Fry them, as pancakes, in good lard; and when done, grate sugar over them. *Cole*, 285.

CHAP. XXI.—OF PICKLING.

General Observations on Pickling.

THE knowledge of pickling is very essential in a family, but it is to be lamented, that the health of individuals is often endangered, merely to gratify the age. Things known to be pernicious, are frequently made use of, in order to procure a brighter colour to the article meant to be pickled. It is indeed a common practice to make use of brass utensils, that the verdigrease extracted from it may give an additional tint to all pickles intended to be green; not considering that they are communicating an absolute poison to that which they are preparing for their food. Such inconsiderate proceedings, it is hoped, will hereafter be avoided, especially as there is no necessity for having recourse to such pernicious means, when these articles will become equally green, by keeping them of a proper heat upon the hearth, without the help of brass or verdigrease of any kind. It is therefore highly proper to be very particular in keeping the pickles from such things, and to follow strictly the directions of your receipts, given with respect to all kinds of pickles, which are greened only by pouring your vinegar hot upon them, and it will keep them a long time. Stone jars are the most proper for all sorts of pickles, for though they are expensive in the first purchase, yet they will, in the end, be found much cheaper than earthen vessels, through which, it has been found by experience, salt and vinegar will penetrate, especially when put in hot. Be careful never to put your fingers in to take the pickles out, as it will soon spoil them; but always make use of a spoon upon those occasions. *Cole, 285.*

To Pickle Cucumbers.

Let your cucumbers be as free from spots as possible, and take the smallest you can get. Put them into strong salt and water for nine or ten days, or till they become yellow; and stir them at least twice a day, or they will grow soft. Should they become perfectly yellow, pour the water from them, and cover them with plenty of vine-leaves. Set your water over the fire, and when it boils, pour it upon them, and set them upon the hearth to keep warm. When the water is almost cold, make it boiling hot again, and pour it upon them. Proceed in this manner till you perceive they are of a fine green, which they will be in four or five times. Be careful to keep them well covered with vine-leaves, with a cloth and dish over the top, to keep in the steam, which will help to green them the sooner. When they are greened, put them in an hair sieve to drain, and then make the following pickle for them:—To every two quarts of white wine vinegar, put half an ounce of mace, ten or twelve cloves,

cloves, an ounce of ginger cut into slices, an ounce of black pepper, and an handful of salt. Boil them all together for five minutes, pour it hot upon your pickles, and tie them down with a bladder for use. You may pickle them with ale, ale-vinegar, or distilled vinegar; and you may add three or four cloves of garlic or shallots. *Raffald, 342. Farley, 236.*

To pickle Cucumbers in slices.

Take some large cucumbers before they are too ripe, slice them of the thickness of crown pieces in a pewter dish; to every twelve cucumbers, slice two large onions thin, and so on till you have filled your dish, with a handful of salt between every row; then cover them with another pewter dish, and let them stand twenty-four hours; then put them into a cullender, and let them drain very well. Put them in a jar, cover them over with white wine vinegar, and let them stand four hours; pour the vinegar from them into a copper fauce-pan, and boil it with a little salt; put to the cucumbers a little mace, a little whole pepper, a large race of ginger sliced, and then pour the boiling vinegar on. Cover them close, and when they are cold, tie them down. They will be fit to eat in two or three days. *Glasse, 270.*

To pickle Mangoes.

Cucumbers used for this purpose must be of the largest sort, and taken from the vines before they are too ripe, or yellow at the ends. Cut a piece out of the side, and take out the seeds with an apple scraper or tea-spoon. Then put them into very strong salt and water for eight or nine days, or till they are very yellow. Stir them well two or three times each day, and put them into a pan, with a large quantity of vine-leaves both over and under them. Beat a little roach-allum very fine, and put it into the salt and water they came out of. Pour it on your cucumbers, and set it upon a very slow fire for four or five hours, till they are pretty green. Then take them out, and drain them in an hair sieve, and when they are cold, put to them a little horse-radish, then mustard-seed, two or three heads of garlic, a few pepper corns, a few green cucumbers sliced in small pieces, then horse-radish, and the same as before-mentioned, till you have filled them. Then take the piece you cut out, and sew it on with a large needle and thread, and do all the rest in the same manner. Have ready the following pickle:—To every gallon of allegar, put an ounce of mace, the same of cloves, two ounces of sliced ginger, the same of long pepper, Jamaica pepper, and black pepper; three ounces of mustard-seed tied up in a bag, four ounces of garlic, and a stick of horse-radish cut in slices. Boil them five minutes in the allegar, then pour it upon your pickles, tie them down, and keep them for use. *Farley, 240.*

To pickle Onions.

Take some small onions, peel them, and put them into salt and water; shift them once a day for three days, then set them over the fire in milk and water till ready to boil; dry them, pour over them the following pickle when boiled and cold: Double-distilled vinegar, salt, mace, and one or two bay leaves; they will not look white with any other vinegar. *Cole, 287.*

Another way.

Take a sufficient number of the smallest onions you can get, and put them into salt and water for nine days, observing to change the water every day. Then put them into jars, and pour fresh boiling salt and water over them. Let them stand close covered till they are cold, then make some more salt and water, and pour it boiling hot upon them. When it is cold, put your onions into a hair sieve to drain, then put them into wide-mouthed bottles, and fill them up with distilled vinegar. Put into every bottle a slice or two of ginger, a blade of mace, and a large tea-spoonful of eating oil, which will keep the onions white. If you like the taste of bay-leaf, you may put one or two into every bottle, and as much bay-salt as will lie on a sixpence. Cork them well up. *Farley, 249.*

To pickle Walnuts black.

Your walnuts should be gathered when the sun is hot upon them, and always before the shell is hard, which may be easily known by running a pin into them; then put them into a strong salt and water for nine days; stir them twice a day, and change the salt and water every three days; then put them in a hair sieve, and let them stand in the air till they turn black; then put them into strong stone jars, and pour boiling allegar over them; cover them up, and let them stand till they are cold, then boil the allegar three times more, and let it stand till it is cold between every time; tie them down with paper, and a bladder over them, and let them stand two months; then take them out of the allegar, and make a pickle for them. To every two quarts of allegar, put half an ounce of mace, half an ounce of cloves, one ounce of black pepper, the same of Jamaica pepper, ginger, and long pepper, and two ounces of common salt; boil it ten minutes, and pour it hot upon your walnuts, and tie them down with a bladder, and paper over it. *Raffald, 347.*

Another way.

Take large full-grown nuts, but before they are hard, and lay them in salt and water; let them lie two days, then shift them into fresh water; let them lie two days longer, then shift them again, and let them lie three in your pickling jar. When the

the jar is half full, put in a large onion stuck with cloves. To a hundred walnuts, put in half a pint of mustard-seed, a quarter of an ounce of mace, half an ounce of black pepper, half an ounce of all-spice, six bay leaves, and a stick of horse-raddish; then fill your jar, and pour boiling vinegar over them. Cover them with a plate, and when they are cold, tie them down with a bladder and leather, and they will be fit to eat in two or three months. The next year, if any remains, boil up your liquor again, and skim it; when cold, pour it over your walnuts. This is by much the best pickle for use, therefore you may add more vinegar to it; what quantity you please. If you pickle a great many walnuts, and eat them fast, make your pickle for a hundred or two, the rest keep in strong brine of salt and water, boiled till it will bear an egg; and as your pot empties, fill them up with those in the salt and water. Take care that they are covered with pickle.

In the same manner you may do a smaller quantity; but if you can get rape vinegar, use that instead of salt and water. Do them thus:—Put your nuts into the jar you intend to pickle them in, throw in a handful of salt and fill the pot with rape-vinegar. Cover it close, and let them stand a fortnight; then pour them out of the pot, wipe it clean, and just rub the nuts with a coarse cloth, and then put them in the jar with the pickle as above. *Glasse, 270.*

To pickle Walnuts green.

Take the largest double, or French walnuts, before the shells are hard, pare them very thin, and put them into a tub of spring water as they are pared; put to them, if there are two or three hundred nuts, a pound of bay-salt; leave them in the water twenty-four hours, then put them into a stone jar, a layer of vine-leaves, and a layer of walnuts; fill it up with cold vinegar, and when they have stood all night, pour the vinegar from them into a copper, with a good quantity of bay-salt; set it upon the fire, and let it boil, then pour it hot on the nuts; tie them over with a woollen cloth, and let them stand a week; then pour that pickle from them, rub the nuts clean with a piece of flannel, and put them again into the jar, with vine-leaves, as before-mentioned; boil fresh vinegar; to every gallon of vinegar, four or five pieces of ginger, a quarter of an ounce of cloves, a nutmeg sliced, a quarter of an ounce of mace, and the same quantity of whole black pepper; pour the vinegar boiling hot upon the walnuts, and cover them with a woollen cloth; let it stand four or five days, and repeat the same four or five times. When the vinegar is cold, put in half a pint of mustard-seed, a stick of horse radish sliced; tie them down with a bladder, and then with leather; they will be fit to

eat in three weeks. If they are intended to be kept, the vinegar must not be boiled, but then they will not be ready under six months. *Mason*, 346.

To pickle French Beans.

Pour a boiling-hot wine over your French beans, and cover them close; the next day drain them and dry them; then pour over them a boiling-hot pickle of white wine vinegar, Jamaica pepper, black pepper, a little mace, and ginger. Repeat this for two or three days, or till the French beans look green. *Cole*, 289.

To pickle Red Cabbage.

Slice your cabbage cross-ways, put it on an earthen dish, and sprinkle a handful of salt over it. Cover it with another dish, and let it stand twenty-four hours; then put it into a cullender to drain, and lay it in your jar. Take white-wine vinegar enough to cover it, a little cloves, mace, and all-spice. Put them in whole, with a little cochineal bruised fine. Then boil it up, and pour it either hot or cold on your cabbage. Cover it close with a cloth till it is cold, if you pour on the pickle hot, and then tie it up close, as you do other pickles. *Glasse*, 276. *Farley*, 246.

Another way.

Take a fine close red cabbage, and cut it thin; then take some cold ale-allegar, and put to it two or three blades of mace and a few white pepper corns; make it pretty strong with salt, and put your cabbage into the allegar as you cut it; tie it close down with a bladder, and a paper over that. In a day or two it will be fit for use. *Cole*, 290.

To pickle Mushrooms.

Take the smallest mushrooms you can get, and put them into spring water then rub them with a piece of new flannel dipped in salt, and put them into cold spring water as you do them, to keep their colour; then put them into a sauce-pan, throw a handful of salt over them, cover them close, and set them over the fire four or five minutes, or till you see they are thoroughly hot, and the liquor is drawn out of them; then lay them between two clean cloths till they are cold, then put them into glass bottles, and fill them up with distilled vinegar; put a blade or two of mace, and a tea-spoonful of good oil in every bottle; cork them up close, and set them in a cool place.

If you have not any distilled vinegar, you may use white wine vinegar, or even allegar, but it must be boiled with a little mace, salt, and a few slices of ginger; it must be cold before you pour it on your mushrooms. If your vinegar, or allegar,

is too sharp, it will make your mushrooms soft; neither will they keep so long, or appear so white. *Raffald, 355.*

To pickle Cauliflowers.

Take the largest and closest you can get; pull them into sprigs, put them in an earthen dish, and sprinkle salt over them. Let them stand twenty-four hours to draw out all the water, then put them in a jar, and pour salt and water boiling over them; cover them close, and let them stand till the next day; then take them out, and lay them on a coarse cloth to drain; put them into glass jars, and put in a nutmeg sliced, and two or three blades of mace in each jar. Cover them with distilled vinegar, and tie them down with a bladder, and over that a leather. They will be fit for use in a month. *Glasse, 272.*

To pickle Capers.

These are the flower-buds of a small shrub, preserved in pickle. The tree which bears capers is called the caper-shrub, or bush. It is common in the Western part of Europe. We have them in some gardens, but Toulon is the principal place for capers. We have some from Lyons, but they are flatter, and less firm; and some come from Majorca, but they are salt and disagreeable. The finest flavoured are from Toulon. They gather the buds from the blossoms before they are open, then spread them upon a floor in the room, where no sun enters, and there let them lie till they begin to wither; they then throw them into a tub of sharp vinegar, and, after three days, they add a quantity of bay salt. When this is dissolved, they are fit for packing for sale, and are sent to all parts of Europe.

The finest capers are those of a moderate size, firm, and close, and such as have the pickle highly flavoured; those which are soft, flabby, and half open, are of little value. *Mason, 353.*

To pickle Samphire.

Take the samphire that is green, put it into a clean pan, and throw over it two or three handfuls of salt; then cover it with spring-water. Let it lie twenty-four hours, then put it into a clean sauce-pan, throw in a handful of salt, and cover it with good vinegar. Cover the pan close, and set it over a slow fire. Let it stand till it is just green and crisp, and then take it off at that moment; for should it remain till it is soft, it will be spoiled. Put it in your pickling-pot, and cover it close. As soon as it is cold, tie it down with a bladder and leather, and keep it for use. Or you may keep it all the year in a very strong brine of salt and water, and throw it into vinegar just before you use it. *Glasse, 278. Mason, 352. Farley, 251.*

To pickle Beet Roots.

Beet-roots, which are a pretty garnish for made dishes, are thus pickled:—Boil them tender, peel them, and, if agreeable, cut them into shapes; pour over them a hot pickle of white-wine vinegar, a little pepper, ginger, and horse-radish sliced. *Cole, 291.*

To pickle Barberries.

Let your barberries be gathered before they are too ripe; take care to pick out the leaves and dead stalks, and then put them into jars, with a large quantity of strong salt and water, and tie them down with a bladder.

N. B. When you see a scum over your barberries, put them into fresh salt and water; they require no vinegar, their own sharpness being sufficient to keep them. *Cole, 291.*

To pickle Godlings.

Gather your codlings when they are about the size of a large French walnut, put a quantity of vine-leaves in the bottom of a brass pan, then put in your codlings; cover them well with vine-leaves, and set them over a very slow fire till you can peel the skins off; then take them carefully up in a hair sieve, and peel them with a pen-knife, and put them into the sauce-pan again, with the vine-leaves and water as before; cover them close, and set them over a slow fire till they are a fine green; then drain them through a hair sieve, and when they are cold, put them into distilled vinegar; pour a little meat-oil on the top, and tie them down with a bladder. *Raffald, 345.*

Indian Pickle, or Peccadillo.

Quarter a white cabbage and cauliflower; take also cucumbers, melons, apples, French beans, plums, all or any of these; lay them on a hair sieve, strew over a large handful of salt, set them in the sun for three or four days, or till very dry. Put them into a stone jar with the following pickle:—Put a pound of rece ginger into salt and water, the next day scrape and slice it, salt it, and dry it in the sun; slice, salt, and dry a pound of garlic; put these into a gallon of vinegar, with two ounces of long pepper, half an ounce of turmeric, and four ounces of mustard-seed bruised; stop the pickle close, then prepare the cabbage, &c. If the fruit is put in, it must be green.

N. B. The jar need not ever be emptied, but put in the things as they come into season, adding fresh vinegar. *Mason, 351.*

To pickle Artichoke-bottoms.

Take some artichokes, and boil them till you can pull the leaves off, then take off the chokes, and cut them from the stalk; take great care that you do not let the knife touch the top;

top; throw them into salt and water for an hour, then take them out, and lay them on a cloth to drain; then put them into large wide-mouthed glasses, put a little mace and sliced nutmeg between; fill them either with distilled vinegar, or sugar, vinegar, and spring water; cover them with mutton fat fried, and tie them down with a bladder and leather. *Cole, 292.*

To pickle Nasturtium Buds.

After the blossoms are gone off, gather the little knobs, and put them into cold salt and water; shift them once a day for three successive days, then make a cold pickle of white-wine vinegar, a little white-wine, shallot, pepper, cloves, mace, nutmeg quartered, and horse radish. Put in the buds. *Cole, 292.*

CHAP. XXII.—OF POTTING.

General Observations on Potting.

ALL potted articles should be well covered with butter before they are sent to the oven; it is also very necessary to tie them over with strong paper, and to bake them well. When your meat is taken from the oven, pick out all the skins quite clean, and drain the meat from the gravy, otherwise the skins will appear as blemishes, and the gravy will soon turn it sour. Let your seasoning be well beat before you put in your meat, and put it in by degrees as you are beating. Press your meat well when you put it in your pots, and let it be quite cold before the clarified butter is poured over it. *Cole, 293.*

To pot Beef.

Take half a pound of brown sugar, and an ounce of salt-petre, and rub it into twelve pounds of beef. Let it lie twenty-four hours; then wash it clean, and dry it well with a cloth. Season it to your taste with pepper, salt, and mace, and cut it into five or six pieces. Put it into an earthen pot, with a pound of butter in lumps upon it, set it in an hot oven, and let it stand there three hours, then take it out, cut out the hard outsidés, and beat it in a mortar. Add to it a little more pepper, salt, and mace. Then oil a pound of butter in the gravy and fat that came from your beef, and put it in as you find necessary; but beat the meat exceedingly fine. Then put it into your pots, press it close down, pour clarified butter over it, and keep it in a dry place. *Farley, 262.*

To pot Beef like Venison.

Cut the lean of a buttock of beef into pound pieces; for eight pounds of beef take four ounces of salt-petre, four ounces of petre-salt, a pint of white salt, and an ounce of sal prunella; beat the salts all very fine, mix them well together, rub the salts into the beef; then let it lie four days, turning it twice a day; then put it into a pan, cover it with pump water, and a little of its own brine; then bake it in an oven with household bread till it is as tender as a chicken, then take it from the gravy, and bruise it abroad, and take out all the skin and sinews; then pound it in a marble mortar, and lay it in a broad dish; mix in it an ounce of cloves and mace, three quarters of an ounce of pepper, and one nutmeg, all beat very fine. Mix it all very well with the meat, then clarify a little fresh butter, and mix with the meat, to make it a little moist; mix it very well together, press it down into pots very hard, set it at the oven's mouth just to settle, and cover it two inches thick with clarified

clarified butter. When cold, cover it with white paper. *Glasse*, 261.

To pot Venison.

If your venison should happen to be stale, rub it with vinegar, and let it lie one hour; then dry it clean with a cloth, and rub it all over with red wine; season it with beaten mace, pepper, and salt; put it on an earthen dish, and pour over it half a pint of red wine, and a pound of butter, and set it in the oven; if it be a shoulder, put a coarse paste over it and bake it all night in a baker's oven. When it comes out, pick it clean from the bones, and beat it in a marble mortar, with the fat from your gravy. If you find it not seasoned enough, add more seasoning and clarified butter, and keep beating it till it is a fine paste. Then press it hard down into your pots, and pour clarified butter over it; keep it in a dry place. *Raffald*, 295.

To pot a Hare.

Let your hare hang for some days, then cut it into pieces, bake it, with a little beer at the bottom of the pan, and some butter on the top; pick it from the bones and sinews, and beat it with the butter from the top of the gravy, adding enough to make it very mellow; add salt, pepper, and pounded cloves; put it into pots, set it a few minutes in a slack oven, pour over clarified butter. *Mason*, 302.

To pot Eels.

Take a large eel, skin it, cleanse it, and wash it very clean; dry it in a cloth, and cut it into pieces as long as your finger. Season them with a little beaten mace and nutmeg, pepper, salt, and a little sal prunella beat fine; lay them in a pan, then pour as much good butter over them as will cover them, and clarified as above. They must be baked half an hour in a quick oven, if a slow oven longer, till they are enough, but of that you must judge by the size of the eels. With a fork take them out, and lay them on a coarse cloth to drain. When they are quite cold, season them again with the same seasoning, and lay them in the pot close; then take off the butter they were baked in clear from the gravy of the fish, and set it in a dish before the fire. When it is melted, pour the clear butter over the eels, and let them be covered with the butter.

N. B. In the same manner you may pot what you please. You may bone your eels, if you chuse it, but then do not put in any sal prunella. *Glasse*, 237. *Farley*, 265.

To pot Chars.

Cleanse your chars, and cut off the heads, tails, and fins; lay them in rows in a long baking pan, and cover them with butter.

butter. When they are enough, take them out with a fork, and lay them on a coarse cloth to drain. When they are quite cold, season them well, and lay them close in the pot; then take off the butter they were baked in clear from the gravy of the fish, and set it in a dish before the fire. When it is melted, pour the clarified butter over the char, and let them be covered with it. *Cole, 295.*

To pot Veal.

Take a fillet of veal, cut it into three or four pieces, season it with pepper, salt, and a little mace; put it into pots with half a pound of butter; tie a paper over it, set it in an hot oven, and bake it three hours. When you take it out, cut off all the out-fides, then put the veal into a marble mortar, and beat it with the fat from your gravy; then oil a pound of fresh butter, and put it in, a little at a time, and keep beating it till you see it is like a fine paste; then put it close down into your potting-pots, put a paper upon it, and set on a weight to press it hard. When your veal is cold and stiff, pour over it clarified butter the thickness of a crown piece, and tie it down. *Raf-fald, 296.*

To pot Salmon.

Scale, wash, and dry a salmon that is quite fresh; slit it up the back, and take out the bone; mix some grated nutmeg, mace, pepper, and salt, and strew over the fish; let it lie for two or three hours, then lay it in a large pot, and put to it half a pound of butter; put it in an oven, and let it bake an hour. When it is done, lay it on something flat, that the oil may run from it; then cut it to the size of the pots it is to be put in, lay the pieces in layers till the pots are filled, with the skin uppermost; put a board over it, and lay on a weight to press it till cold; then take the board and weight off, and pour over it clarified butter. It may be sent to table in pieces, or cut in slices. *Mason, 216.*

To pot Tongues.

Rub a neat's tongue with an ounce of salt-petre, and a quarter of a pound of brown sugar; let it lie two days, and then boil it till it is quite tender; then take off the skin and side bits, cut the tongue into very thin slices, and beat it in a marble mortar, with a pound of clarified butter, pepper, salt, and mace to your taste. Beat the whole very fine, then put it close down into small potting-pots, and pour clarified butter over them. *Cole, 296.*

To pot Lampreys.

Skin them, cleanse them with salt, and then wipe them dry; beat some black pepper, mace, and cloves; mix them with salt and

and season them. Lay them in a pan, and cover them with clarified butter. Bake them an hour. In other respects, manage them as above directed for eels, and one will be enough for a pot. You must season them well; let your butter be good, and they will keep a long time. *Glasse, 257.*

To pot Pigeons.

Season your pigeons very high with pepper and salt, put them into a pot with butter in lumps; bake them, and pour off the fat and gravy. When it is cold, take the butter from the top, put more to it; clarify it, pour it over the pigeons, put singly into a pot, with a little more seasoning added to them. *Cole, 296.*

To pot Woodcocks and Snipes.

Pot them as you do pigeons. *Cole, 296.*

To pot Moor Game.

Pick and draw them, wipe them clean, and let them be well seasoned with pepper, salt, and mace; put one leg through the other, roast them till they are enough, and when cold, put them into potting-pots, pour clarified butter over them, and keep them in a dry place. *Cole, 296.*

CHAP. XXIII.—OF COLLARING.

General Observations on Collaring.

IN collaring any kind of meat, &c. care is required in rolling it up properly, and binding it close. Always boil it till it is thoroughly done; and, when it is quite cold, put it into the pickle with the binding on. Take it off, however, the next day, and it will leave the skin clear. If you make fresh pickle often, your meat will continue good much longer. *Cole, 297.*

To Collar a Breast of Veal.

Bone your veal, and beat it a little, then rub it over with the yolk of an egg; strew over it a little beaten mace, nutmeg, pepper and salt, a large handful of parsley chopped small, with a few sprigs of sweet marjoram, a little lemon-peel cut extremely fine, one anchovy, washed, boned, and chopped very small, and mixed with a very few bread crumbs; then roll it up very tight, bind it hard with a fillet, and wrap it in a clean cloth; then boil it two hours and an half in soft water; when it is enough, hang it up by one end, and make a pickle for it. To one pint of salt and water, put half a pint of vinegar; when you send it to table, cut a slice off one end. Garnish with pickles and parsley. *Raffald, 300.*

To Collar Beef.

Take a piece of thin flank of beef and bone it, cut the skin off and salt it with two ounces of salt-petre, two ounces of sal-prunella, the same quantity of bay-salt, half a pound of coarse sugar, and two pounds of white salt. Beat the hard salt fine, and mix all together. Turn it every day, and rub it well with the brine for eight days. Then take it out of the pickle, wash it, and wipe it dry. Take a quarter of an ounce of cloves, a quarter of an ounce of mace, twelve corns of all-spice, and a nutmeg beat very fine, with a spoonful of beaten pepper, a large quantity of chopped parsley, and some sweet herbs chopped fine. Sprinkle it on the beef, and roll it up very tight; put a coarse cloth round it, and tie it up very tight with a beggar's tape. Boil it in a large copper of water; and if it is a large collar, it will take six hours boiling, but a small one will be done in five. Take it out, and put it in a press till it is cold; but if you have no press, put it between two boards, and a large weight upon it till it is cold. Then take it out of the cloth, and cut it into slices. Garnish with raw parsley. *Glasse, 262. Farley, 254.*

To Collar flat Ribs of Beef.

Bone your beef, lay it flat upon a table, and beat it half an hour

hour with a wooden mallet till it is quite soft; then rub it with six ounces of brown sugar, a quarter of a pound of common salt, and an ounce of salt-petre beat fine; then let it lie ten days, turning it once every day; then take it out, and put it in warm water for eight or ten hours; then lay it flat upon a table, with the outward skin down, and cut it in rows across, about the breadth of your finger; but be careful not to cut the outside skin; then fill one nick with chopped parsley, the second with fat pork, the third with crumbs of bread, mace, nutmeg, pepper, and salt, then parsley again, and so on till you have filled all your nicks; then roll it up tight, and bind it round with coarse broad tape; wrap it in a cloth, and boil it four or five hours; then take it up, and hang it by one end of the string to keep it round; save the liquor it was boiled in, the next day skim it, and add to it half as much allegar as you have liquor, a little more mace, long pepper, and salt; then put in your beef and keep it for use.

N. B. When you send it to table, cut a little off at each end, and it will be in diamonds of different colours, and look very pretty; set it upon a dish as you do brawn. If you make a fresh pickle every week, it will keep a long time. *Raffald, 303.*

To Collar a Calf's Head.

Get a calf's head with the skin on, scald off the hair, parboil the head, and bone it; the fore part must be slit; boil the tongue, peel it, and cut that and the palate into thin slices, put them and the eyes into the middle of the head; take some pepper, salt, cloves, and mace, and beat them; add some nutmeg grated, scalded parsley, thyme, savory, and sweet marjoram, cut very small; beat the yolks of three or four eggs, spread them over the head, and then strew on the seasoning; roll it up very tight, and tie it round with tape; boil it gently for three hours in as much water as will cover it. When the head is taken out, season the pickle with salt, pepper, and spice, and add to it a pint of white wine vinegar; when it is cold put in the collar, and when set to table, cut it in slices. *Cole, 298.*

To collar a Pig.

Your pig being killed, and the hair dressed off, draw out the entrails, and wash it clean; rip it open with a sharp knife, and take out all the bones; then rub it all over with pepper and salt beaten fine, a few sage-leaves, and sweet-herbs chopped small; then roll up your pig tight, and bind it with a fillet. Fill your boiler with soft water, a pint of vinegar, a handful of salt, eight or ten cloves, a blade or two of mace, a few pepper-corns, and a bunch of sweet herbs. When it boils, put in your pig and boil it till it is tender, then take it up, and, when it is almost cold,

cold, bind it over again, and put it into an earthen pot; then pour the liquor your pig was boiled in upon it, keep it covered, and it is fit for use. *Mason, 186.*

To collar Venison.

Bone a side of venison, and take away all the sinews, and cut it into square collops of what size you please. It will make two or three collars. Lard it with fat clear bacon, and cut your lards as big as the top of your finger, and three or four inches long. Season your venison with pepper, salt, cloves, and nutmeg. Roll up your collars, and tie them close with coarse tape; then put them into deep pots, with seasonings at the bottoms, some fresh butter, and three or four bay-leaves. Then put in the rest, with some seasoning and butter on the top, and over that some beef-suet, finely shred and beaten. Then cover up your pots with coarse paste, and bake them four or five hours. After that, take them out of the oven, and let them stand a little; take out your venison, and let it drain well from the gravy; add more butter to the fat, and set it over a gentle fire to clarify. Then take it off, and let it stand a little, and skim it well. Make your pots clean, or have pots ready fit for each collar. Put a little seasoning, and some of your clarified butter at the bottom; then put in your venison, and fill up your pots with clarified butter, and be sure that your butter be an inch above the meat. When it is thoroughly cold, tie it down with double paper, and lay a tile on the top; they will keep six or eight months; and you may, when you use a pot, put it for a minute into boiling water, and it will come out whole. Let it stand till it is cold, stick it round with bay-leaves, and a sprig at the top. *Farley, 257.*

To collar a Breast of Mutton.

Bone your breast of mutton, and rub it over with the yolk of an egg; grate over it a little lemon-peel and a nutmeg, with a little pepper and salt; then chop small one tea-cupful of capers, and two anchovies; shred fine a handful of parsley, and a few sweet herbs. Mix them with the crumb of a penny loaf, and strew it over your mutton, and roll it up tight; boil it two hours, then take it up, and put it into a pickle like that for the calf's head. *Cole, 300.*

Mock Brawn.

Boil four ox-feet very tender, and pick the flesh entirely from the bones; take the belly piece of pork, boil it till it is almost enough, then bone it, and roll the meat of the feet up in the pork very tight; then take a strong cloth, with some coarse tape, and roll it round very tight; tie it up in the cloth, boil it till it is so tender that a straw may be run through it. Let it
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be hung up in the cloth till it is quite cold; after which put it into cold salt and water, and it will be fit for use. *Mason*, 179.

To collar Salmon.

Take a side of salmon, cut off an handful of the tail, wash your large piece very well, dry it with a clean cloth, wash it over with the yolks of eggs, and then make force-meat with what you cut off the tail. But take off the skin, and put to it a handful of parboiled oysters, a tail or two of lobsters, the yolks of three or four eggs boiled hard, six anchovies, an handful of sweet herbs chopped small, a little salt, cloves, mace, nutmeg, pepper beat fine, and grated bread. Work all these together into a body, with the yolks of eggs; lay it all over the fleshy part, and a little more pepper and salt over the salmon; so roll it up into a collar, and bind it with broad tape, then boil it in water, salt, and vinegar but let the liquor boil first; then put in your collars, a bunch of sweet herbs, sliced ginger, and nutmeg; let it boil, but not too fast. It will take near two hours boiling. When it is enough, take it up into your foucing pan, and when the pickle is cold, put it to your salmon, and let it stand in till used, or otherwise you may pot it. Fill it up with clarified butter, as you pot fowls. That way will keep longest. *Glasse*, 235, and 262.

To collar Eels.

Care your eel, cut off the head, slit open the belly, take out the guts, cut off the fins, take out the bones, lay it flat on the back, grate over it a small nutmeg; add two or three blades of mace beat fine, a little pepper and salt; strew over it an handful of parsley shred fine, with a few sage-leaves; roll it up tight in a cloth, and bind it well. If it is of a middle size, boil it in salt and water three quarters of an hour, hang it up all night to drain; add to the pickle a pint of vinegar, a few peppercorns, and a sprig of sweet marjoram; boil it ten minutes, and let it stand till the next day; take off the cloth, and put your eels into the pickle. You may send them whole on a plate, or cut them in slices. Garnish with green parsley. Lampreys are collared in the same manner. *Raffald*, 46.

To collar Mackerel.

Gut your mackerel, and slit them down the belly; cut off the head, take out the bones, but take care not to cut it in holes; then lay it flat upon its back, season it with mace, nutmeg, pepper, and salt, and an handful of parsley shred fine; strew it over them, roll them tight, and tie them well separately

in cloths; boil them gently twenty minutes in vinegar, salt, and water; then take them out, put them into a pot, pour the liquor on them, or the cloth will stick to the fish; take the cloth off the fish the next day, put a little more vinegar to the pickle, and keep them for use. When you send them to table, garnish with fennel and parsley, and put some of the liquor under them. *Colé, 301.*

CHAP. XXIV.—OF TARTS, CUSTARDS, AND CHEESECAKES:

Observations on Tarts, &c.

FOR tarts that are meant to be eaten cold, make the short crust. An apple-tart is made the same as the pie, but if to be eaten cold, make the short crust. If you use tin patties to bake in, butter them, and put a little crust all over them, or you will not be able to take them out; but if you bake them in glass or china, only an upper crust will be necessary, as you will not want to take them out when you send them to table. Lay fine sugar at the bottom, then your cherries, plums, or whatever you may want to put in them, and put sugar at the top. Currants and raspberries make an exceeding good tart, and do not require much baking. Cherries require but little baking; gooseberries, to look red, must stand a good while in the oven. Apricots, if green, require more baking than when ripe. Quarter or halve ripe apricots, and put in some of the kernels. Preserved fruit, as damascenes and bullace, require but little baking; fruit that is preserved high should not be baked at all; but the crust should first be baked upon a tin the size the tart is to be; cut it with a marking-iron, or not, and when cold, take it off, and lay it on the fruit. Apples and pears intended to be put into tarts must be pared, cut into quarters, and cored. Cut the quarters across again, set them on in a sauce-pan with as much water as will barely cover them, and let them simmer on a slow fire just till the fruit is tender. Put a good piece of lemon-peel into the water with the fruit, and then have your patties ready. Lay fine sugar at bottom, then your fruit, and a little sugar at top. Pour over each tart a tea-spoonful of lemon-juice, and three tea-spoonfuls of the liquor they were boiled in; then put on your lid, and bake them in a slack oven. Apricot tarts may be made in the same manner, observing that you must not put in any lemon-juice. *Cole*, 301.

A Raspberry Tart with Cream.

Roll out some thin puff-paste, and lay it in a patty-pan; lay in some raspberries, and strew over them some very fine sugar; put on the lid and bake it; cut it open, and put in half a pint of cream, the yolks of two or three eggs well beat, and a little sugar. Let it stand to be cold before it is sent to bake. *Mason*, 391.

To make Rhubarb Tarts.

Put the stalks of the rhubarb that grows in the garden, and cut them in pieces of the size of a gooseberry, and make it as a gooseberry-tart. *Cole*, 302.

A Spinach Tart.

Scald the spinach in boiling water, and drain it very well to chop, then strew it in butter and cream, with a little salt, sugar, a few pieces of dried comfit citron, and a few drops of orange flower water. *Clermont, 422.*

Tart de Moi.

Make some good puff-paste, and lay round your dish, put some biscuits at the bottom, then some marrow, and a little butter; then cover it with different kinds of sweetmeats, as many as you have, and so on till your dish is full; then boil a quart of cream, and thicken with four eggs and a spoonful of orange flower water. Sweeten it with sugar to your palate, and pour over the rest. Half an hour will bake it. *Glasse, 149. Mason, 390. Farley, 221.*

Almond Custards.

Put a pint of cream into a tossing-pan, a stick of cinnamon, a blade or two of mace, boil it, and set it to cool; blanch two ounces of almonds, beat them fine in a marble mortar with rose-water; if you like a ratafia taste, put in a few apricot kernels, or bitter almonds; mix them with your cream, sweeten it to your taste, set it on a slow fire, and keep stirring it till it is pretty thick. If you let it boil, it will curdle; pour it into cups, &c. *Raffald, 256.*

Another way.

Put a bit of cinnamon into a pint of cream, sweeten and boil it. When cold, put to it one ounce of sweet almonds (five or six bitter) blanched and beaten, with a little brandy. Stir this over the fire till near boiling; strain it into cups. *Mason, 398.*

Plain Custards.

Take a quart of new milk, sweeten it to your taste, grate in a little nutmeg, beat up eight eggs, with only four whites; beat them up well, stir them into the milk, and bake it in China basons, or put them in a deep China dish; have a kettle of water boiling, set the cup in, let the water come above half way, but do not let it boil too fast, for fear of its getting into the cups, and take a hot iron, and colour them at the top. You may add a little rose-water. *Glasse, 289.*

Another way.

Set a quart of good cream over a slow fire, with a little cinnamon and four ounces of sugar. When it has boiled, take it off the fire, beat the yolks of eight eggs, and put to them a spoonful of orange-flower water, to prevent the cream from cracking. Stir them in by degrees as your cream cools, put the pan

pan over a slow fire, stir it carefully one way till it is almost boiling, and pour it into cups. *Farley, 305.*

Baked Custards.

Boil a pint of cream with mace and cinnamon; when cold, take four eggs, leaving out two of the whites, a little rose and orange-flower water and sack, nutmeg and sugar to your palate; mix them well together, and bake them in China cups. *Cole, 303.*

Orange Custards.

Take half the rind of a Seville orange, and boil it tender; beat it very fine in a mortar, and put to it a spoonful of brandy, a quarter of a pound of loaf sugar, the juice of a Seville orange, and the yolks of four eggs; beat them all well together for ten minutes, and then pour in by degrees a pint of boiling cream; keep beating them till they are cold, then put them in custard cups, and set them in an earthen dish of hot water. Let them stand till they are set, then take them out, and stick preserved orange on the top. They may be served up either hot or cold. *Cole, 304.*

Lemon Custards.

Beat the yolks of ten eggs, strain them, beat them with a pint of cream; sweeten the juice of two lemons, boil it with the peel of one; strain it. When cold, stir it to the cream and eggs; stir it till it near boils; or put it into a dish, grate over the rind of a lemon, and brown with a salamander. *Mason, 398.*

Rice Custards.

Put a blade of mace and a quartered nutmeg into a quart of cream; boil it, then strain it, and add to it some whole rice boiled, and a little brandy; sweeten it, stir it over the fire till it thickens, and serve it up in cups or a dish. It may be eaten either hot or cold. *Cole, 304.*

Fine Cheesecakes.

Take a pint of cream, warm it, and put to it five quarts of milk warm from the cow; then put runnet to it, and give it a stir about. When it is come, put the curd in a linen bag or cloth, let it drain well away from the whey, but do not squeeze it much; then put it in a mortar, and break the curd as fine as butter; put to your curd half a pound of sweet almonds blanched, and beat exceedingly fine, and half a pound of mackaroons beat very fine. If you have no mackaroons, get Naples' biscuits; then add to it the yolks of nine eggs beaten, a whole nutmeg grated, two perfumed plums dissolved in rose or orange-flower water, and half a pound of fine sugar; mix all well together, then melt a pound and a quarter of butter, and stir it well in it; then make your puff-paste thus:—take a pound of fine

flour, wet it with cold water, roll it out, put into it by degrees a pound of fresh butter, and shake a little flour over each coat as you roll it. Make it just as you use it.

You need not put in the perfumed plums, if you dislike them; and, for variety, when you make them of mackaroons, put in as much tincture of saffron as will give them a high colour, but no currants. This we call a Saffron Cheefecake. *Glasse, 287.*

Almond Cheefcakes.

Take four ounces of Jordan almonds, blanch them, and put them into cold water, beat them with rose-water in a marble mortar, or wooden bowl, with a wooden pebble; put to it four ounces of sugar, and the yolks of four eggs beat fine; work it in the mortar or bowl till it becomes white and frothy; then make a rich puff-paste as follows:—take half a pound of flour, a quarter of a pound of butter, rub a little of the butter into the flour, mix it stiff with a little cold water, then roll your paste straight out, strew over a little flour, and lay over it in thin bits one third of your butter; throw a little more flour over the butter; do so for three times, then put your paste in your tins, fill them, and grate sugar over them, and bake them in a gentle oven. *Raffald, 258.*

Common Cheefcakes.

Put a quart of milk on the fire, beat eight eggs well; when the milk boils, stir them upon the fire till it comes to a curd, then pour it out; when it is cold, put in a little salt, two spoonfuls of rose-water, and three quarters of a pound of currants; put it into puff-paste, and bake it. *Mason, 395.*

Lemon Cheefcakes.

Boil the peel of two large lemons very tender, then pound it well in a mortar with four or five ounces of loaf-sugar, the yolks of six eggs, half a pound of fresh butter, and a little curd beat fine; pound and mix all together, lay a puff-paste in your patty-pans, fill them half full, and bake them.

Orange Cheefcakes are done the same way, only you should boil the peel in two or three waters to take out the bitterness. *Cole, 305.*

Bread Cheefcakes.

Having sliced a penny loaf as thin as possible, pour on it a pint of boiling cream, and let it stand two hours. Then take eight eggs half a pound of butter, and a nutmeg grated. Beat them well together, and put in half a pound of currants well washed and dried before the fire, and a spoonful of white wine or brandy. Then bake them in patty-pans or raised crust. *Farley, 308.*

Cheesecakes the French way, called Ramequins.

Take good Parmesan, of Cheshire cheese, melt it in a stew-pan with a bit of butter, and one or two spoonfuls of water; then add as much flour as will make it pretty thick, and quit the sides of the pan; put it into another pan, and add eggs to it, one by one, mixing well with a wooden spoon till it becomes pretty light and clear; add one or two pounded anchovies, and a little pepper; bake the cases singly upon a baking-plate, or in paper cases, of what shape you please; they require but a short time, and a soft oven, and must be served quite hot. *Clermont, 434.*

Citron Cheesecakes.

Boil a quart of cream; when cold, mix it well with the yolks of four eggs well beaten; then set it on the fire, and let it boil till it curds; blanch some almonds, beat them with orange-flower water, put them into the cream, with a few Naples' biscuits and green citron shred fine; sweeten it to your taste, and bake them in tea-cups. *Cole, 306.*

Rice Cheesecakes.

Boil a quarter of a pound of rice till it is tender, drain it, put in four eggs well beaten, half a pound of butter, half a pint of cream, six ounces of sugar, a nutmeg grated, and a glass of rasia water or brandy. Beat them all together, and bake them in raised crusts. *Cole, 306.*

CHAP. XXV.—THE ART OF CONFEC-
TIONARY.

The Colours used in Confectionary.

To make the red Colour.

BOIL an ounce of cochineal in half a pint of water for about five minutes, then add half an ounce of cream of tartar, and half an ounce of pounded allum; boil on a slow fire about as long again. It is easily known to be done, by dipping a pen, or a wooden skewer, into it, and writing with it on white paper, for if it writes freely like ink, and keeps its colour, it is done; take it off the fire, add two ounces of sugar, and let it settle; pour the clear off, to keep in a bottle well stopped. *Cole, 306.*

The blue Colour.

This colour is only made for present use; put a little warm water into a plate, and rub an indigo stone in it till the colour is come to the tint you would have it, whether pale, or a deep blue. *Cole, 307.*

The yellow Colour.

This is done in the same manner, by pouring a little water into a plate, and rubbing it with a bit of gamboge. It is also done better with a yellow lilly: take the heart of the flower, infuse it in milk-warm water, and preserve it in a bottle well stopped. *Cole, 307.*

The green Colour.

Trim the leaves of spinach, boil them a moment in water, and drain them very well to pound; sift the juice in a sieve for use.

Of these cardinal colours, you may make any alteration in imitation of painters, by mixing to what shade you please; but taste and fancy must be your guides upon those occasions. *Cole, 307.*

OF CAKES.

General Observations upon Cakes.

ALWAYS have every thing in readiness before you begin to make any kind of cakes, then beat your eggs well, and never leave them till they are finished, as by that means your cakes will not be so light. When you put butter in your cakes, be particularly careful in beating it to a fine cream before you put in your sugar, otherwise double the beating will not have so good an effect. Rice-cakes, feed-cakes, or plum-cakes, are best baked in wooden garths; for when they are baked in pots or tins, the outsides of the cakes are burned, and they are so confined that the heat cannot penetrate into the middle, which hinders its rising. *Cole, 307.*

A Bride Cake.

Take four pounds of fine flour well dried, four pounds of fresh butter, two pounds of loaf sugar; pound and sift fine a quarter of an ounce of mace, and the same quantity of nutmegs; to every pound of flour put eight eggs; wash and pick four pounds of currants, and dry them before the fire; blanch a pound of sweet almonds, and cut them lengthways very thin, a pound of citron, a pound of candied orange, a pound of candied lemon, and half a pint of brandy; first work the butter with your hand to a cream, then beat in your sugar a quarter of an hour, beat the whites of your eggs to a very strong froth, mix them with your sugar and butter; beat your yolks half an hour at least, and mix them with your cake; then put in your flour, mace, and nutmeg; keep beating it till your oven is ready, put in your brandy, and beat your currants and almonds lightly in; tie three sheets of paper round the bottom of your hoop, to keep it from running out; rub it well with butter, put in your cake, and lay your sweetmeats in three lays, with cake betwixt every lay; after it is risen and coloured, cover it with paper before your oven is stopped up; it will take three hours baking. *Raffald, 265.*

A pound Cake.

Take a pound of butter, beat it in an earthen pan with your hand one way, till it is like a fine thick cream; then have ready twelve eggs, but half the whites; beat them well, and beat them up with the butter, a pound of flour beat in it, a pound of sugar, and a few carraways. Beat it all well together for an hour with your hand, or a great wooden spoon; butter a pan and put it in, and then bake it an hour in a quick oven.

For change, you may put in a pound of currants, clean washed and picked. *Glasse, 281. Mason, 400. Farley, 292.*

A good

A good Plum Cake.

Take three pounds of flour, three pounds of currants, three quarters of a pound of almonds, blanched and beat grossly, about half an ounce of them bitter, a quarter of a pound of sugar, seven yolks and six whites of eggs, one pint of cream, two pounds of butter, half a pint of good ale yeast; mix the eggs and the yeast together, strain them; set the cream on the fire, melt the butter in it; stir in the almonds and half a pint of sack, part of which should be put to the almonds while beating; mix together the flour, currants, and sugar, what nutmeg, cloves, and mace, are liked; stir these to the cream, put in the yeast. *Mason, 400.*

A common Seed Cake.

Take one pound and a quarter of flour, and three quarters of a pound of lump sugar pounded, the yolks of ten eggs, and the whites of four, one pound of butter beat to a cream with the hand. Mix these well; add almost an ounce of carraway-seeds bruised; butter the pan or hoop; sift sugar on the top. *Cole, 308.*

A rich Seed Cake.

Take a pound of flour well dried, a pound of butter, a pound of loaf sugar beat and sifted, eight eggs, two ounces of carraway-seeds, one nutmeg grated, and its weight of cinnamon. First beat your butter to a cream, then put in your sugar, beat the whites of your eggs half an hour, mix them with your sugar and butter, then beat the yolks half an hour, put to it the whites; beat in your flour, spices, and seeds, a little before it goes to the oven; put it in the hoop and bake it two hours in a quick oven, and let it stand two hours. It will take two hours beating. *Raffald, 267.*

A good common Cake.

Take six ounces of rice-flour, and the same quantity of wheat-flour, the yolks and whites of nine eggs, half a pound of lump sugar pounded and sifted, and half an ounce of carraway-seeds; beat this an hour, and bake it an hour in a quick oven. This cake is well calculated for children and delicate stomachs, as it is very light, and has no butter in it. *Cole, 309.*

Portugal Cakes.

Mix into a pound of fine flour a pound of loaf-sugar beat and sifted, then rub it into a pound of pure sweet butter till it is thick like grated white bread; then put to it two spoonfuls of rose-water, two of sack, ten eggs; whip them very well with a whisk, then put into it eight ounces of currants, mixed all well together; butter the tin pans, fill them but half full, and bake them; if made without currants, they will keep half a year.

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Add a pound of almonds blanched, and beat with rose-water, as above, and leave out the flour. These are another sort, and better. *Glasse*, 283.

A plain Cake.

Take two pounds and an half of flour, fifteen eggs, two pounds and an half of butter, beat to a cream; three quarters of a pound of pounded sugar; bake it in a hot but not a scorching oven. *Cole*, 309.

An Almond Cake.

Take two ounces of bitter, and one pound of sweet almonds, blanched and beat, with a little rose or orange-flower water, and the white of one egg; half a pound of sifted loaf-sugar, eight yolks and three whites of eggs, the juice of half a lemon, the rind grated; bake it either in one large pan, or small pans. *Mason*, 401.

Queen Cakes.

Take a pound of sugar, beat and sift it, a pound of well-dried flour, a pound of butter, eight eggs, half a pound of currants washed and picked; grate a nutmeg, and the same quantity of mace and cinnamon. Work your butter to a cream, and put in your sugar; beat the whites of your eggs near half an hour, and mix them with your sugar and butter. Then beat your yolks near half an hour, and put them to your butter. Beat them exceedingly well together, and when it is ready for the oven, put in your flour, spices, and currants. Sift a little sugar over them, and bake them in tins. *Farley*, 303.

Shrewsbury Cakes.

Take half a pound of butter, beat it to a cream, then put in half a pound of flour, one egg, six ounces of loaf-sugar, beat and sifted, half an ounce of carraway-seeds mixed into a paste; roll them thin, and cut them round with a small glass, or little tins; prick them, and lay them on sheets of tin, and bake them in a slow oven. *Raffald*, 270.

Bath Cakes.

Take half a pound of butter, and rub it into a pound of flour; add one spoonful of good barm, warm some cream, and make it a light paste, and set it to the fire to rise. When you make them up, take four ounces of carraway comfits, work part of them in, and strew the rest on the top. Make them into a round cake, about the size of a French roll. bake them on sheet tins, and send them in hot for breakfast. *Cole*, 310.

Little Fine Cakes.

Take one pound of butter beaten to a cream, a pound and a quarter of flour, a pound of fine sugar beat fine, a pound of cur-
rants

rants clean washed and picked, six eggs, two whites left out; beat them fine, mix the flour, sugar, and eggs, by degrees into the batter, beat it all well with both hands. Either make it into little cakes, or bake it in one. *Cole*, 310.

Orange Cakes.

Take what quantity you please of Seville-oranges that have good rinds, quarter them, and boil them in two or three waters till they are tender, and the bitterness is gone off. Skin them and then lay them on a clean napkin to dry. Take all the skins and seeds out of the pulp with a knife, shred the peels fine, put them to the pulp, weigh them, and put rather more than their weight of fine sugar into a tossing-pan, with just as much water as will dissolve it. Boil it till it becomes a perfect sugar, and then by degrees put in your orange-peels and pulp. Stir them well before you set them on the fire; boil it very gently till it looks clear and thick, and then put them into flat-bottomed glasses. Set them in a stove, and keep them in a constant and moderate heat; and when they are candied on the top, turn them out upon glasses. *Farley*, 299.

N. B. Lemon-cakes may be made the same way.

Gingerbread.

Take three quarts of fine flour, two ounces of beaten ginger, a quarter of an ounce of nutmeg, cloves, and mace, beat fine, but most of the latter. Mix all together, three quarters of a pound of fine sugar, two pounds of treacle; set it over the fire, but do not let it boil. Three quarters of a pound of butter melted in the treacle, and some candied lemon and orange-peel cut fine; mix all these together. An hour will bake it in a quick oven. *Glassé*, 283.

Little Currant Cakes.

Take a pound and an half of fine flour, dry it well before the fire, a pound of butter, half a pound of fine loaf sugar, well beat and sifted, four yolks of eggs, four spoonfuls of rose-water, four spoonfuls of sack, a little mace, and one nutmeg grated. Beat the eggs very well, and put them to the rose-water and sack; then put to it the sugar and butter; work them all together, strew in the currants and flour, being both made warm together before. This quantity will make six or eight cakes; bake them pretty crisp, and of a fine brown. *Raffald*, 272.

Heart Cakes.

Take a pound of butter, and work it with the hand to a cream; put to it a dozen yolks of eggs, and half the whites, well beaten, a pound of flour dried, a pound of sifted sugar, four spoonfuls of good brandy, and a pound of currants washed and dried before the fire. As the pans are filled, put in two ounces

of candied orange and citron; continue beating the cakes till they go into the oven. This quantity will fill three dozen of middling pans. *Cole, 311.*

Naples' Biscuit.

Put three quarters of a pound of very fine flour to a pound of fine sugar sifted; sift it three times, then add six eggs well beat, and a spoonful of rose-water. When the oven is almost hot, make them, but take care that they are not made up too wet. *Cole, 311.*

Common Biscuit.

Take eight eggs, and beat them half an hour; put to them a pound of sugar, beat and sifted, with the rind of a lemon grated. Whisk it an hour, or till it looks light, and then put in a pound of flour, with a little rose-water. Sugar them over, and bake them in tins, or on papers. *Cole, 311.*

French Biscuits.

Having a pair of clean scales ready, in one scale put three new-laid eggs; in the other scale as much dried flour, an equal weight with the eggs; take out the flour, and as much fine powdered sugar; first beat the whites of the eggs up well with the whisk, till they are of a fine froth; then whip in half an ounce of candied lemon-peel cut very thin and fine, and beat well; then, by degrees, whip in the flour and sugar, then slip in the yolks, and with a spoon temper it well together; then shape your biscuits on fine white paper with your spoon, and throw powdered sugar over them. Bake them in a moderate oven, not too hot, giving them a fine colour on the top. When they are baked, with a fine knife cut them off from the paper, and lay them in boxes for use. *Glasse, 285.*

Savoy Biscuits.

Beat the whites of eight eggs till they are a strong froth, then put it to the yolks, with a pound of sugar; beat them altogether a quarter of an hour. When the oven is ready, put in one pound of fine flour to the other ingredients; stir it till it is well mixed; lay the biscuits upon the paper, and ice them. Let the oven be hot enough to bake them quick. *Cole, 312.*

Drop Biscuit.

Beat the yolks of ten eggs, and the whites of six, with one spoonful of rose water, half an hour, then put in ten ounces of loaf sugar beat and sifted; whisk them well for half an hour, then add one ounce of carraway-seeds crushed a little, and six ounces of fine flour; whisk in your flour gently, drop them on wafer-papers, and bake them in a moderate oven. *Raffald, 276.*

Almond Puffs.

Take two ounces of sweet almonds, blanch them, and beat them very fine, with orange-flower water; beat the whites of three eggs to a very high froth, and then strew in a little sifted sugar. Mix your almonds with your sugar and eggs, and then add more sugar till it is as thick as paste. Lay it in cakes, and bake it in a cool oven, on paper. *Farley*, 289.

Sugar Puffs.

Beat the whites of ten eggs till they rise to a high froth, put them into a stone mortar, or wooden bowl, add as much double-refined sugar as will make them thick; put in a little ambergris to give them a flavour, rub them round the mortar for half an hour; put in a few carraway-seeds. Take a sheet of wafers, lay them on as broad as a sixpence, and as high as they can be laid; put them in a moderate oven half a quarter of an hour, and they will look as white as snow. *Mason*, 407.

German Puffs.

Mix two spoonfuls of fine flour with two eggs well beat, half a pint of cream or milk, and two ounces of melted butter; stir it all well together, and add a little salt and nutmeg. Put them in tea-cups, or little deep tin moulds, half full, and bake them a quarter of an hour in a quick oven; but let it be hot enough to colour them at top or bottom. Turn them into a dish, and strew powder-sugar over them. *Cole*, 313.

Lemon Puffs.

Beat and sift a pound of double-refined sugar, put it in a bowl with the juice of two lemons, and beat them well together. Then, having beat the white of an egg to a very high froth, put it also in your bowl, and beat it half an hour; add three eggs, and two rinds of lemons grated; mix it well up, dust some sugar on your papers, drop on the puffs in small drops, and bake them in an oven moderately hot. *Cole*, 313.

To make Wafers.

Put the yolks of two eggs, well beat, to a pint of cream, mix it as thick as a pudding with flour well dried, and sugar and orange-flower water to the taste; put in warm water enough to make it as thin as fine pancakes; mix them very smooth, and bake them over a stove. Butter the irons when they stick. *Cole*, 313.

Icings for Cakes.

Take a pound of double-refined sugar, pounded and sifted fine, and mix it with the whites of twenty-four eggs in an earthen pan; whisk them well for two or three hours, till it looks white and thick, and then, with a thin broad board, or bunch

bunch of feathers, spread it all over the top and sides of the cake. Set it at a proper distance before a clear fire, and keep turning it continually that it may not turn colour; but a cool oven is best, where an hour will harden it. Or you may make your icing thus:—Beat the whites of three eggs to a strong froth, beat a pound of Jordan almonds very fine with rose-water, and mix your almonds with the eggs lightly together; then beat a pound of loaf sugar very fine, and put it in by degrees. When your cake is enough, take it out, lay on your icing, and proceed as above directed. *Farley, 304,*

CANDYING AND DRYING.

BEFORE you attempt to candy any kind of fruit, it must be first preserved, and dried in a stove, or before the fire, that none of the syrup may remain in it; then boil your sugar to the candy height, dip in your fruit, and lay them in dishes in your stove to dry. Then put them in boxes for use, and keep them in places that are neither moist nor hot. *Cole, 314.*

To boil Sugar, candy height.

Put a pound of sugar into a clean tossing-pan, with half a pint of water, set it over a very clear slow fire; take off the scum as it rises, boil it till it looks fine and clear, then take out a little with a silver spoon; when it is cold, if it will draw a thread from your spoon, it is boiled high enough for any kind of sweet-meat; then boil your syrup, and when it begins to candy round the edge of your pan, it is candy height.

N. B. It is a great fault to put any kind of sweet meats into too thick a syrup, especially at the first, for it withers your fruit, and takes off both the beauty and flavour. *Rassald, 247.*

To candy Cassia.

Take as much of the powder of brown cassia as will lie upon two broad shillings, with what musk and ambergris you think proper. The cassia and perfume must be powdered together. Then take a quarter of a pound of sugar, and boil it to a candy height; then put in your powder and mix it well together, and pour it into pewter saucers or plates, which must be buttered very thin, and when it is cold it will slip out. The cassia is to be bought in London; sometimes it is in powder, and sometimes in a hard lump. *Glasse, 373.*

To dry Greengages.

Slit them down the seam, just scald them in a thin syrup, with vine-leaves at the top; put them by till the next day, keeping them under the syrup; then put them into a thick syrup cold; scald them gently in this, set them by, repeat it the next day till they look clear; set them by for a few days. If there is occasion, boil them once more; take them from the syrup, and dry them. When they are set by in the syrup, let it be in something rather narrow at the top, as they must be covered, or they will be discoloured. *Mason, 435.*

Candied Orange-flowers.

Boil some sugar to a candy-height, put some orange-flowers to it, and take it off the fire for about a quarter of an hour, or till the flowers discharge their juice, as it refreshes the sugar; put it upon the fire again to bring it to the same degree; let it cool to half, put it into moulds, and dry it in a stove of a moderate

derate heat, kept as equal as possible. It is known to be candied by thrusting a small skewer into the corner of each mould to the bottom, and the top must be sparkling like a diamond; put the moulds upon one side to drain a good while before you take out the candy, turn it over upon white paper, and keep it always in a dry place. *Clermont, 541.*

To candy Ginger.

Grate an ounce of race-ginger very fine, and put it into a tossing-pan, with a pound of loaf-sugar beat fine, and as much water as will dissolve it. Put them over a slow fire, and stir them well till the sugar begins to boil; then stir in another pound of fine sugar beat fine, and continue stirring it till it becomes thick. Then take it off the fire, and drop it in cakes upon earthen dishes; set them to dry in a warm place, when they will be hard and brittle, and have a white appearance. *Cole, 315.*

To candy Lemon or Orange-peel.

Cut your lemons, or oranges, long ways; take out all the pulp, and put the rinds into a pretty strong salt and hard water six days, then boil them in a large quantity of spring water till they are tender; then take them out, and lay them on a hair sieve to drain; then make a thin syrup of fine loaf-sugar, a pound to a quart of water; put in your peels and boil them half an hour, or till they look clear; have ready a thick syrup made of fine loaf-sugar, with as much water as will dissolve it; put in your peels, and boil them over a slow fire till you see the syrup candy about the pan and peels; then take them out and grate fine sugar all over them; lay them on a hair sieve to drain, and set them in a stove, or before the fire to dry, and keep them in a dry place for use.

N. B. Do not cover your sauce-pan when you boil either lemons or oranges. *Raffald, 246.*

To candy Angelica.

Take it in April; boil it in water till it is tender, then take it up and drain it from the water very well; then scrape the outside of it, and dry it in a clean cloth, and lay it in the syrup, and let it lie in three or four days, covered close; the syrup must be strong of sugar, and keep it hot a good while, but without boiling. After it is heated a good while, lay it upon a pie-plate, and so let it dry; keep it near the fire lest it dissolve. *Glassé, 372.*

Orange Chips.

Pare some of the best Seville oranges afloat, about a quarter of an inch broad, and if you can keep the parings whole, they will have a prettier effect. When you have pared as many as you intend, put them into salt and spring-water for a day or

two; then boil them in a large quantity of spring-water till they are tender, and drain them on a sieve. Have ready a thin syrup, made of a quart of water and a pound of fine sugar; boil them, a few at a time, to keep them from breaking, till they look clear; then put them into a syrup made of fine loaf-sugar, with as much water as will dissolve it, and boil them to a candy height. When you take them up, lay them on a sieve, and grate double-refined sugar over them. Then put them in a stove, or before the fire, to dry. *Farley, 346.*

To dry Damascenes.

Gather the Damascenes when full ripe, lay them on a coarse cloth, set them in a very cool oven, let them stand a day or two; they must be as dry as a fresh prune; if they are not, put them in another cool oven for a day or two longer; then take them out; they will eat like fresh damascenes in the winter. *Mason, 436. Raffald, 242. Farley, 347.*

To candy Cinnamon.

Soak some cinnamon bark in water about twenty-four hours, cut it into pieces of what length you please, and boil a moment in sugar of candy height; drain it and dry it in the stove upon rails till it comes to a proper substance to put in candy moulds; garnish with sugar, and when it is half cold, put it to dry as the orange-flower candy. *Clermont, 542.*

To dry Apricots.

Pare and stone a pound of apricots, and put them in your tossing-pan; then take a pound of double-refined sugar, pound and sift it, and strew a little among your apricots, and lay the rest over them. After letting them stand twenty-four hours, turn three or four times in the syrup, then boil them pretty quick till they seem clear. When cold, take them out, and lay them on glasses; then turn them every half hour the first day, the next day every hour, and afterwards as may appear to be necessary. *Cole, 316.*

To dry Pear Plumbs.

Take two pounds of pear-plumbs to one pound of sugar; stone them, and fill every one of them with sugar; lay them in an earthen pot, put to them as much water as will prevent burning them; then set them in an oven after bread is drawn, let them stand till they are tender; then put them into a sieve to drain well from the syrup; then set them in an oven again till they are a little dry; then smooth the skins as well as you can, and so fill them; then set them in the oven again to harden; then wash them in water scalding hot, and dry them very well; then put them in the oven again very cool, to blue them. Put them between two pewter dishes, and set them in the oven. *Glasse, 372.*

To dry Currants in Bunches.

Stone your currants, and tie them up in bunches; to every pound of currants put a pound and an half of sugar; and to every pound of sugar put half a pint of water; boil the syrup very well, lay your currants in it, set them on the fire, and let them just boil; take them off, cover it close with a paper, let them stand till the next day, then make them scalding hot let them stand for two or three days with paper close to them; then lay them on earthen plates, and sift them well over with sugar; put them in a stove to dry; the next day lay them on sieves, but do not turn them till the upper side is dry, then turn them and sift the other side well with sugar; when they are quite dry, lay them between papers. *Raffald, 244.*

CREAMS.

WHEN creams are made, strain the eggs, or they will be very apt to curdle.

Cream with Eggs.

Boil three parts cream, and one of milk, a spoonful of orange-flower water, a bit of dried lemon peel, and a quarter of a pound of sugar to a quart; let it boil to reduce to three parts; then take it off the fire, and add four yolks of eggs, beat up; make a liaison over the fire without boiling, sift it with a sieve, and finish it with rennet. Serve either with or without cream. *Clermont, 603.*

Pistachio Cream.

Take half a pound of Pistachio nuts, break them, and take out the kernels; beat them in a mortar with a spoonful of brandy, put them into a tossing-pan, with a pint of cream, and the yolks of two eggs beat very fine; stir it gently over a slow fire till it is thick, but do not let it boil, then put it into a china soup-plate; when it is cold, stick some kernels, cut longways, all over it, and send it to table. *Glasse, 292. Raffald, 248. Farley, 310.*

Coffee Cream.

Roast one ounce of coffee, put it hot into a pint and an half of boiling cream; boil these together a little; take it off, put in two dried gizzards; cover this close, let it stand one hour, sweeten with double-refined sugar; pass it two or three times through a sieve with a wooden spoon; put it into a dish with a tin on the top, set the dish on a gentle stove, put fire upon the top upon the tin; when it has taken, set it by. Serve it cold.

Tea-cream is made in the same manner. *Mason, 444.*

Barley Cream.

Boil a quantity of pearl-barley in milk and water till it is tender; then strain the liquor from it, put your barley into a quart of cream, and let it boil a little; then take the whites of five eggs, and the yolks of one, beaten with a spoonful of fine flour, and two spoonfuls of orange-flower water; then take the cream off the fire, and mix in the eggs by degrees, and set it over the fire again to thicken. Sweeten it to your taste, pour it into basons, and, when cold, serve it up. *Cole, 318.*

Codling Cream.

Pare and core twenty codlings, and beat them in a mortar, with a pint of cream; strain it into a dish, and put into it some bread-crumbs, with a little white wine. Send it to table.

Gooseberries may be done in the same manner. *Cole, 318.*

Ice Cream.

Take twelve ripe apricots, pare, stone, and scald them, and beat them fine in a marble mortar; put to them six ounces of double-refined sugar, and a pint of scalding cream, and work it through a hair sieve; put it into a tin that has a close cover, and set it in a tub of ice broke small, and a large quantity of salt put among it. When you see your cream grow thick round the edges of your tin, stir it, and set it in again till it grows quite thick. When your cream is all frozen up, take it out of the tin, and put it into the mould you intend it to be turned out of. Then put on the lid, and have ready another tub, with salt and ice in it as before. Put your mould in the middle, and lay your ice under and over it; let it stand four or five hours, and dip your tin in warm water when you turn it out; but if it be summer, remember not to turn it out till the moment you want it. If you have not apricots, any other fruit will answer the purpose, provided you take care to work them very fine in your mortar. *Raffald, 312.*

Hartshorn Cream.

Take four ounces of hartshorn shavings, and boil it in three pints of water till it is reduced to half a pint, and run it through a jelly-bag; put to it a pint of cream and four ounces of fine sugar, and just boil it up; put it into cups or glasses, and let it stand till it is cold. Dip your cups or glasses in scalding water, and turn them out into your dish; stick sliced almonds on them. It is generally eaten with white wine and sugar. *Glasse, 292.*

Mrs. Raffald, page 250, and Mr. Farley, page 311, have the same receipt, with this single alteration—they have left out the four ounces of sugar, which I suppose proceeded from a mistake, instead of being meant as an improvement,

Blanched Cream.

Season a quart of very thick cream with fine sugar and orange-flower water; boil it and beat the whites of twenty eggs with a little cold cream; strain it, and when the cream is upon the boil, pour in the eggs, stirring it very well till it comes to a thick curd; then take it up, and strain it again through a hair sieve; beat it well with a spoon till it is cold, then put it into a dish. *Mason, 446.*

Whipt Cream.

Mix a quart of thick cream, the whites of eight eggs beat well, and half a pint of sack; sweeten to your taste with double-refined sugar. You may perfume it, if you please, with a little musk or ambergris, tied in a rag, and steeped a little in the cream; whip it up with a whisk, and some lemon-peel tied in the middle of the whisk; take the froth with a spoon, and lay

it in your glaffes or bafons. This does well over a tart. *Cole*, 319.

Orange Cream.

Take and pare the rind of a Seville orange very fine, and squeeze the juice of four oranges; put them into a stew-pan with half a pint of water, and half a pound of fine fugar; beat the whites of five eggs, and mix into it, and fet them on a flow fire; ftir it one way till it grows thick and white, ftain it through a gauze, and ftir it till cold; then beat the yolks of five eggs very fine, and put into your pan with the cream; ftir it over a gentle fire till it is ready to boil, then put it in a bafon, and ftir it till it is cold, and then put it into your glaffes. *Glaffe*, 291.

Mrs. Raffald, page 252, has the fame receipt, except that inftead of "half a pint of water," and "half a pound of fine fugar," fhe fays, "One pint of water, and eight ounces of fugar." *Mr. Farley*, page 314, has followed her example.

Spanifh Cream.

Mix well together three fpoonfuls of flour of rice fifted very fine, the yolks of three eggs, three fpoonfuls of water, and two of orange-flower water; then put to them one pint of cream, and fet it upon a good fire, ftirring it till of a proper thicknefs, and pour it into cups. *Cole*, 320.

Steeple Cream.

Take five ounces of hartfhorn, and two ounces of ivory, and put them into a ftone bottle; fill it up with fair water to the neck; put in a fmall quantity of gum-arabic and gum-dragon; then tie up the bottle very clofe, and fet it into a pot of water, with hay at the bottom. Let it ftand fix hours, then take it out, and let it ftand an hour before you open it, left it fly in your face; then ftain it, and it will be a ftong jelly; then take a pound of blanched almonds, beat them very fine, mix it with a pint of thick cream, and let it ftand a little; then ftain it out, and mix it with a pound of jelly; fet it over the fire till it is fcalding hot, fweeten it to your tafte with double-refined fugar; then take it off, put in a little amber, and pour it into fmall high gallipots, like a fugar-loaf at top; when it is cold, turn them, and lay cold whipt cream about them in heaps. Be fure it does not boil when the cream is in. *Glaffe*, 290.

Snow and Cream.

Having made a rich boiled cuftard, put it into a china or glafs difh. Then take the whites of eight eggs, beaten with rofe-water, and a fpoonful of treble-refined fugar, till it is of a ftong froth. Put fome milk and water into a broad ftew-pan, and as foon as it boils, take the froth off the eggs, lay it on the milk and water, and let it boil once up; then take it off carefully,

carefully, and lay it on your custard. This is a pretty supper-dish. *Farley, 315.*

Burnt Cream.

Take a pint of cream, boil it with sugar and a little lemon-peel shred fine; then beat the yolks of six, and the whites of four eggs separately. When your cream is cooled, put in your eggs, with a spoonful of orange-flower water, and one of fine flour; set it over the fire, keep stirring it till it is thick, then put it into a dish. When it is cold, sift a quarter of a pound of sugar all over it, hold a hot salamander over it till it is very brown, and looks like a glass plate put over your cream. *Raf-fald, 253.*

Lemon-peel with Cream.

Pare two lemons, squeeze to them the juice of one large one, or two small ones; let it stand some time, then strain the juice to a pint of cream; add the yolks of four eggs beaten and strained; sweeten it, stir it over the fire till thick, and, if agreeable, add a little brandy. *Mason, 443.*

Pompadour Cream.

Take the whites of five eggs, and after beating them into a strong froth, put them into a tossing-pan, with two ounces of sugar, and two spoonfuls of orange-flower water; stir it gently three or four minutes, then pour it into a dish, and melted butter over it. Send it in hot. *Cole, 321.*

PRESERVING.

General Observations upon Preserving.

IN making jellies of any kind, avoid letting any seeds from the fruit fall into your jelly; and be careful not to squeeze it too near, which would render your jelly less transparent. Pound your sugar, and let it dissolve in the syrup before you set it on the fire, the scum will then rise better, and the jelly will be of a finer colour. Boiling jellies too high, gives them a darkish hue, which should therefore be avoided. All wet sweet-meats should be kept in a dry cool place, to prevent their becoming mouldy, or losing their virtue. Tie them well down with white paper, with two folds of thick cap-paper over them. Leaving the pots open, or negligently tied, is destructive to them. *Cole, 321.*

Hartshorn Jelly.

Boil half a pound of hartshorn in three quarts of water over a gentle fire, till it becomes a jelly. If you take out a little to cool, and it hangs on the spoon, it is enough. Strain it while it is hot, put it in a well-tinned sauce-pan, put to it a pint of Rhenish wine, and a quarter of a pound of loaf sugar; beat the whites of four eggs, or more, to a froth, stir it all together that the whites may mix well with the jelly, and pour it in as if you were cooling it. Let it boil two or three minutes, then put in the juice of three or four lemons; let it boil a minute or two longer. When it is finely curdled, and of a pure white colour, have ready a swan-skin jelly-bag over a china basin, pour in your jelly, and pour back again till it is as clear as rock water; then set a very clean china basin under, have your glasses as clean as possible, and with a clean spoon fill your glasses. Have ready some thin rind of the lemons, and when you have filled half your glasses, throw your peel into the basin; and when the jelly is all run out of the bag, with a clean spoon fill the rest of the glasses, and they will look of a fine amber colour. In putting in the ingredients, there is no certain rule. You must put in lemon and sugar to your palate. Most people love them sweet; and indeed they are good for nothing unless they are. *Glassé, 294.*

Another way.

Put two quarts of water into a clean pan, with half a pound of hartshorn shavings, let it simmer till near one half is reduced; strain it off, then put in the peel of four oranges and two lemons, pared very thin; boil them five minutes, put to it the juice of the before-mentioned lemons and oranges, with about ten ounces of double-refined sugar; beat the whites of six eggs to a froth, mix them carefully with your jelly, that you do

do not poach the eggs; just let it boil up, and run it through a jelly-bag till it is clear. *Raffald, 210.*

Calves'-feet Jelly.

To two calf's feet, put three quarts of water, boil it to one quart; when cold, take off the fat, and take the jelly from the sediment; put to it one pint of white wine, half a pound of sugar, the juice of three lemons, the peel of one. Whisk the whites of two eggs. Put all into a sauce pan, boil it a few minutes; put it through a jelly-bag till it is fine. *Mason, 447.*

Red or white Currant Jelly.

Boil your currants in a preserving pan till the juice will easily mash through a sieve or cloth; put in an equal quantity of clarified sugar and juice, boil and scum it till it will jelly. When cold, put on paper dipped in brandy. *Cole, 323.*

Black Currant Jelly.

Gather your currants on a dry day when they are ripe; pick them from the stalks, put them into a large stew-pot, and put a quart of water to every ten quarts of currants; set them in a cool oven for two hours, having first tied a paper over them; then squeeze them through a very fine cloth, and to every quart of juice add a pound and an half of loaf-sugar broken into small pieces. Stir it gently till the sugar is melted, and when it boils, skim it well. Let it boil pretty thick for half an hour over a clear fire, then pour it into pots, and put brandy papers over them. *Raffald, 211. Farley, 321.*

Orange Jelly.

Take half a pound of hartshorn shavings, or four ounces of ising-glass, and boil it in spring-water till it is of a strong jelly; take the juice of three Seville oranges, three lemons, and six China oranges, and the rind of one Seville orange and one lemon, pared very thin; put them to your jelly, sweeten it with loaf-sugar to your palate; beat up the whites of eight eggs to a froth, and mix well in, then boil it for ten minutes, then run it through a jelly-bag till it is very clear, and put it in moulds till cold, then dip your mould in warm water, and turn it out into a China dish, or a flat glass, and garnish with flowers. *Glasse, 295.*

Raspberry Jelly.

Make it in the same manner as currant jelly, only put one half currants, and the other half raspberries. *Cole, 323.*

Ising-glass Jelly.

Boil an ounce of ising-glass, and a quarter of an ounce of cloves, in a quart of water, till it is reduced to a pint, then strain it over some sugar. *Cole, 323.*

Ribband Jelly.

Take four calf's feet, take out the great bones, and put the feet into a pot with ten quarts of water, three ounces of hart-horn, three ounces of ising-glass, a nutmeg quartered, and four blades of mace; boil it till it comes to two quarts, strain it through a flannel bag, let it stand twenty-four hours, then scrape off all the fat from the top very clean, then slice it, put to it the whites of six eggs beaten to a froth; boil it a little, and strain it through a flannel bag; then run the jelly into little high glasses, run every colour as thick as your finger, one colour must be thoroughly cold before you put another on, and that you put on must be but blood warm, for fear it mix together. You must colour red with cochineal, green with spinach, yellow with saffron, blue with syrup of violets, white with thick cream, and sometimes the jelly by itself. You may add orange-flower water, or wine and sugar, and lemon, if you please; but this is all fancy. *Glasse*, 295. *Farley*, 322.

Cherry Jam.

Stone some cherries, boil them well, and break them; take them off the fire, let the juice run from them; to three pounds of cherries boil together half a pint of red currant juice, and half a pound of loaf-sugar; put in the cherries as they boil, sift in three quarters of a pound of sugar; boil the cherries very fast for more than half an hour. When cold, put on brandy paper. *Mason*, 420.

Red Raspberry Jam.

Gather your raspberries when they are ripe and dry, pick them very carefully from the stalks and dead ones, crush them in a bowl with a silver or wooden spoon, (pewter is apt to turn them a purple colour); as soon as you have crushed them, strew in their own weight of loaf-sugar, and half their weight of currant-juice, baked and strained as for jelly; then set them over a clear slow fire, boil them half an hour, skim them well, and keep stirring them at the time, then put them into pots or glasses, with brandy papers over them, and keep them for use.

N. B. As soon as you have got your berries, strew in your sugar; do not let them stand long before you boil them, it will preserve their flavour. *Raffald*, 212.

Apricot Jam.

Provide some fine rich apricots, cut them in thin pieces, and infuse them in an earthen pot till they are tender and dry; put a pound of double-refined sugar, and three spoonfuls of water to every pound and an half of apricots. Then boil your sugar to a candy height, and put it upon your apricots. Set them
over

over a slow fire, and stir them till they appear clear and thick; but they must only simmer, not boil; then put them in your glasses. *Cole, 324.*

Black Currant Jam.

Gather your currants when they are full ripe, and pick them clean from the stalks, then bruise them well in a bowl, and to every pound of currants put a pound and an half of loaf-sugar, finely beaten. Put them into a preserving-pan, boil them half an hour, skim and stir them all the time, and then put them into pots. *Farley, 318.*

Green Gooseberry Jam.

Take some large full-grown green gooseberries, but not too ripe; cut them in half, take out the seeds; put them in a pan of cold spring water, lay some vine-leaves at the bottom, then some gooseberries, then vine-leaves, till all the fruit is in the pan; cover it very close that no steam can evaporate, and set them on a very slow fire. When they are scalding hot, take them off; then set them on again, and then take them off; they must be done so till they are of a good green; lay them on a sieve to drain, beat them in a marble mortar with their weight in sugar; then take a quart of water, and a quart of gooseberries, boil them to a mash, squeeze them; to every pint of this liquor, put a pound of fine loaf-sugar, boil and skim it; then put in the green gooseberries, let them boil till they are thick and clear, and of a good green. *Mason, 424.*

To preserve Gooseberries whole without stoning.

Take the largest preserving gooseberries, and pick off the black eye, but not the stalk, then set them over the fire in a pot of water to scald, cover them very close, but not boil or break, and when they are tender, take them up into cold water; then take a pound and an half of double-refined sugar to a pound of gooseberries, and clarify the sugar with water, a pint to a pound of sugar, and when your syrup is cold, put the gooseberries single in your preserving pan, put the syrup to them, and set them on a gentle fire; let them boil, but not too fast, lest they break; and when they have boiled, and you perceive that the sugar has entered them, take them off, cover them with white paper, and set them by till the next day. Then take them out of the syrup, and boil the sugar till it begins to be ropy; skim it, and put it to them again, then set them on a gentle fire, and let them simmer gently till you perceive the syrup will rope; then take them off, set them by till they are cold, cover them with paper; then boil some gooseberries in fair water, and when the liquor is strong enough, strain it out. Let it stand to settle, and to every pint take a pound

pound of double-refined sugar, then make a jelly of it, put the gooseberries in glasses when they are cold; cover them with the jelly the next day, paper them wet, and then half dry the paper that goes in the inside, it closes down better, and then white paper over the glass, Set in your stove, or a dry place. *Glasse, 317.*

To preserve Apricots.

Peel ripe apricots, slice them, and boil to a marmalade, with a drop of water; reduce it pretty thick on the fire, mix a quarter of a pound of the marmalade to a pound of sugar made candy height, and work it well together when it begins to cool, *Clermont, 549.*

To preserve green Apricots.

Gather your apricots before the stones are hard, put them into a pan of hard water, with plenty of vine-leaves, set them over a slow fire till they are quite yellow, then take them out, and rub them with flannel and salt to take of the lint; put them into the pan to the same water and leaves, cover them close, set them a great distance from the fire till they are a fine light green, then take them carefully up; pick out all the bad-coloured and broken ones; boil the best gently for two or three times in a thin syrup, let them be quite cold every time. When they look plump and clear, make a syrup of double-refined sugar, but not too thick; give your apricots a gentle boil in it, then put them into pots or glasses; dip paper in brandy, lay it over them, and keep them for use; then take out all the broken and bad-coloured ones and boil them in the first syrup for tarts. *Raffald, 218.*

Syrup of Quinces.

Grate your quinces, and pass their pulp through a cloth to extract the juice; set their juices in the sun to settle, or before the fire, and by that means clarify it. For every four ounces of this juice, take a pound of sugar boiled brown. If the putting in the juice of the quinces should check the boiling of the sugar too much, give the syrup some boiling till it becomes pearled; then take it off the fire, and, when cold, put it into the bottles. *Cole, 326.*

To preserve Almonds dry.

Take a pound of Jordan almonds, half a pound of double-refined sugar (one half of the almonds blanched, the other half unblanched) beat the white of an egg very well, pour it on the almonds, and wet them well with it; then boil the sugar, dip in the almonds, stir them all together that the sugar may hang well on them, then lay them on plates; put them in the

oven after the bread is drawn, let them stay all night, and they will keep the year round. *Mason* 410.

To preserve Damascenes.

Pick the damascenes off the stalks, and prick them with a pin, then put them into a deep pot, and with them half their weight of pounded loaf sugar; set them in a moderate oven till they are soft, then take them off and give the syrup a boil, and pour it upon them. Having done so two or three times, take them carefully out, and put them into the jars you intend to keep them in; then pour over them rendered mutton suet, tie a bladder over them, and keep them for use in a very cool place. *Cole*, 327.

A conserve of Cherries.

Stone your cherries, and boil them a moment; sift them, and reduce the juice on a slow fire till it comes to a pretty thick marmalade; add the proportion of a quarter of a pound to a pound of sugar. *Clermont*, 550.

Conserve of red Roses, or any other flower.

Take rose-buds, or any other flowers, and pick them; cut off the white part from the red, and put the red flowers and sift them through a sieve, to take out the seeds; then weigh them, and to every pound of flowers take two pounds and an half of loaf-sugar; beat the flowers pretty fine in a stone mortar, then by degrees put the sugar to them, and beat it very well till it is well incorporated together; then put it into gallipots, tie it over with paper, and over that a leather, and it will keep seven years. *Glasse*, 315.

To preserve Strawberries.

On a dry day, gather the finest scarlet strawberries, with their stalks on, before they are too ripe. Lay them separately on a china dish, beat and sift twice their weight of double-refined sugar, and strew it over them. Then take a few ripe scarlet straw berries, crush them, and put them into a jar, with their weight of double-refined sugar beat small. Cover them close, and let them stand in a kettle of boiling water till they are soft, and the syrup is come out of them. Then strain them through a muslin rag into a tossing-pan, boil and skim it well, and when it is cold, put in your whole strawberries, and set them over the fire till they are milk warm; then take them off, and let them stand till they are quite cold; then set them on again, and make them a little hotter, and repeat the same till they look clear; but be careful not to let them boil, as that will bring off their stalks. When the strawberries are cold, put them into jelly-glasses, with the stalk downwards, and fill

fill up your glasses with the syrup. Put over them papers dipped in brandy, and tie them down close. *Farley, 399.*

To preserve Red Currants in bunches.

Having stoned your currants, tie six or seven bunches together with a thread to a piece of split deal, about the length of your finger; put double-refined sugar, equal in weight to your currants, into your preserving pan, with a little water, and boil it till the sugar flies; then put the currants in, and just give them a boil up, and cover them till next day; then take them out, and either dry them or put them in glasses, with the syrup boiled up with a little of the juice of red currants; put brandy-paper over them, and tie them close down with another paper, and set them in a dry place. *Raffald, 214.*

Another way.

Stone your currants, tie the bunches to bits of sticks, six or seven together; allow the weight of the currants in sugar, which make into a syrup; boil it high, put in the currants, give them a boil, set them by; the next day take them out. When the syrup boils, put them in again, give them a boil or two, and take them out. Boil the syrup as much as is necessary. When cold, put it to the currants in glasses. Cover with brandy-paper. *Mason, 421.*

Currants preserved in Jelly.

Clip your currants from the stalks, cut off the black top, and stone them. To every pound of fruit, add two pounds of sugar, and boil it till it blows very strong. Put in the currants and let them boil. Take them from the fire, let them stand to settle, then let them boil again. Put in a pint of currant jelly, let it all simmer a little, then take it from the fire. Let it settle a little, skim it. When cold, put it into glasses. Take care to disperse the currants equally. *Cole, 328.*

To preserve Cherries with the leaves and stalks green.

Dip the stalks and leaves in the best vinegar when it is boiling hot, flick the sprig upright in a sieve till they are dry. In the mean time boil some double-refined sugar to syrup, and dip the cherries, stalks, and leaves, in the syrup, and just let them scald; lay them on a sieve, and boil the sugar to a candy height, then dip the cherries, stalks, leaves, and all; then stick the branches and sieves, and dry them as you do other sweatmeats. They look very pretty at candle light in a desert. *Glasse, 312.*

Conserve of Apricots.

Peel ripe apricots, slice them, and boil to a marmalade, with a drop of water; reduce it pretty thick on the fire, mix a quarter of a pound of the marmalade to a pound of sugar properly prepared, and work it well together when it begins to cool.

Peaches

Peaches and nectarines are done after the same manner. *Clermont*, 549.

To preserve Currants for Tarts.

Put a pound of sugar into a preserving-pan, for every pound and a quarter of currants, with a sufficient quantity of juice of currants to dissolve the sugar. When it boils, skim it, and put in your currants, and boil them till they are very clear. Put them into a jar, cover them with brandy-paper, and keep them in a dry place. *Cole*, 329.

To preserve Raspberries.

If you intend to preserve the red sort of raspberries, gather them on a dry day, when they are just turning red, with the stalks on about an inch long. Lay them singly on a dish, beat and sift their weight of double-refined sugar, and strew it over them. To every quart of raspberries take a quart of red currant jelly juice, and put to it its weight of double refined sugar. Boil and skim it well, then put in your raspberries, and give them a scald. Take them off, and let them stand for two hours; then set them on again, and make them a little hotter; proceed in this manner two or three times till they look clear; but take care to prevent their boiling, as that will occasion the stalks to come off. When they are tolerably cool, put them into jelly glasses with the stalks downwards. White raspberries may be preserved in the same manner, only using white currant jelly instead of red. *Farley*, 332.

To preserve Grapes.

Take some close bunches of red or white grapes, before they are too ripe, and put them into a jar, with a quarter of a pound of sugar candy, and fill the jar with brandy. Tie it close, and set them in a dry place.

Morel cherries may be done in the same manner. *Cole*, 329.

To preserve Golden Pippins.

Pare and slice your pippins, and boil them in some water to a mash, run the liquor through a jelly bag; put two pounds of loaf-sugar into a pan, with almost one pint of water; boil and skim it; put in twelve pippins, pared and cored with a scoop, and the peel of an orange cut thin; let them boil fast till the syrup is thick, taking them off when they appear to part, putting them on the fire again when they have stood a little time; then put in a pint of the pippin juice, boil them fast till they are clear, then take them out; boil the syrup as much more as is necessary, with the juice of a lemon. The orange-peel must be first put into water for a day, then boiled, to take out the bitterness. *Mason*, 413.

To preserve Cucumbers.

You may take small cucumbers and large ones that will cut into quarters, (let them be as green and as free from seed as you can get them) put them into a strong salt and water, in a narrow-mouthed jar, with a cabbage-leaf to keep them down; tie a paper over them, set them in a warm place till they are yellow, wash them out, and set them over the fire in fresh water, with a little salt in, and a fresh cabbage leaf over them; cover the pan very close, but take care they do not boil; if they are not of a fine green, change your water, which will help them; then make them hot, and cover them as before. When they are of a good green, take them off the fire, let them stand till they are cold, then cut the large ones in quarters, take out the seeds and soft part; then put them in cold water, and let them stand two days, but change the water twice each day to take out the salt; take a pound of single refined sugar, and half a pint of water, set it over the fire. When you have skimmed it clear, put in the rind of a lemon, and one ounce of ginger, with the outside scraped off. When your syrup is pretty thick, take it off, and when it is cold, wipe the cucumbers dry, and put them in; boil the syrup once in two or three days for three weeks, and strengthen the syrup, if required, for the greatest danger of spoiling them is at first. The syrup is to be quite cold when you put it to your cucumbers. *Raffald, 215.*

To preserve Walnuts white.

Pare your walnuts till only the white appears, and be careful in doing them that they do not turn black, and as fast as you do them throw them into salt and water, and let them lie till your sugar is ready. Take three pounds of good loaf sugar, put it into your preserving-pan, set it over a charcoal fire, and put as much water as will just wet the sugar. Let it boil; then have ready ten or twelve whites of eggs strained and beat up to a froth; cover your sugar with a froth as it boils, and skim it; then boil it, and skim it till it is as clear as chrystal, then throw in your walnuts; just give them a boil till they are tender, then take them out, and lay them in a dish to cool; when cool, put them in your preserving-pan, and when the sugar is as warm as milk, pour it over them. When quite cold, paper them down. Thus clear your sugar for all preserves, apricots, peaches, gooseberries, currants, &c. *Glassé, 318.*

To preserve Walnuts black.

Take walnuts of the smaller kind, put them in salt and water, and change the water every day for nine days. Then put them in a sieve, and let them stand in the air till they begin to turn black. Then put them into a jug, pour boiling water over them, and let them stand till the next day. Then put them into a sieve
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to drain, stick a clove in each end of your walnut, put them into a pan of boiling water, and let them boil five minutes. Then take them up, make a thin syrup, and scald them in it three or four times a day, till your walnuts are black and bright. Then make a thick syrup with a few cloves, and a little ginger cut in slices. Skim it well, pour in your walnuts, boil them five or six minutes, and then put them into your jars. Lay brandy paper over them, and tie them down close with a bladder. They will eat better the second year after their keeping than in the first, as their bitterness goes off with time. *Farley, 335.*

To preserve Walnuts green.

Gather your walnuts when they are not much larger than a good nutmeg, wipe them very clean, and lay them in strong salt and water twenty-four hours; then take them out, and wipe them very clean; have ready a stewpan of boiling water, throw them in, let them boil a minute, and take them out; lay them on a coarse cloth, and boil your sugar as directed for the white walnuts; then just give your walnuts a scald in the sugar, take them up, and lay them to cool. Put them in your preserving-pot, and pour on your syrup. *Cole, 331.*

To preserve Barberries for Tarts.

Take female barberries, and add to them their weight in sugar, put them into a jar, and set them in a kettle of boiling water till the sugar is melted, and the barberries are become quite soft; the next day put them into a preserving-pan, and boil them a quarter of an hour; then put them into jars, and keep them in a place that is dry and cool. *Cole, 331.*

To preserve Fruit green.

Take pippins, pears, plums, apricots, or peaches, while they are green; put them in a preserving-pan, cover them with vine leaves, and then with clear spring-water; put on the cover of the pan, set them over a very clear fire; when they begin to simmer, take them off the fire, and with the slice carefully take them out; peel and preserve them as other fruit. *Mason, 441.*

To preserve Oranges whole.

Get the best Bermuda or Seville oranges, pare them very thin with a penknife, and lay your oranges in water three or four days, shifting them every day; then put them in a kettle with fair water, and put a board on them to keep them down in the water, and have a skillet on the fire with water, that may be ready to supply the kettle with boiling water as it wastes; it must be filled up three or four times while the oranges are doing, for they will take seven or eight hours boiling; they must be boiled till a white straw will run through them, then take them up and scoop the seeds out of them very carefully, by making a little hole in the top; then weigh them, and to

every pound of oranges put a pound and three quarters of double refined sugar, beat well, and sifted through a clean lawn sieve; fill your oranges with sugar, and strew some on them. Let them lie a little while, and make your jelly thus:—take two dozen pippins of John-apples and slice them into water, and when they are boiled tender, strain the liquor from the pulp, and to every pound of oranges you must have a pint and an half of this liquor, and put to it three quarters of the sugar you left in filling the oranges; set it on the fire, and let it boil; skim it well, and put it in a clean earthen pan till it is cold, then put it in your skillet; put in your oranges; with a small bodkin job your oranges as they are boiling, to let the syrup into them; strew on the rest of your sugar while they are boiling, and when they look clear, take them up, and put them in your glasses; put one in a glass just fit for them, and boil the syrup till it is almost a jelly, then fill up your glasses. When they are cold paper them up and keep them in a dry place. *Glasse, 313.*

To preserve Oranges carved.

Get some fine Seville oranges, cut the rinds with a pen-knife in what form you please, draw out the part of your peel as you cut them, and put them into salt and hard water; let them stand for three days to take out the bitter, then boil them an hour in a large saucepan of fresh water, with salt in it, but do not cover them, as it will spoil the colour; then take them out of the salt and water, and boil them ten minutes in a thin syrup for four or five days together; then put them into a deep jar, let them stand two months, and then make a thick syrup, and just give them a boil in it; let them stand till the next day, then put them in your jar with brandy-papers over; tie them down with a bladder, and keep them for use.

N. B. You may preserve whole oranges, without carving, the same way, only do not let them boil so long, and keep them in a very thin syrup at first, or it will make them shrink and wither. Always observe to put salt in the water for either oranges preserved, or any kind of orange chips. *Raffald, 232.*

To preserve Morel Cherries.

Gather your cherries when they are full ripe, take off the stalks, and prick them with a pin. To every pound of cherries, put a pound and an half of loaf-sugar. Beat part of your sugar, strew it over them, and let them stand all night. Dissolve the rest of your sugar in half a pint of the juice of currants, set it over a slow fire, and put in the cherries with the sugar, and give them a gentle scald; then take them carefully out, boil your syrup till it is thick, and pour it upon your cherries. *Farley, 338.*

To preserve Green-gage Plums.

Gather some of your finest plums just before they are ripe, and put them into a pan with a layer of vine leaves under them, then put a layer of vine leaves over them, and a layer of plums on them, and proceed in the same manner till your pan is almost full, then fill it with water, and set them on a slow fire. When they are hot, and the skins begin to rise, take them off, take the skins carefully off, and put them on a sieve as you do them; then lay them in the same water with a layer of leaves as before; cover them close, that no steam may get out, and hang them a considerable distance from the fire till they appear green, which will be five or six hours, or longer; then take them carefully up, lay them on a hair sieve to drain, make a good syrup, boil them gently in it twice a day for two days, then take them out and put them in a fine clean syrup; cover them with brandy-paper, and keep them for use. *Cole, 333.*

To preserve white Citrons.

Having cut some white citrons into pieces, put them into salt and water, and let them remain there four or five hours, then take them out, and wash them in clean water; boil them till they are tender, drain them, and cover them with clarified sugar; after letting them stand twenty-four hours, drain the syrup and boil it smooth. When cold, put in the citrons, and let them stand till the next day; then boil the syrup quite smooth, and pour it over the citrons; boil all together the next day, and put them into a pot to be candied, or into jellies. *Cole, 333.*

To preserve Lemons.

Prepare your lemons very thin, then make a round hole on the top, of the size of a shilling, and take out all the pulps and skins. Rub them with salt, and put them in spring water as you do them, which will prevent their turning black. Let them lie in it five or six days, and then boil them in fresh salt and water fifteen minutes. Have ready made a thin syrup, of a quart of water and a pound of loaf sugar. Boil them in it for five minutes once a day, for four or five days, and then put them in a large jar. Let them stand for six or eight weeks, and it will make them look clear and plump; then take them out of that syrup, or they will mould. Make a syrup of fine sugar, put as much water to it as will dissolve it, boil it and skim it; then put in your lemons and boil them gently till they are clear. Put them into a jar, with brandy-paper over them, and tie them down close. *Farley, 338.*

To preserve green Codlings to keep all the year.

Gather your codlings when they are about the size of a walnut,

walnut, and let the stalk and a leaf or two remain on each. Put some vine-leaves into a brass pan of spring water, and cover them with a layer of codlings, then another of vine-leaves, and proceed in the same manner till the pan is full. Cover it close to keep the steam in, and set it on a slow fire. When they become soft, take off the skins with a penknife, then put them in the same water with the vine-leaves; it must be quite cold, or it perhaps may crack them. Put a little roach allum, and set them over a very slow fire till they are green, (which will be in about three or four hours) then take them out, and lay them on a sieve to drain. Make a good syrup, and give them a gentle boil once a day for three days, then put them into small jars. Put brandy-paper over them, and keep them for use. *Raffald, 217.*

To preserve Eringo roots.

Parboil some eringo roots till they are tender, peel them, wash them, and dry them with a cloth, and cover them with clarified sugar; boil them gently till they are clear, and the syrup seems to be thickish; put them up when half cold. *Cole, 334.*

Marmalade of Oranges.

This is usually made with China oranges; cut each into quarters, and squeeze out the juice; take off the hard parts at both ends, and boil in water till they are quite tender; squeeze them to extract the water, and pound them in the water to a marmalade to sift, mix it with an equal weight of raw sugar, and boil it till it turns to syrup; the proportions are, for keeping, two pounds of sugar to one pound of marmalade. *Clermont, 579.*

Red Quince Marmalade.

Take quinces that are full ripe, pare them, cut them in quarters, and core them; put them in a saucepan, cover them with the parings, fill the saucepan almost full of spring water, cover it close, and stew them gently till they are quite soft, and of a deep pink colour; then pick out the quince from the parings, and beat them to a pulp in a mortar; take their weight in loaf-sugar, put in as much of the water they were boiled in as will dissolve it, and boil and skim it well; put in your quinces, and boil them gently three quarters of an hour; keep stirring them all the time, or it will stick to the pan and burn; put it into flat pots, and when cold, tie it down close. *Glasse, 313.*

White Quince Marmalade.

To a pound and an half of quinces take a pound of double refined sugar, make it into a syrup, boil it high; pare and slice the fruit, and boil it quick. When it begins to look clear, pour in half a pint of juice of quince, or, if quinces are scarce, pippins;

pippins; boil it till thick, take off the scum with a paper. To make a juice, pare the quinces, or pippins, cut them from the core, beat them in a stone mortar, strain the juice through a thin cloth; to every half pint, put more than a pound of sugar; let it stand at least four hours before it is used. *Masor*, 438.

Apricot Marmalade.

Take ripe apricots and boil them in the syrup till they will mash, then beat them in a marble mortar; add half their weight of sugar, and as much water as will dissolve it; boil and skim it well, boil them till they look clear, and the syrup like a fine jelly, then put them into your sweetmeat glasses, and keep them for use. *Cole*, 335.

Transparent Marmalade.

Pick out some very pale Seville oranges, cut them in quarters, take out the pulp, and put it into a basin, pick the skins and seeds out, put the peels in a little salt and water, let them stand all night; then boil them in a good quantity of spring water till they are tender, then cut them in very thin slices, and put them to the pulp; to every pound of marmalade put a pound and an half of double refined sugar beat fine; boil them together gently for twenty minutes. If it is not clear and transparent, boil it five or six minutes longer; keep stirring it gently all the time, and take care you do not break the slices. When it is cold, put it into jelly or sweetmeat glasses; tie them down with brandy-papers over them. They are pretty for a desert of any kind. *Raffald*, 224.

Apple Marmalade.

Scald some apples in water, and when tender, drain them through a sieve; put three quarters of a pound of sugar to a pound of apples; put them into the preserving pan, and let them simmer over a gentle fire, keep skimming them all the time. When they are of a proper thickness, put them into pots or glasses. *Cole*, 336.

SYLLABUBS, BLANC-MANGE, FLUMMERY,
ORNAMENTS, &c.

A whipt Syllabub.

RUB a lump of fugar on the outside of a lemon, put it into a pint of thin cream, and sweeten it to your taste; then put in the juice of a lemon and a glass of Madeira wine, or French brandy; mill it to a froth with a chocolate mill, and take it off as it rises, and lay it in a hair sieve. Then fill one half of your posset glasses a little more than half full, with white wine, and the other half of your glasses a little more than half full with red wine; then lay on your froth as high as you can, but take care that it be well drained on your sieve, otherwise it will mix with your wine, and your syllabub will be spoiled. *Raffald, 208. Farley, 327.*

Another way.

Take a pint of cream, the whites of two eggs; a pint of white wine, and the juice and rind of a lemon; grate the rind into the wine, and then put in the cream; sweeten them, and whisk them up with a clean whisk. *Cole, 336.*

A Lemon Syllabub.

Take a pint of cream, a pint of white wine, the rind of two lemons grated, and the juice; fugar it to the taste; let it stand some time; mill or whip it; lay the froth on a sieve; put the remainder into glasses; lay on the froth; make them the day before they are wanted.

If they are to taste very strong of the lemon, put the juice of six lemons, and near a pound of fugar; they will keep four or five days. *Mason, 448.*

Solid Syllabub.

To a quart of rich cream, put a pint of white wine, the juice of two lemons, and the rind of one grated; sweeten it to your taste. Whip it up well, and take off the froth as it rises; put it upon a hair sieve, and let it stand in a cool place till the next day. More than half fill your glasses with the thin, and then heap up the froth as high as you can; the bottom will look clear, and keep for four or five days. *Cole, 337.*

Syllabub under the Cow.

Put into a punch-bowl a pint of cider, and a bottle of strong beer; grate in a small nutmeg, and sweeten it to your taste; then milk from the cow as much milk as will make a strong froth. Then let it stand an hour; strew over it a few currants
well

well washed, picked, and plumped before the fire, and it will be fit for service. *Farley, 327.*

Everlasting Syllabub.

Take five half pints of thick cream, half a pint of rhenish, half a pint of sack, and the juice of two large Seville oranges; grate in just the yellow rind of three lemons, and a pound of double-refined sugar well beat and sifted. Mix all together with a spoonful of orange-flower water; beat it well with a whisk half an hour, then with a spoon take it off, and lay it on a sieve to drain; then fill your glasses. These will keep above a week, and are better made the day before. The best way to whip syllabub is,—have a fine large chocolate mill, which you must keep on purpose, and a large deep bowl to mill them in; it is quicker done, and the froth is stronger. For the thin that is left at the bottom, have ready some calf's foot jelly, boiled and clarified. There must be nothing but the calf's foot boiled to a hard jelly. When cold, take off the fat, clear it with the whites of eggs, run it through a flannel bag, and mix it with the clear which you saved of the syllabub. Sweeten it to your palate and, give it a boil; then pour it into basons, or what you please. When cold, turn it out, and it is as a fine flummery. *Glosse, 293.*

Blanc-mange with Ising-glass.

Put an ounce of picked ising-glass to a pint of water; put to it a bit of cinnamon, and boil it till the ising-glass is melted; put to it three quarters of a pint of cream, two ounces of sweet almonds, and six bitter almonds, blanched and beaten, and a bit of lemon-peel; sweeten it, stir it over the fire, and let it boil; strain it, stir it till is cool, squeeze in the juice of a lemon, and put it into what moulds you please. Turn it out, garnish with currant-jelly and jam; or marmalade, quinces, &c.

If you choose to have your *blanc-mange* of a green colour, put in as much juice of spinach as will be necessary for that purpose, and a spoonful of brandy; but it should not then retain the name of *blanc-mange*, (white food,) but *verde-mange*, (green food). If you would have it yellow, dissolve a little saffron in it; you should then call it *jaune-mange*. Or you may make it red, by putting a bit of cochineal into a little brandy, let it stand half an hour, and strain it through a bit of cloth. It is then intitled to the appellation of *rouge-mange*.

Always wet the mould before you put in the *blanc-mange*. It may be ornamented, when turned out, by sticking about it blanched almonds sliced, or citron according to fancy. *Cole, 338.*

Clear Blanc-mange.

Take a quart of strong calf's foot jelly, skim off the fat, and strain

strain it, beat the whites of four eggs, and put it into a jelly-bag, and run it through several times till it is clear. Beat one ounce of sweet almonds, and one of bitter, to a paste, with a spoonful of rose-water squeezed through a cloth; then mix it with the jelly, and three spoonfuls of very good cream; set it over the fire again, and keep stirring it till it is almost boiling; then pour it into a bowl, and stir very often till it is almost cold; then wet your moulds and fill them. *Raffald, 196.*

Blanc-mange, with a preserved Orange.

Fill your orange with blanc-mange; and, when cold, stick in it long slips of citron, like leaves; pour blanc-mange in the dish; when cold, set the orange in the middle. Garnish with preserved or dried fruits.

Or, you may pour blanc-mange into a mould like a Turk's cap, lay round it jelly a little broken; put a sprig of myrtle, or small preserved orange on the top. *Cole, 338.*

Flummery.

Take an ounce of bitter, and the same quantity of sweet almonds, put them into a bason, and pour over them some boiling water to make the skins come off. Then strip off the skins, and throw the kernels into cold water; take them out, and beat them in a marble mortar, with a little rose-water to keep them from oiling; and when they are beat, put them into a pint of calf's-foot stock; set it over the fire, and sweeten it to your taste with loaf-sugar. As soon as it boils, strain it through a piece of muslin or gauze; and, when it is a little cold, put it into a pint of thick cream, and keep stirring it often till it grows thick and cold. Wet your moulds in cold water, and pour in the flummery. Let them stand about six hours before you turn them out; and, if you make your flummery stiff, and wet your moulds, it will turn out without putting them into warm water, which will be a great advantage to the look of the figures, as warm water gives a dulness to the flummery. *Farley, 324.*

Another way.

Boil an ounce of ising-glass in a little water, till it is melted; pour to it a pint of cream, a bit of lemon-peel, a little brandy, and sugar to the taste; boil and strain it, put it into a mould, turn it out. *Mason, 451.*

Hartshorn Flummery.

Take half a pound of the shavings of hartshorn, boil them in three pints of water till it comes to a pint, then strain it through a sieve into a bason, and set it by to cool; then set it over the fire, let it just melt, and put to it half a pint of thick cream scalded and grown cool again, a quarter of a pint of white wine, and two spoonfuls of orange-flower water; sweeten it with sugar,

gar, and beat it for an hour and an half, or it will neither mix well nor look well; dip your cups in water before you put in the flummery, or it will not turn out well. It is best when it stands a day or two before you turn it out. When you serve it up, turn it out of the cups, and stick blanched almonds, cut in long narrow bits on the top. You may eat them either with wine or with cream. *Glasse*, 296.

Welch Flummery.

Put a little ising-glass to a quart of stiff hartshorn jelly; add to it a pint of cream, a little brandy, and some lemon-juice and sugar; boil this till it is thick, then strain it. You may, if you please, add three ounces of almonds, blanched and beaten; about ten bitter ones. *Cole*, 339.

Yellow Flummery.

Beat and open two ounces of isinglass, put it into a bowl, and over it a pint of boiling water; cover it up till it is almost cold; then add a pint of white wine, the rind of one lemon, the juice of two lemons, the yolks of eight eggs, well beat, and sweeten it to your taste, then put it into a tossing-pan, and continue stirring it. When it boils, strain it; and, when almost cold, put it into moulds or cups. *Cole*, 340.

Solomon's Temple in Flummery.

Having made a quart of stiff flummery, divide it into three parts; make one part of a pretty thick colour, with a little cochineal bruised fine, and steeped in French brandy; scrape one ounce of chocolate very fine, dissolve it in a little strong coffee, and mix it with another part of your flummery to make it a light stone-colour. The last part must be white. Then wet your temple mould, and fix it in a pot to stand even; then fill the top of the temple with red flummery, for the steps, and the four points with white; then fill it up with chocolate-flummery. Let it stand till the next day, then loosen it round with a pin, and shake it loose very gently, but do not dip your mould in warm water, it will take off the gloss, and spoil the colour. When you turn it out, stick a small sprig, or flower-stalk, down from the top of every point, it will strengthen them, and make them look pretty. Lay round it rock candy sweetmeats. It is proper for a corner dish for a large table. *Raffald*, 204.

Oatmeal Flummery.

Put some oatmeal into a broad deep pan, then cover it with water; stir it together, and let it stand twelve hours; then pour off that water clear, and put on a good deal of fresh water; shift it again in twelve hours, and so on in twelve more; then pour off the water clear, and strain the oatmeal through a coarse hair sieve, and pour it into a sauce-pan, keeping it stirring all the time

time with a stick till it boils, and is very thick; then pour it into dishes. When cold, turn it into plates, and eat it with what you please, either wine and sugar, or beer and sugar, or milk. It eats very well with cider and sugar. *Cole*, 340.

French Flummery.

Take a quart of cream, and half an ounce of isinglass, beat it fine, and stir it into the cream. Let it boil softly over a slow fire a quarter of an hour, keep it stirring all the time; then take it off, sweeten it to your palate, and put in a spoonful of rose-water, and a spoonful of orange-flower water; strain it, and pour it into a glass or basin, or what you please; and, when it is cold, turn it out. It makes a fine side dish. You may eat it with cream, or wine, or what you please. Lay round it baked pears. It looks very pretty, and eats fine. *Glassé*, 298, *Farley*, 324.

To make Colouring for Flummery or Jellies.

Bruise two pennyworth of cochineal with a knife, and put it into half a tea-cupful of brandy; when it has stood a quarter of an hour, filter it through a fine cloth, and put in as much as will make the flummery, or jelly, of a fine pink colour. If yellow, tie a little saffron in a rag, and dissolve it in cold water. If green, boil some spinach, take off the froth, and mix it with the jelly. If white, put in some cream. *Cole*, 341.

CHAP. XXVI.—ORNAMENTS FOR GRAND ENTERTAINMENTS.

A Dish of Snow.

PUT twelve large apples into cold water, set them over a slow fire, and when they are soft, pour them upon a hair sieve. Take of the skins, and put the pulp into a basin; then beat the whites of twelve eggs to a very strong froth, beat and sift half a pound of double-refined sugar, and strew it on the eggs. Then beat the pulp of your apples to a strong froth; then beat them all together till they are like a stiff snow; lay it upon a china dish, and heap it up as high as you can. Set round it green knots of paste, in imitation of Chinese rails, and stick a sprig of myrtle in the middle of the dish. *Mason, 450. Raffald, 205. Farley, 352.*

Moonshine.

Take the shapes of half a moon, and five or seven stars; wet them, and fill them with flummery; let them stand till they are cold, then turn them into a deep China dish, and pour lemon-cream round them, made thus:—Take a pint of spring-water, put it to the juice of three lemons, and the yellow rind of one lemon; the whites of five eggs, well beaten, and four ounces of loaf-sugar; then set it over a slow fire, and stir one way till it looks white and thick. If you let it boil it will curdle. Then strain it through a hair sieve, and let it stand till it is cold; beat the yolks of five eggs, mix them with your whites, set them over the fire, and keep stirring it till it is almost ready to boil, then pour it into a basin. When it is cold, pour it among your moon and stars. Garnish with flowers. It is a proper dish for a second course, either for dinner or supper. *Raffald, 201.*

Floating Island of Apples.

Bake or scald eight or nine large apples; when cold, pare them, and pulp them through a sieve; beat this up with fine sugar; put to it the whites of four or five eggs that have been beaten, with a little rose-water; mix it a little at a time, beat it till it is light; heap it on a rich cold custard, or on jelly. *Mason, 450.*

Floating Island of Chocolate.

Take the whites of two eggs, and mix them up with two ounces of chocolate scraped; pile it on a thin custard or jelly. *Cole, 342.*

A Desert Island.

Form a lump of paste into a rock three inches broad at the top, then colour it, and set it in the middle of a deep China dish.

dish. Set a cast figure on it, with a crown on its head, and a knot of rock-candy at its feet; then make a roll of paste an inch thick, and stick it on the inner edge of the dish, two parts round. Cut eight pieces of eringo roots, about three inches long, and fix them upright to the roll of paste on the edge. Make gravel walks of shot comfits round the dish, and set small figures in them. Roll out some paste, and cut it open like Chinese rails. Bake it, and fix it on either side of the gravel walks with gum, and form an entrance where the Chinese rails are, with two pieces of eringo root, for pillars. *Farley*, 351.

A Floating Island.

Take a soup dish according to the size and quantity you intend to make, but a pretty deep glass is best, and set it on a China dish; take a quart of thick cream, make it pretty sweet with fine sugar, pour in a gill of sack, grate the yellow rind of a lemon in, and mill the cream till it is all of a thick froth; then carefully pour the thin from the froth into a dish; take a French roll, or as many as you want, cut it as thin as you can, lay a layer of that as light as possible on the cream, then a layer of currant jelly, then a very thin layer of roll, and then hartshorn-jelly, then French roll, and over that whip your froth which you saved off the cream very well milled up, and lay at the top as high as you can heap it; and as for the rim of the dish, set it round with fruit or sweet-meats according to your fancy. This looks very pretty in the middle of a table, with candles round it, and you may make it of as many different colours as you fancy, and according to what jellies, and jams, or sweet-meats you may have; or at the bottom of the dish you may put the thickest cream you can get; but that is as you fancy. *Glassé*, 300.

A Hedge-Hog.

Blanch two pounds of almonds, beat them well in a mortar, with a little canary and orange-flower water to keep them from oiling. Make them into stiff-paste, then beat in the yolks of twelve eggs, leave out five of the whites, put to it a pint of cream, sweetened with sugar; put in half a pound of sweet butter melted, set it on a furnace or slow fire, and keep it constantly stirring till it is stiff enough to be made into the form of an hedge-hog; then stick it full of blanched almonds, slit and stack up like the bristles of an hedge-hog. Then put it into a dish; take a pint of cream, and the yolks of four eggs beat up; sweeten with sugar to your palate. Stir them together over a slow fire till it is quite hot; then pour it round the hedge-hog in a dish, and let it stand till it is cold, and serve it up. Or a rich calf's-foot jelly made clear and good, poured into the dish
round

round the hedge-hog; when it is cold, it looks pretty, and makes a neat dish. Or it looks handsome in the middle of a table for supper. *Cole*, 343.

A Fish-pond.

Fill your large fish-moulds, and six small ones with flumery; take a China bowl, and put in half a pint of stiff clear calf's-foot jelly; let it stand till cold; then lay two of the small fishes on the jelly, the right side down. Put in half a pint more jelly, let it stand till cold, then lay in the four small fishes across one another, that, when you turn the bowl upside down, the heads and tails may be seen. Then almost fill your bowl with jelly, and let it stand till cold; then lay in the jelly four large fishes, and fill the basin quite full with jelly, and let it stand till the next day. When you want to use it, set your bowl to the brim in hot water for one minute; take care that you do not let the water go into the basin. Lay your plate on the top of the basin, and turn it upside down. If you want it for the middle, turn it out upon a salver. Be sure you make your jelly very still and clear. *Raffald*, 194.

CHAP. XXVII.—POSSETS, GRUELS, WHITE-POTS, &c.

Sack Poffet.

GRATE three Naples biscuits to one quart of cream or new milk; let it boil a little, sweeten it, grate some nutmeg. When a little cool, pour it high from a tea-pot to a pint of sack a little warmed, and put it into a basin or deep dish. *Mason, 452.*

Another way.

Beat the yolks and whites of fifteen eggs very well, and strain them; then put three quarters of a pound of white sugar into a pint of canary, and mix it with your eggs in a basin; set it over a chafing-dish of coals, and keep continually stirring it till it is scalding hot. In the mean time grate some nutmeg in a quart of milk, and boil it, then pour it into your eggs and wine, they being scalding hot. Hold your hand very high as you pour it, and let somebody stir it all the time you are pouring in the milk; then take it off the chafing-dish, set it before the fire half an hour, and serve it up. *Glasse, 160.*

An Orange Poffet.

Put the crumb of a penny loaf, grated very fine, into a pint of water, or rather more; and half the peel of a Seville orange grated, or sugar rubbed upon it to take out the essence; boil all together till it looks thick and clear, then beat it very well. Then take a pint of mountain wine, the juice of half a Seville orange, three ounces of Jordan almonds, and one ounce of bitter, beat fine, with a little French brandy and sugar to your taste; mix it well, and put it in your poffet, and serve it up. *Cole, 344.*

A lemon poffet is made in the same manner.

Wine Poffet.

Boil the crumb of a penny loaf in a quart of milk till it is soft, then take it off the fire, and grate in half a nutmeg; put in sugar to your taste; then put it in a China bowl, and put in by degrees a pint of Lisbon wine. Serve it up with toast and butter upon a plate. *Cole, 345.*

Ale Poffet.

Put a little white bread into a pint of milk, and set it over the fire; then put some nutmeg and sugar into a pint of ale, warm it, and when your milk boils, pour it upon the ale. Let it stand a few minutes to clear, and the curd will rise to the top. *Cole, 345.*

Panada.

Put a blade of mace, a large piece of the crumb of bread, and a quart of water into a sauce-pan. Let it boil two minutes, then take out the bread, and bruise it very fine in a bason. Mix as much water as you think it will require, pour away the rest, and sweeten it to your palate. Put in a piece of butter as big as a walnut, but do not put in any wine, as that will spoil it. Grate in a little nutmeg. *Farley, 429, from Glasse, 243.*

A sweet Panada.

Slice the crumb of a penny loaf very thin, and put it into a sauce-pan with a pint of water; boil it till it is very soft and looks clear; then put in a glass of Madeira wine, grate in a little nutmeg, and put in a lump of butter the size of a walnut, and sugar to your taste; beat it exceedingly fine, then put it in a deep soup-dish, and serve it up.

N. B. You may leave out the wine and sugar, and put in a little cream and salt, if you like it better. *Raffald, 316.*

A White-pot.

Take two quarts of milk, eight eggs, and half the whites, beat up with a little rose water, a nutmeg, and a quarter of a pound of sugar; cut a penny loaf in very thin slices, and pour milk and eggs over. Put a little piece of butter on the top. Bake it half an hour in a slow oven. *Cole, 345.*

A Rice White-pot.

Boil a pound of rice in two quarts of milk till it is tender and thick. Beat it in a mortar with a quarter of a pound of sweet almonds blanched. Then boil two quarts of cream, with a few crumbs of white bread, and two or three blades of mace. Mix it well with eight eggs, and a little rose-water, and sweeten to to your taste. Cut some candied orange or citron-peels thin, and lay it in. It must be put into a slow oven. *Glasse, 158. Mason, 453.*

White Caudle.

Take two quarts of water, and mix with it four spoonfuls of oatmeal, a blade or two of mace, and a piece of lemon-peel. Let it boil, and keep stirring it often. Let it boil about a quarter of an hour, and be careful not to let it boil over; then strain it through a coarse sieve. When you use it, sweeten it to your taste, grate in a little nutmeg, and what wine you think proper; and, if it is not for a sick person, squeeze in the juice of a lemon. *Glasse, 243. Farley, 429.*

Brown Caudle.

Make your gruel as above, with six spoonfuls of oatmeal, and strain it; then add a quart of ale that is not bitter; boil it, then sweeten

sweeten it to your palate, and add half a pint of white wine or brandy. When you do not put in white wine or brandy, let it be half ale. *Cole*, 346.

Salop.

Salop is sold at the chemists. Take a large tea-spoonful of the powder, and put it into a pint of boiling water, keep stirring it till it is a fine jelly, and add wine and sugar to your taste. *Cole*, 346.

Beef Tea.

Cut a pound of lean beef into very thin slices, and put it in a jar; pour a quart of boiling water over it, and cover it close that the steam may not get out; let it stand by the fire. It is strongly recommended by physicians for those of a weak constitution. It should be drank milk warm. *Cole*, 346.

White-wine Whey.

Put a pint of skimmed milk, and half a pint of white wine into a basin. Let it stand a few minutes, then pour over it a pint of boiling water. Let it stand a little and the curd will gather in a lump, and settle to the bottom. Then pour your whey into a China bowl, and put in a lump of sugar, a sprig of balm, or a slice of lemon. *Raffald*, 313.

Water Gruel.

To a pint of water, put a large spoonful of oatmeal; then stir it well together, and let it boil up three or four times, stirring it often. Do not let it boil over. Then strain it through a sieve, salt it to your palate, put in a good piece of fresh butter, brew it with a spoon till the butter is all melted, and it will be fine and smooth. *Cole*, 346.

Barley Gruel.

Put a quarter of a pound of pearl barley, and a stick of cinnamon, into two quarts of water, and let it boil till it is reduced to one quart; add a pint of red wine, and sugar to your taste. You may add two or three ounces of currants. *Cole*, 347.

Sago.

To three quarters of a pint of water, put a large spoonful of sago, stir it, and boil it softly till it is as thick as you would have it; then put in wine and sugar, with a little nutmeg to your palate. *Cole*, 347.

Rice Milk.

Boil half a pound of rice in a quart of water, with a little cinnamon; let it boil till the water is wasted, but take care it does not burn; then add three pints of milk, and the yolk of an egg beat up; keep it stirring. When it boils, take it up and sweeten it. *Mason*, 452.

Barley Water.

Put a quarter of a pound of pearl barley into two quarts of water, let it boil, skim it very clean, boil half away, and strain it off. Sweeten to your palate, but not too sweet, and put in two spoonfuls of white wine. Drink it a little warm. *Glasse*, 245. *Farley*, 427.

Another way.

Boil two ounces of barley in two quarts of water till it looks white, and the barley grows soft, then strain the water from the barley, and add to it a little currant jelly or lemon.

N. B. You may put a pint more water to your barley, and boil it over again. *Raffald*, 314.

Capillaire.

Take fourteen pounds of loaf-sugar, three pounds of coarse sugar, six eggs beat in with the shells, and three quarts of water; boil it up twice, skim it well, then add to it a quarter of a pint of orange flower water; strain it through a jelly-bag, and put it into bottles. When cold, mix a spoonful or two of this syrup, as it is liked for sweetness, in a draught of warm or cold water. *Mason*, 454.

Orgeat.

Take two pounds of almonds, thirty bitter, and beat them to a paste; mix it with three quarts of water, and strain it through a fine cloth; add orange and lemon-juice, with some of the peel; sweeten to your palate. *Cole*, 347.

Lemonade.

Take two Seville oranges and six lemons; pare them very thin, steep the parings four hours in two quarts of water; put the juice of six oranges and twelve lemons upon twelve ounces of fine sugar; when the sugar is melted, put the water to it. Add a little orange-flower water, and more sugar, if necessary. Pass it through a bag till it is fine. *Cole*, 348.

Gooseberry Fool.

Set two quarts of gooseberries on the fire in about a quart of water. When they begin to simmer, turn yellow, and begin to plump, throw them into a cullender to drain the water out; then with the back of a spoon carefully squeeze the pulp through a sieve into a dish; make them pretty sweet, and let them stand till they are cold. In the mean time, take two quarts of milk, and the yolks of four eggs, beat up with a little grated nutmeg; stir it softly over a slow fire. When it begins to simmer, take it off, and by degrees stir it into the gooseberries. Let it stand till it is cold, and serve it up. If you make it with cream, you need not put any eggs in. *Glasse*, 159. *Mason*, 452.

To mull Wine.

Grate half a nutmeg into a pint of wine, and sweeten it to your taste with loaf-sugar; set it over the fire, and when it boils, take it off to cool; take the yolks of four eggs well beaten, add to them a little cold wine; then mix them carefully with your hot wine, a little at a time; then pour it backwards and forwards several times, till it looks fine and bright; then set it on the fire, and beat it a little at a time for several times, till it is quite hot, and pretty thick, and pour it backwards and forwards several times; then send it in chocolate-cups, and serve it up with dry toast cut in long narrow pieces. *Raffald, 311.*

Syrup of Orange peel.

Cut two ounces of Seville orange-peel very small, put it in a pint and a quarter of white wine; strain it off, and boil it up with two pounds of double-refined sugar. *Cole, 348.*

Syrup of Maidenhair.

This plant is said to grow in Cornwall, but what is used in England comes principally from abroad; it is said the best comes from Canada. The proportion is one ounce of the dried leaves infused in half a pint of boiling water; keep it on an ashes-fire from one day to another, sift it in a napkin, and mix it with a pound and a quarter of sugar; keep it in a warm place some time, then bottle it. Observe the same proportion for a greater quantity. *Clermont, 589.*

Syrups may be made of any kind of fruits, seeds, or plants, only observing to regulate the quantities of sugar according to the sharpness and flavours of each kind. *Clermont, 590.*

CHAP. XXVIII.—MADE WINES.

Raisin Wine.

PUT two hundred weight of raisins, stalks and all, into a large hoghead; fill it with water, let them steep a fortnight, stirring them every day; then pour off the liquor, and press the raisins. Put both liquors together in a nice clean vessel that will just hold it, for it must be full; let it stand till it has done hissing, or making the least noise, then stop it close, and let it stand six months. Peg it, and if you find it quite clear, rack it off in another vessel; stop it close, and let it stand three months longer; then bottle it, and when you use it, rack it off into a decanter. *Glasse, 391. Farley, 301.*

Another way.

Take three hundred and an half of Malaga raisins, sixty-six gallons of water, in a large tub with a false bottom; let them stand for twenty-two or twenty-three days; stirring them once, or twice a day; then draw them off into a clean hoghead, and let them work as long as they will, filling the hoghead full every day for five or six months; then rack the liquor into another cask, and put to it two gallons of brandy. *Mason, 465.*

Elder Wine.

Pick your elder-berries when they are full ripe, put them into a stone jar, and set them in the oven, or in a kettle of boiling water till the jar is hot through; then take them out, and strain them through a coarse sieve, wringing the berries, and put the juice into a clean kettle. To every quart of juice put a pound of fine Lisbon sugar, let it boil, and skim it well. When it is clear and fine, pour it into a jar. When cold, cover it close, and keep it till you make raisin wine; then, when you tun your wine, to every gallon of wine put half a pint of elder syrup. *Cole, 349.*

Elder flower Wine.

Take the flowers of elder, but carefully reject the stalks. To every quart of flowers, put a gallon of water, and three pounds of loaf sugar. Boil the water and sugar a quarter of an hour, then pour it on the flowers, and let it work three days. Then strain the wine through a hair sieve, and put it into a cask. To every ten gallons of wine, add an ounce of ising-glass dissolved in cider, and six whole eggs. Close it up, let it stand six months, and then bottle it. *Farley, 367.*

Grape Wine.

Put a gallon of grapes to a gallon of water; bruise the grapes

grapes and let them stand a week without stirring, then draw it off fine. Put to a gallon of the wine three pounds of sugar and then put in a vessel, but do not stop it till it has done hissing. *Mason, 465.*

Orange Wine.

Put twelve pounds of the best powder sugar, with the whites of eight or ten eggs well beaten, into six gallons of spring water, and boil it three quarters of an hour. When cold, put into it six spoonfuls of yeast, and the juice of twelve lemons; which being pared, must stand with two pounds of white sugar in a tankard, and in the morning skim off the top, and then put it into the water; then add the juice and rinds of fifty oranges, but not the white parts of the rinds, and let it work all together, two days and two nights; then add two quarts of Rhenish or white wine, and put it into your vessel. *Glasse, 301.*

Another way.

Put twenty-four pounds of lump-sugar to ten gallons of water, beat the whites of six eggs very well, and mix them when the water is cold; then boil it an hour, and skim it well; take four dozen large rough Seville oranges, pare them very thin, put them into a tub, and put the liquor on boiling hot; and, when you think it is cold enough, add to it three or four spoonfuls of new yeast, with the juice of the oranges, and half an ounce of cochineal beat fine, and boiled in a pint of water; stir it all together, and let work four days, then put it in the casks, and in six weeks after bottle it for use. *Raffald, 318.*

Red Currant wine.

Gather the currants on a fine dry day, when the fruit is full ripe; strip them, and squeeze out the juice; put a gallon of cold water and two spoonfuls of yeast to a gallon of the juice. When it has worked two days, strain it through a hair sieve. In the mean time, put an ounce of ising-glass to steep in cider, and to every gallon of liquor put three pounds of loaf-sugar; then stir it well together, and put it in a cask. Put a quart of brandy to every five gallons of wine, mix them well in your cask, close it well up, and after letting it stand four months, bottle it. *Cole, 350.*

Another way.

Five quarts of currant juice, and fourteen pounds of sugar, will make a five gallon cask; fill it up with water, and let it all work together. When it has done working, put in a hop or two, and a quart of brandy. *Cole, 351.*

Birch Wine.

To a hoghead of birch water, take four hundred of Malaga raisins,

raisins, pick them clean, and cut them small. Then boil the birch liquor for one hour at least, skim it well, and let it stand till it is no warmer than milk. Then put in the rasins, and let it stand close covered, stirring it well four or five times every day. Boil all the stalks in a gallon or two of birch-water, which, added to the other when almost cold, will give it an agreeable roughness. Let it stand ten days, then put it in a cool cellar, and when it has done hissing in the vessel, stop it up close. It must stand nine months, at least, before it is bottled. *Mason*, 461. *Farley*, 366.

Raspberry Wine.

Bruise some raspberries with the back of a spoon, and strain them through a flannel bag into a stone jar. Put a pound of double-refined sugar to every quart of juice, stir it well together, and cover it close; after letting it stand three days, pour it clear off. Put two quarts of white wine to one quart of juice, then bottle it off, and it will be fit to drink in about a week, Raspberry brandy made thus is a very excellent dram. *Cole*. 351.

Turnip Wine.

Pare and slice a quantity of turnips, put them in a cider-press, and press out all the juice. To every gallon of juice, put three pounds of lump sugar. Have a vessel ready, just large enough to hold the juice, put your sugar into a vessel, and half a pint of brandy to every gallon of juice. Pour in the juice, and lay something over the bung for a week, to see if it works. If it does, you must not bung it down till it has done working; then stop it close for three months, and draw it off in another vessel. When it is fine, bottle it off. *Glasse*, 305.

Gooseberry Wine.

Put three pounds of lump sugar to a gallon of water, boil it a quarter of an hour, and skim it very well; then let it stand till it is almost cold, and take four quarts of full-ripe gooseberries, bruise them in a marble mortar, and put them in your vessel; then pour in the liquor, and let it stand two days, and stir it every four hours; steep half an ounce of ising-glass two days in a pint of brandy, strain the wine through a flannel bag into the cask, then beat the ising-glass in a marble mortar with five whites of eggs; then whisk them together half an hour, and put it in the wine, and beat them all together; close up your cask, and put clay over it; let it stand six months, then bottle it off for use; put in each bottle a lump of sugar, and two raisins of the sun. This is a very rich wine, and when it has been kept in bottles two or three years, will drink like champagne.

Rassald, 321.

Cherry Wine.

Take fifty pounds of black cherries, picked clean from the stalks, let the stones remain, bruise them well with the hands; then take half a bushel of very ripe currants and get as much juice from them as possible, and also four quarts of raspberries squeezed in the same manner. To this quantity of fruit allow forty pounds of sugar; dissolve it in soft water, and when the sugar is melted, put it into a vessel with the bruised cherries and the juice of the currants and raspberries; then fill the vessel with soft water, only leaving room for the working; and, when all is in the vessel, stir it well together with a stick. It must not be bunged up in less than three weeks; it may be bottled in five months. *Mason, 466.*

Cowslip Wine.

Take two pounds and an half of powder sugar, and two gallons of water; boil them half an hour, taking care to skim it as the scum rises; then pour it into a tub to cool, adding to it the rind of two lemons. When cold, put four quarts of the flowers of cowslips to the liquor, and with it the juice of two lemons. Let it stand in the tub two days, observing to stir it every two or three hours; then put it in the barrel, and after it has stood about three weeks, or a month, bottle it, not forgetting to put a lump of sugar into each bottle. *Cole, 352.*

Mead.

Take ten gallons of water, two gallons of honey, and an handful of rased ginger; then take two lemons, cut them in pieces, and put them into it; boil it very well, keep it skimming. Let it stand all night in the same vessel you boil it in; the next morning barrel it up, with two or three spoonfuls of good yeast. About three weeks or a month after you may bottle it. *Glasse, 366.*

Cowslip Mead.

Take fifteen gallons of water, and thirty pounds of honey, boil them together till one gallon is wasted; skim it, and take it off the fire. Have ready sixteen lemons cut in halves, put a gallon of the liquor to the lemons, and the rest into a tub with seven packs of cowslips; let them stand all night, then put in the liquor with the lemons, and eight spoonfuls of new yeast, and an handful of sweet-briar; stir them all well together, and let it work three or four days; then strain it, and put it in your cask, and in six months time you may bottle it. *Raffald, 332. Farley, 370.*

Smyrna Raisin Wine.

Put twenty-four gallons of water to a hundred pounds of raisins; after letting it stand about fourteen days, put it into your cask. When it has remained there six months, put a gallon of brandy to it. When it is fine, bottle it. *Cole, 353.*

CHAP. XXIX.—TO PREPARE BACON,
HAMS, &c.

To make Bacon.

RUB the flitches very well with common salt; let them lie so that the brine may run from them; in about a week put them into a tub for that purpose, rubbing off all the salt. Rub the flitches with one pound of salt-petre, pounded and heated; the next day rub them well with salt, dry and hot; let them lie a week, often rubbing them; then turn them, add more hot salt, let them lie three weeks or a month in all, rubbing them well; then dry them. The hog may be either scalded or singed; but singeing is best. *Mason, 178.*

Another way.

Take off all the inside fat of a side of pork, then lay it on a long board, or dresser, that the blood may run away; rub it well with good salt on both sides; let it lie thus a day; then take a pint of bay-salt, and a quarter of a pound of salt-petre; beat them fine; two pounds of coarse sugar, and a quarter of a peck of common salt. Lay your pork in something that will hold the pickle, and rub it well with the above ingredients. Lay the skinny side downwards and baste it every day with the pickle for a fortnight; then hang it in a wood smoke, and afterwards hang it in a dry place, but not hot. Observe, that all hams and bacon should hang clear from every thing, and not against a wall.

Observe to wipe off all the old salt before you put it into this pickle, and never keep bacon or hams in a hot kitchen, or in a room where the sun comes; it makes them all rusty. *Glassé, 266. Farley, 269.*

To cure Hams.

Rub a ham with a quarter of a pound of salt-petre, let it lie twenty-four hours; boil one quart of strong old beer with half a pound of bay-salt, half a pound of brown sugar, and a pound and an half of common salt; pour this on the ham boiling hot, rub and turn it every day for a fortnight, and baste it with the liquor when there is opportunity. This is a very good receipt for curing a ham. *Mason, 176.*

Another way.

Cut off a fine ham from a fat hind-quarter of pork. Take two ounces of salt-petre, a pound of coarse sugar, a pound of common salt, and two ounces of sal prunella; mix all together, and rub it well. Let it lie a month in this pickle, turning and basting it every day, then hang it in wood smoke as you do
beef,

beef, in a dry place, so as no heat comes to it; and, if you keep them long, hang them a month or two in a damp place, and it will make them cut fine and short. Never lay these hams in water till you boil them, and then boil them in a copper, if you have one, or the largest pot you have. Put them in the cold water, and let them be four or five hours before they boil. Skim the pot well and often till it boils. If it is a very large one, three hours will boil it; if a small one, two hours will do, provided it be a great while before the water boils. Take it up half an hour before dinner, pull off the skin, and throw raspings finely sifted all over. Hold a red-hot fire-shovel over; and when dinner is ready, take a few raspings in a sieve, and sift all over the dish; then lay in your ham, and with your finger make fine figures round the edge of your dish. Be sure to boil your ham in as much water as you can, and keep it skimming all the time it boils. It must be at least four hours before it boils.

This pickle does finely for tongues afterwards, to lie in it a fortnight, and then hang in the wood smoke a fortnight, or to boil them out of the pickle.

Yorkshire is famous for hams, and the reason is this:—their salt is much finer than ours in London; it is a large clear salt, and gives the meat a fine flavour. I used to have it from Malden, in Essex; and that salt will make any ham as fine as you can desire. It is by much the best salt for salting meat.

When you broil any of these hams in slices, or bacon, have some boiling water ready, and let the slices lie a minute or two in water, then broil them; it takes out the salt, and makes them eat finer. *Glasse, 265.*

To salt Tongues.

Scrape them and dry them clean with a cloth and salt them well with common salt, and half an ounce of salt-petere to every tongue; lay them in a deep pot, and turn them every day for a week or ten days; salt them again, and let them lie a week longer; take them up, dry them with a cloth, flour them, and hang them up. *Raffald, 307.*

To make Hung Beef.

Make a strong brine with bay-salt, salt-petre, and pump-water, and put into it a rib of beef for nine days. Then hang it up in a chimney where wood or saw dust is burnt. When it is a little dry, wash the outside with blood two or three times to make it look black; and when it is dried enough, boil it for use. *Cole, 355.*

Another way.

Take the navel piece, and hang it up in your cellar as long as it will keep good, and till it begins to be a little fappy. Then

Then take it down and wash it in sugar and water, one piece after another, for you must cut it into three pieces. Then take a pound of salt-petre, and two pounds of bay-salt, dried and pounded small. Mix with them two or three spoonfuls of brown sugar and rub your beef well with it in every part; then strew a sufficient quantity of common salt all over it, and let the beef lie close till the salt is dissolved, which will be in six or seven days. Then turn it every other day for a fortnight; and after that hang it up in a warm, but not a hot place. It may hang a fortnight in the kitchen; and, when you want it, boil it in bay-salt and pump water till it is tender. It will keep, when boiled, two or three months, rubbing it with a greasy cloth, or putting it two or three minutes into boiling water to take off the mouldiness. *Farley, 273,*

To pickle Pork.

Having cut your pork into pieces of a convenient size to lie in your powdering tub, rub them all over with salt-petre; then make a mixture of two-thirds common salt, and one third bay-salt, and rub every piece well with it. Lay the pieces in your tub as close as possible, and throw a little salt over them. *Cole, 356.*

To make very fine Sausages.

Take six pounds of good pork, free from skin, gristles, and fat; cut it very small, and beat it in a mortar till it is very fine; then shred six pounds of beef suet very fine, and free from all skin. Shred it as fine as possible; then take a good deal of sage, wash it very clean, pick off the leaves, and shred it very fine. Spread your meat on a clean dresser or table; then shake the sage all over, about three large spoonfuls; shred the thin rind of a middling lemon very fine and throw over, with as many sweet herbs, when shred fine, as will fill a large spoon; grate two nutmegs over, throw over two tea-spoonfuls of pepper, and a large spoonful of salt; then throw over the suet and mix it all well together. Put it down close in a pot. When you use them, roll them up with as much egg as will make them roll smooth. Make them the size of a sausage, and fry them in butter or good dripping. Be sure it be hot before you put them in, and keep them rolling about. When they are thoroughly hot, and of a fine light brown, they are enough. You may chop this meat very fine, if you do not like it beat. Veal eats well done thus; or veal and pork together. You may clean some guts and fill them. *Glassé, 257,*

Another way.

Take part of a leg of pork or veal, pick it clean from skin or fat; to every pound, add two pounds of beef suet; shred both severally very fine; mix them well with sage-leaves chopped fine,

fine, pepper, salt, nutmeg, and pounded cloves, and a little grated lemon-peel; put this close down in a pot. When it is used, mix it with the yolk of an egg, and a few bread crumbs. Roll it into lengths. *Mason, 182.*

Common Sausages.

Take three pounds of nice pork, fat and lean together, free from skin or gristles, chop it very fine, season it with two tea-spoonfuls of salt, and one of beaten pepper, some sage shred fine, about three tea-spoonfuls; mix it well together, have the guts very nicely cleaned, and fill them, or put them down in a pot; so roll them of what size you please, and fry them. *Cole, 357.*

Oxford Sausages.

Take a pound of young pork, fat and lean, without skin or gristle, a pound of lean veal, and a pound of beef suet chopped all fine together; put in half a pound of grated bread, half the peel of a lemon shred fine, a nutmeg grated, six sage leaves washed and chopped very fine, a tea-spoonful of pepper, and two of salt, some thyme, savoury, and marjoram shred fine. Mix it all well together, and put it close down in a pan when you use it; roll it out the size of a common sausage, and fry them in fresh butter of a fine brown, or broil them over a clear fire, and send them to table as hot as possible. *Glasse, 258.*

CHAP. XXX.—VEGETABLES.

Observations on dressing Vegetables.

BE particularly careful in picking and washing greens of every kind, as dirt and insects are apt to lodge among the leaves; and always lay them in a clean pan, for fear of sand or dust, which frequently hang round wooden vessels. Boil all your greens in a well-tinned sauce-pan by themselves, with a great quantity of water; boil no kind of meat with them, as that will discolour them. All kinds of vegetables should have a little crispness; you must not therefore boil them too much. *Cole, 357.*

To dress Artichokes.

Twist off the stalks, put them into cold water, and wash them well; when the water boils, put them in with the top downwards, that all the dust and sand may boil out. An hour and an half, or two hours, will do them. Serve them with melted butter in little cups. *Cole, 358.*

To dress Asparagus.

Scrape your asparagus, and tie them in small bundles, cut them even, and throw them into water, and have ready a stew-pan boiling. Put in some salt, and tie the asparagus into little bundles. Let the water keep boiling, and when they are a little tender, take them up. Boiling them too much will make them lose their colour and flavour; lay them on a toast which has been dipped in the water the asparagus was boiled in; pour over them melted butter, or send them to table with butter in a basin. *Cole, 358.*

To dress Beans.

Boil them in plenty of water, with a good quantity of salt in it till they are tender. Boil and chop some parsley, put it into good melted butter, and serve them up with boiled bacon, and the butter and parsley in a boat. Never boil them with the bacon. *Cole, 358.*

To dress Broccoli.

Carefully strip off all the little branches till you come to the top one, and then with a knife peel off the hard outside skin that is on the stalks and little branches, and then throw them into water. Have ready a stew-pan of water, throw in a little salt, and when it boils, put in your broccoli. When the stalks are tender, it is enough. Put in a piece of toasted bread, soaked in the water the broccoli was boiled in, at the bottom of your dish, and put your broccoli on the top of it, as you do asparagus. Send them up to table laid in bunches, with butter in a boat. *Cole, 358.*

To dress Cabbage, &c.

Quarter your cabbage, and boil it in plenty of water with an handful of salt. When it is tender, drain it on a sieve, but never press it. Savoy and greens are boiled in the same manner, but always boil them by themselves. *Cole, 358.*

To dress Carrots.

Carrots require a great deal of boiling; when they are young, wipe them after they are boiled; when old, scrape them before you boil them. Slice them into a plate, and pour melted butter over them. Young spring carrots will be boiled in half an hour, large ones in an hour, and old Sandwich carrots will take two hours. *Cole, 358.*

To dress Cauliflowers.

Cut the stalks off, and leave a little green on; boil them in spring water and salt; about fifteen minutes will do them. If it is boiled too soft, you will spoil it. *Mrs. Mason*, recommends boiling cauliflowers in plenty of milk and water, without salt. *Cole, 359.*

To dress French Beans.

String them, and if not very small, split and quarter them, throw them into salt and water; boil them in a quantity of water, with some salt. When they are tender, they are enough. They will be soon done.

N. B. Make all greens boil as quick as possible, as it preserves their colour. *Cole, 359.*

To dress Parsnips.

Parsnips should be boiled in a great deal of water, and when they are soft, which may be known by running a fork into them, they are enough. They either may be served whole with melted butter, or beat smooth in a bowl, heated with a little cream, butter, and flour, and a little salt. *Cole, 359.*

To dress Peas.

Your peas should not be shelled till just before you want them. Put them into boiling water with a little salt, and a lump of loaf sugar, and when they begin to dent in the middle, they are enough. Strain them into a sieve, put a good lump of butter into your dish, and stir them till the butter is melted. Boil a sprig of mint by itself, chop it fine, and lay it round the edge of your dish in lumps. *Cole, 359.*

To dress Potatoes.

Boil them in as little water as you can without burning the sauce-pan. Cover the sauce-pan close, and when the skin begins to crack, they are enough. Drain all the water out, and let them stand covered for a minute or two. *Cole, 359.*

To dress Spinach.

Pick it clean, and wash it in several waters; put it into a sauce-pan that will just hold it, throw a little salt over it and cover the pan close. Put no water in; shake the pan often. When the spinach is shrunk and fallen to the bottom, and the liquor which comes out of them boils up, they are enough. Throw it into a clean sieve to drain, and give it a squeeze between two plates. Put it on a plate, and send it up with butter in a boat, but never pour any over them.

Sorrel is stewed in the same manner. *Cole, 359.*

To dress Turnips.

Pare your turnips thick; when they are boiled, squeeze them, and mash them smooth; heat them with a little cream, a piece of butter; add pepper and salt, and serve them up; or the pepper and salt may be omitted, leaving the company at table to use what quantity of each they think proper. *Cole, 360.*

THE ART OF BREWING.

HAVING given ample instructions for the preparations of wines, &c. malt liquors should not be passed over unnoticed, as the house-keeper cannot be said to be complete in her business, without a competent knowledge in the Art of Brewing.

Of Water proper for Brewing.

To speak in general terms, the best water for brewing is river water; such as is soft, and has partook of the air and sun; for this easily insinuates itself into the malt, and extracts its virtues. On the contrary, hard waters astringe and bind the pores of the malt, and prevent the virtue of it from being freely communicated to the liquor. It is a rule adopted by many excellent brewers, that all water which will mix and lather with soap, is proper for brewing, and they wholly disapprove of any other. The experiment has been often tried, that where the same quantity of malt has been used to a barrel of river water as to a barrel of spring water, the former has excelled the latter in strength, in a degree almost double. It may be necessary to observe likewise, that the malt was the same in quality, as well as in quantity, for each barrel. The hops were the same, both in quantity and quality, and the time of boiling was equal in each. They were worked in the same manner, and tunned and kept in the same cellar. Hence it is evident, that there could have been no difference but in the water, and yet one barrel was worth almost two of the other.

But where soft water is not to be procured, that which is hard may be softened, by exposing it to the air and sun, and putting into it some pieces of soft chalk to infuse; or, before you begin to boil it, in order to be poured on the malt, put into it a quantity of bran, which will soften it a little. *Cole, 361.*

The necessity of keeping the Vessels clean.

Observe, the day before brewing, to have all your vessels very clean, and never use your tubs for any other use, except it be to make wines. Let your casks be well cleaned with boiling water; and, if your bung is large enough, scrub them well with a little birch broom, or brush. If they are very bad, take out the heads, and let them be scrubbed clean with a hand-brush, sand, and fullers earth. Put on the head again, and scald it well, then throw in a piece of unslacked lime, and stop the bung close. *Cole, 361.*

General Rules for Brewing.

In the first place, it is necessary to have the malt clean, as it ought to stand four or five days after it is ground.

Fine strong October should have five quarters of malt, and twenty-four pounds of hops, to three hogheads. This will afterwards make two hogheads of good keeping small beer, with the addition of five pounds of hops.

For middling beer, a quarter of malt makes a hoghead of ale, and another of small beer; or it will make three hogheads of good small beer, allowing eight pounds of hops. This will keep all the year. Or it will make twenty gallons of strong ale, and two hogheads of small beer, that will keep all the year.

Any one who intends to keep ale a great while, should allow a pound of hops to every bushel; if to keep only six months, five pounds to a hoghead. If for present drinking, three pounds to a hoghead, and the softest and clearest water you can get.

Pour the first copper of water, when it boils, into your mash tub, and let it be cool enough to see your face in; then put in your malt, and let it be well mashed. Have a copper of water boiling in the mean time, and when your malt is well mashed, fill your mashing tub; stir it well again, and cover it over with the sacks. Let it stand three hours, set a broad shallow tub under the cock, let it run very softly, and if it is thick, throw it up again till it runs fine; then throw an handful of hops in the under tub, let your mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one third for boiling and waste. Let that stand an hour, boiling more water to fill the mash-tub for small beer; let the fire down a little, and put it into tubs enough to fill you mash. Let the second mash be run off, and fill your copper with the first wort; put in part of your hops, and make it boil quick. About an hour is long enough. When it has boiled, throw in an handful of salt. Have a clean white wand, and dip it into the copper, and if the wort feels clammy, it is boiled enough; then slacken your fire, and take off your wort. Have ready a large tub, put two sticks across, and set your straining baskets over the tub on the sticks, and strain your wort through it. Put your other wort on to boil with the rest of the hops; let your mash be covered again with water, and thin your wort that is cooled in as many things as you can; for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning-tub. Throw an handful of salt into every boil. When the mash has stood an hour, draw it off; then fill your mash with cold water, take off the wort in a copper, and order it as before. When cool, add to it the first in the tub. As soon as you empty one copper, fill the other, and boil your small beer well. Let the last mash run off, and when both are boiled

boiled with fresh hops, order them as the two first boilings. When cool, empty the mash-tub, and put the small beer to work there. When cool enough, work it, set a wooden bowl full of yeast in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every twelve hours; let it stand two days, then tun it, taking off the yeast. Fill your vessels full, and have some to fill your barrels; let it stand till it has done working; then lay on your bung lightly for a fortnight, after which stop it as close as you can. Take care to have a vent-peg at the top of the vessel; in warm weather open it; and if your drink hiffes, as it often will, loosen it till it has done, and then stop it close again. If you can boil your ale in one boiling, it will be best, if the copper will admit of it; if not, boil as conveniency serves.

If, when you come to draw your beer, you perceive it is not fine, draw off a gallon, and set it on the fire, with two ounces of ising-glass cut small and beat. Dissolve it in the beer over the fire. When it is all melted, let it stand till it is cold, and pour it in at the bung, which must lay loose on till it has done fermenting; then stop it close for a month.

Let me again repeat, that particular care is requisite that your casks are not musty, nor have any ill taste. If they have, it will be a difficult matter to sweeten them.

Wash your casks with cold water before you scald them, and let them lie a day or two soaking; then clean them well, and scald them. *Cole, 362.*

Of the proper time for Brewing.

The month of March is generally considered as a proper season for brewing malt liquor, which is intended for keeping; because the air at that time of the year is temperate, and contributes to the proper working or fermentation of the liquor, which principally promotes its preservation and good keeping. Very cold, or very hot weather, prevents the free fermentation, or working of liquors; therefore, if you brew in very cold weather, unless you contrive some means to warm the cellar while new liquor is working, it will never clear itself in the manner you would wish. The same misfortune will arise if in very hot weather you cannot put the cellar into a temperate state. The consequence of which will be, that such liquor will be muddy and sour, perhaps beyond all recovery. Such misfortunes indeed often happen, even in the proper season for brewing, owing solely to the badness of a cellar; for when they are dug in springy grounds, or are subject to damps in the winter, the liquor will chill, and become vapid or flat. Where cellars are of this kind, it will be adviseable to brew in March, rather than October; for you may be able to keep such cellars temperate

in summer, but you cannot make them warm in water. The beer therefore which is brewed in March, will have sufficient time to settle and adjust itself before the cold can do it any material injury. *Cole*, 363.

The Country, or private Way of Business.

Several countries have their several methods of brewing, as it is practised in Wales, Dorchester, Nottingham, Oundle, and many other places; but avoiding particulars, I shall here recommend that which I think is the most serviceable both in the country and London private families. And, first, I shall observe, that the great brewer has some advantages in brewing, more than the small one; and yet the latter has some conveniences which the former has not; for, 'tis certain; that the great brewer can make more drink, and draw a greater length in proportion to his malt, than a person can from a lesser quantity; because, the greater the body, the more is its united power in receiving and discharging; and he can brew with less trouble and expence, by means of his more convenient utensils. But then the private brewer is not without his advantages; for he can have his malt ground at pleasure, his tuns and moveable coolers sweeter and better cleaned than the great fixed tuns and backs; he can skim off his top yeast, and leave his bottom lees behind, which is what the great brewer cannot so well do. He can, at discretion, make additions of cold wort to his too forward ales and beers, which the great brewer cannot so easily do; he can brew how and when he pleases, which the great ones are in some measure hindered from. But, suppose a private family should brew five bushels of malt, whose copper holds, brim full, thirty-six gallons, or a barrel; on this water we put half a peck of bran or malt, when it is something hot; which will much forward it, by keeping in the steam, or spirit of the water; when it begins to boil, if the water is foul, skim off the bran or malt, and give it to the hogs, or lade both the water and that into the mash vat, where it is to remain till the steam is near spent, and you can see your face in it, which will be in about a quarter of an hour in cold weather; then let all but half a bushel of malt run very leisurely into it, stirring it all the while with an oar or paddle, that it may not ball, and when the malt is nearly mixed with water, it is enough; which I am sensible is different from the old way, and the general present practice; but I shall here clear that point. For, by not stirring or mashing the malt into a pudding consistence, or thin mash, the body of it lies in a more loose condition; that will easier and sooner admit of a quicker and more true passage of the afterladings of the several bowls or jets of hot water, which must run through it before the brewing is ended; by which percolation, the wa-

ter has ready access to all the parts of the broken malt, so that the brewer is enabled to brew quicker or slower, and to make more ale or small beer. If more ale, then hot boiling water must be laded over so slow, that one boil must run almost off before another is put over, which will occasion the whole brewing to last about sixteen hours, especially if the *Oundle* way is followed, of spending it out of the tap as small as a straw, and as fine as sack, and then it will be quickly so in the barrel. Or if less or weaker ale is to be made, and good small beer, then the second copper of boiling water must be put over expeditiously, and drawn out with a large and fast steam. After the first stirring of the malt is done, then put over the reserve of half a bushel of fresh malt to the four bushels and an half that are already in the tub, which must be spread all over it, and also cover the tubs with some sacks, or other cloths, to keep in the steam or spirit of the malt; then let it stand for two or three hours, at the end of which, put over now and then a bowl of the boiling water in the copper, as is before directed, and so continue to do till as much is run off as will almost fill the copper. Then, in a canvass, or other loose woven cloth, put in half a pound of hops, and boil them half an hour, when they must be taken out, and as many fresh ones put in their room as are judged proper, to boil half an hour more, if for ale. But if for keeping beer, half a pound of fresh ones ought to be put in every half hour, and boil an hour and an half briskly. Now, while the first copper of wort is boiling, there should be scalding water leisurely put over, bowl by bowl, and run off, that the copper may be filled again immediately after the first is out, and boiled an hour, with nearly the same quantity of fresh hops, and in the same manner as those in the first copper of ale-wort were. The rest for small beer may be all cold water put over the the grains at once, or at twice, and boiled an hour each copper, with the hops that have been boiled before. But here I must observe, that sometimes I have not an opportunity to get hot water for making all my second copper of wort, which obliges me then to make use of cold to supply what is wanting. Out of five bushels of malt, I generally make an hoghead of ale with the two first coppers of wort, and an hoghead of small beer with the other two; but this is more or less, as it pleases me, always taking care to let each copper of wort be strained off through a sieve, and cool in four or five tubs, to prevent its foxing. Thus I have brewed many hogheads of middling ale, that, when the malt is good, has proved strong enough for myself, and satisfactory to my friends. But for strong keeping beer, the first copper of wort may be wholly put to that use, and all the rest small beer. Or, when the first copper of wort is entirely made use of for strong beer, it may be helped

helped with more fresh malt, according to the *London* fashion, and water, lukewarm, put over at first with the bowl; but soon after sharp, or boiling water, which may make a copper of good ale, and small beer after that. In some parts of the North, they take one or more cinders, red hot, and throw some salt on them to overcome the sulphur of the coal, and then directly thrust it into the fresh malt or goods, where it lies till all the water is laded over, and the brewing done; for there are only one or two mashings or stirrings, at most, necessary in a brewing. Others, who brew with wood, will quench one or more brand ends of ash in a copper of wort, to mellow the drink, as a burnt toast of bread does a pot of beer; but it must be observed, that this must not be done with oak, fir, or other strong scented wood, lest it does more harm than good. *Cole, 364.*

Of bottling Malt Liquors.

Take care that your bottles are well cleaned and dried; for wet bottles will make the liquor turn watery or mouldy; and, by wet bottles, a great deal of good beer has been spoiled. Even though the bottles are clean and dry, if the corks are not new and found, the liquor will be still liable to be damaged; for if the air can get into the bottles, the liquor will grow flat, and will never rise. Many have plumed themselves on their saving knowledge, by using old corks on this occasion, and have spoiled as much liquor as cost them four or five pounds, to save the expence of three or four shillings. If bottles are corked properly, it will be difficult to pull out the cork without a screw; and, in order to be sure to draw the cork without breaking, the screw ought to go through the cork; of course, the air will find a passage where the screw has passed, and consequently the cork must have been spoiled. If a cork has once been in a bottle, though it has not been drawn with a screw, yet that cork will turn musty as soon as it is exposed to the air, and will communicate its ill flavour to the bottle in which it is next put, and spoil the liquor that way. In the choice of corks, prefer those that are soft and free from specks.

When you once begin to bottle a vessel of liquor, never leave it till it is completed, otherwise it will bear different tastes.

When a vessel of any liquor begins to grow flat, while it is in common draught, bottle it, and into every bottle put a piece of loaf sugar, of about the size of a walnut, which will make it rise and come to itself; and, to forward its ripening, you may set some bottles in hay in a warm place; but straw will not assist its ripening. *Cole, 366.*

To recover a Barrel of Beer that has turned sour.

To a kilderkin of beer, throw in at the bung a quart of oatmeal, lay the bung on loose two or three days, then stop it

down close, and let it stand a month. Some throw in a piece of chalk as large as a turkey's egg, and when it has done working, stop it close for a month; then tap it. *Cole, 367.*

To recover a musty Cask.

Boil some pepper in water, and fill the cask with it scalding hot. *Cole, 367.*

An excellent Composition for keeping Beer with.

Take a quart of French brandy, or as much English, that is free from any burnt flavour, or other ill taste, and is full proof; to this put as much wheat or bean flour, as will knead it into dough, put it in long pieces into the bung-hole, as soon as the beer has done working, or afterwards, and let it gently fall, piece by piece, to the bottom of the butt. This will maintain the drink in a mellow freshness, keep staleness off for some time, and cause it to be stronger as it grows aged. *Cole, 367.*

Another way.

Take a peck of egg-shells, and dry them in an oven, break and mix them with two pounds of fat chalk, and mix them with water, wherein four pounds of coarse sugar have been boiled, and put into the butt. *Cole, 367.*

To stop the Fret in malt Liquors.

Take a quart of black cherry brandy, and pour it in at the bung-hole of the hoghead, and stop it close. *Cole, 368.*

To recover deadish Beer.

When strong ale, or beer, grows flat, by the loss of its spirit, take four or five gallons out of a hoghead, and boil it with five pounds of honey; skim it, and, when cold, put it to the rest, and stop it close. This will make it pleasant, quick, and strong. *Cole, 368.*

To fine malt Liquors.

Take a pint of water, and half an ounce of unslacked lime, mix them well together; let it stand three hours, and the lime will settle to the bottom, and the water be as clear as glass. Pour the water from the sediment, and put it into your ale or beer. Mix it with half an ounce of ising-glass, first cut small and boiled, and in five hours time, or less, the beer in the barrel will settle and clear. *Cole, 368.*

To fine any sort of Drink.

Take the best staple ising-glass; cut it small with scissars, and boil one ounce in three quarts of beer; let it lie all night to cool. Thus dissolved, put it into your hoghead the next morning, perfectly cold; for if it is but as warm as new milk, it will jelly all the drink. The beer, or ale, in a week after, should be tapped,

tapped, or it will be apt to flat; for this ingredient flats as well as fines. Remember to stir it well with a wooden paddle when the ising-glass is put into the cask. *Cole, 368.*

Another way.

Boil a pint of wheat in two quarts of water, then squeeze out the liquid part through a fine linen cloth. Put a pint of it into a kilderkin. It not only fines, but preserves. *Cole, 368.*

To cure cloudy Beer.

Rack off your butt, then boil two pounds of new hops in a sufficient quantity of water, with a due proportion of coarse sugar, and put all together into the cask when cold. Others have attempted this cure, by only soaking new hops in beer, which, when squeezed, they put into a cask of cloudy beer. *Cole, 368.*

To make Cyder.

After all your apples are bruised, take half your quantity and squeeze them, and the juice you press from them, pour upon the others half bruised, but not squeezed, in a tub for the purpose, having a tap at the bottom. Let the juice remain upon the apples three or four days. Then pull out your tap, and let the juice run into some other vessel set under the tub to receive it; and if it runs thick, as at the first it will, pour it upon the apples again till you see it runs clear; and, as you have a quantity, put it into your vessel; but do not force the cyder, but let it drop as long as it will of its own accord. Having done this, after you perceive that the sides begin to work, take a quantity of ising-glass, (an ounce will serve for forty gallons,) infuse this in some of the cyder till it is dissolved; put an ounce of ising-glass to a quart of cyder, and when it is so dissolved, pour it into the vessel, and stop it close for two days, or something more; then draw off the cyder into another vessel. This do repeatedly, till you perceive your cyder to be free from all manner of sediment, that may make it ferment and fret itself. After Christmas you may boil it. You may, by pouring water on the apples, and pressing them, make a pretty small cyder; if it should be thick and muddy, by using ising-glass, you may make it as clear as the rest. You must dissolve the ising-glass over the fire till it be a jelly. *Cole, 368.*

For fining Cyder.

Take two quarts of skim-milk, for four ounces of ising-glass; cut the ising-glass in pieces, and work it luke-warm in the milk over the fire; and when it is dissolved, put it cold into the hoghead of cyder, and take a long stick and stir it well from top to bottom for half a quarter of an hour. *Cole, 369.*

After it has settled.

Take ten pounds of raisins of the sun, two ounces of turmeric, and half an ounce of ginger beaten; then take a quantity of raisins, and grind them as you do mustard seed in a bowl, with a little cyder, and so the rest of the raisins; then sprinkle the turmeric and ginger among it; then put all into a fine canvass bag, and hang it in the middle of the hoghead close, and let lie. After the cyder has stood thus a fortnight, or a month, you may bottle it at your pleasure. *Cole, 369.*

THE FAMILY PHYSICIAN;

OR,

The Country Lady's Benevolent Employment.

Want of Appetite.

IF want of appetite proceeds from errors in diet, or any other part of the patient's regimen, it ought to be changed. If nausea and reachings shew that the stomach is loaded with crudities, a vomit will be of service. After this, a gentle purge or two of rhubarb, or of any of the bitter purging salts, may be taken. The patient ought next to use some of the stomachic bitters infused in wine. Though gentle evacuations be necessary, yet strong purges and vomits are to be avoided, as they weaken the stomach, and hurt digestion.

Elixir of vitriol is an excellent medicine in most cases of indigestion, weakness of the stomach, or want of appetite. Twenty or thirty drops of it may be taken twice or thrice a day, in a glass of wine or water. It may likewise be mixed with the tincture of the bark; one drachm of the former to an ounce of the latter, and two tea-spoonfuls of it taken in wine or water, as above.

The chalybeate waters, if drank in moderation, are generally of considerable service in this case. The salt water has likewise good effects, but it must not be used too freely. The waters of Harrowgate, Scarborough, Moffat, and most other spas in Britain, may be used with advantage. We would advise all who are afflicted with indigestion and want of appetite, to repair to these places of public rendezvous. The very change of air, and the cheerful company, will be of service; not to mention the exercise, dissipation, amusements, &c. *Tillot. Buchan.*

The Asthma.

The paroxysm of an asthma I must leave to the physician; but as a palliative, nothing is of so great importance in the asthma, as pure and moderately warm air. Asthmatic people can seldom bear either the close heavy air of a large town, or the sharp, keen atmosphere of a bleak hilly country: a medium, therefore, between these is to be chosen. The air near a large town is often better than at a distance, provided the patient be removed so far as not to be affected by the smoke.

Some asthmatic patients indeed breathe easier in town than in the country; but this is seldom the case, especially in towns where much coal is burnt. Asthmatic persons who are obliged to be in town all day ought, at least, to sleep out of it. Even this will often prove of great service. Those who can afford it, ought to travel into a warmer climate. Many asthmatic persons who cannot live in England, enjoy very good health in the south of France, Portugal, Spain, or Italy.

Exercise is likewise of very great importance in the asthma, as it promotes the digestion, preparation of the blood, &c. The blood of asthmatic persons is seldom duly prepared, owing to the proper action of the lungs being impeded. For this reason, such people ought daily to take as much exercise, either on foot, horseback, or in a carriage, as they can bear. *Buchan.*

Dr. Mead's Prescription for the Bite of a Mad Dog.

Take ash-coloured ground liver-wort, cleaned, dried, and powdered, half an ounce; of black pepper, powdered, a quarter of an ounce. Mix these well together, and divide the powder into four doses; one of which must be taken every morning fasting, for four mornings successively, in half an English pint of cow's milk, warm.

After these four doses are taken, the patient must go into a cold bath, or cold spring or river, every morning fasting, for a month; he must be dipped all over, but not stay in (with his head above water) longer than half a minute, if the water be very cold. After this, he must go in three times a week for a fortnight longer.

The person must be bled before he begins to use the medicine. Dr. Mead asserts, that he never knew this remedy fail, although he has tried it in a thousand instances. But Dr. Buchan, and some others, suspect the Doctor's veracity in this particular.

Burns.

In slight burns, which do not break the skin, it is customary to hold the part near the fire, for a competent time; to rub it with salt; or to lay a compress upon it dipped in spirits of wine or brandy. But when the burn has penetrated so deep as to blister or break the skin, it must be dressed with some of the following liniment:—

Take equal parts of Florence oil, or of fresh drawn linseed oil, and lime-water; shake them well together in a wide-mouthed bottle, so as to form a liniment. It may either be spread upon a cloth, or the parts affected may be anointed with it twice or thrice a day; or it may be dressed with the emollient and gently drying ointment, commonly called *Turner's cerate*. This may be mixed with an equal quantity of fresh olive oil, and

and spread upon a soft rag, and applied to the part affected. When this ointment cannot be had, an egg may be beat up with about an equal quantity of the sweetest salad oil. This will serve very well till a proper ointment can be prepared. When the burning is very deep, after the first two or three days, it should be dressed with equal parts of yellow *basilicum*, and *Turner's cerate*, mixed together.

When the burn is violent, or has occasioned a high degree of inflammation, and there is reason to fear a gangrene or mortification, the same means must be used to prevent it as are recommended in other violent inflammations. The patient, in this case, must live low, and drink freely of weak diluting liquors. He must likewise be bled, and have his body kept open. But if the burnt parts become livid or black, with other symptoms of mortification, it will be necessary to bathe them frequently with warm camphorated spirits of wine, tincture of myrrh, or other antiseptics, mixed with a decoction of the bark. In this case, the bark must be taken internally, and the patient's diet must be more generous. *Buchan.*

Colds.

Colds are well known to be the effects of an obstructed perspiration. We shall not spend our time in enumerating all the various symptoms of colds, as they are pretty generally known. It may not, however, be amiss to observe, that almost every cold is a kind of fever, which only differs in degree.

No age, sex, or constitution, is exempted from this disease; neither is it in the power of any medicine or regimen to prevent it. The inhabitants of every climate are liable to catch cold, nor can even the greatest circumspection defend them at all times from its attacks. Indeed, if the human body could be kept constantly in an uniform degree of warmth, such a thing as catching cold would be impossible; but as that cannot be effected by any means, the perspiration must be liable to many changes. Such changes, however, when small, do not affect the health; but, when great, they must prove hurtful.

When oppression of the breast, a stuffing of the nose, unusual weariness, pain of the head, &c. give ground to believe that the perspiration is obstructed, or, in other words, that the person has caught cold, he ought immediately to lessen his diet, at least the usual quantity of his solid food, and to abstain from all strong liquors. Instead of flesh, fish, eggs, milk, and other nourishing diet, he may eat light bread pudding, veal or chicken broth, panada, gruels, and such like. His drink may be water gruel sweetened with a little honey; an infusion of balm, or linseed sharpened with the juice of orange or lemon; a decoction of barley and liquorice with tamarinds, or any other cool, diluting, acid liquor.

Above all, his supper should be light; as small posset, or water gruel sweetened with honey, and a little toasted bread in it. If honey should disagree with the stomach, the gruel may be sweetened with treacle or coarse sugar, and sharpened with the jelly of currants. Those who have been accustomed to generous liquors, may take wine whey instead of gruel, which may be sweetened as above.

The patient ought to be longer than usual in bed, and to encourage a gentle sweat, which is easily brought on towards morning, by drinking tea, or any kind of warm diluting liquor. I have often known this practice carry off a cold in one day, which in all probability, had it been neglected, would have cost the patient his life, or have confined him for some months. Would people sacrifice a little time to ease and warmth, and practise a moderate degree of abstinence, when the first symptoms of a cold appear, we have reason to believe, that most of the bad effects which flow from an obstructed perspiration, might be prevented. But after the disease has gathered strength by delay, all attempts to remove it, often prove vain. A pleurisy, a peripneumony, or a fatal consumption of the lungs, are the common effects of colds, which have either been totally neglected, or treated improperly.

It is certain, however, that colds may be too much indulged. When a person, for every slight cold, shuts himself up in a warm room, and drinks great quantities of warm liquor, it may occasion such a general relaxation of the solids, as will not easily be removed. It will therefore be proper, when the disease will permit, and the weather is mild, to join to the regimen mentioned above, gentle exercise; as walking, riding on horseback, or in a carriage, &c. An obstinate cold, which no medicine can remove, will yield to gentle exercise, and a proper regimen of the diet. *Tissot. Buchan. Fothergil.*

The Cholick.

Cholics, which proceed from excess and indigestion, generally cure themselves, by occasioning vomiting or purging. These discharges are by no means to be stopped, but promoted by drinking plentifully of warm water, or weak posset. When their violence is over, the patient may take a dose of rhubarb, or any other gentle purge, to carry off the dregs of his debauch.

Cholics which are occasioned by wet feet, or catching cold, may generally be removed at the beginning, by bathing the feet and legs in warm water, and drinking such warm diluting liquors as will promote the perspiration, as weak wine whey, or water gruel with a small quantity of spirits in it.

These flatulent cholicks, which prevail so much among country

try people, might generally be prevented, were they careful to change their clothes when they get wet. They ought likewise to take a dram, or to drink some kind of warm liquor, after eating any kind of green trash. We do not mean to recommend the practice of dram-drinking, but in this case ardent spirits prove a real medicine, and indeed the best that can be administered. A glass of good peppermint-water will have nearly the same effect as a glass of brandy, and in some cases is rather to be preferred.

The bilious cholic is attended with very acute pains about the region of the navel. The patient complains of great thirst, and is generally costive. He vomits a hot, bitter, yellow-coloured bile, which being discharged, seems to afford some relief, but is quickly followed by the same violent pain as before. As the distemper advances, the propensity to vomit sometimes increases so as to become almost continual, and the proper motion of the intestines is so far perverted, that there are all the symptoms of an impending iliac passion.

If the patient be young and strong, and the pulse full and frequent, it will be proper to bleed; after which clysters may be administered. Clear whey or gruel, sharpened with the juice of lemon, or cream of tartar, must be drank freely. Small chicken broth, with a little manna dissolved in it, or a slight decoction of tamarinds, are likewise very proper; or any other thin, acid, opening liquor.

In the bilious cholic, the vomiting is often very difficult to restrain. When this happens, the patient may drink a decoction of toasted bread, or an infusion of garden mint in boiling water. Should these not have the desired effect, the saline draught, with a few drops of laudanum in it, may be given, and repeated according to the urgency of the symptoms. A small quantity of Venice treacle may be spread in form of a cataplasm, and applied to the pit of the stomach. Clysters, with a proper quantity of Venice treacle or liquid laudanum in them, may likewise be frequently administered.

The general-treatment of the nervous cholic is so nearly the same with that of the iliac passion, or inflammation of the guts, that we shall not insist upon it. The body is to be opened by mild purgatives given in small doses, and frequently repeated; and their operation must be assisted by soft oily clysters, fomentations, &c. The castor oil is reckoned peculiarly proper in this disease. It may both be mixed with the clysters, and given by the mouth. *Arbutnot. Buchan.*

Consumption.

This disease generally begins with a dry cough, which often continues for some months. If a disposition to vomit after eating

ing be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of a more than usual degree of heat, a pain and oppression of the breast, especially after motion; his spittle is of a saltish taste, and sometimes mixed with blood. He is apt to be sad: his appetite is bad, and his thirst great. There is generally a quick, soft, small pulse; though sometimes the pulse is pretty full, and rather hard. These are the common symptoms of a beginning consumption.

Next to proper air and exercise, we would recommend a due attention to diet. The patient should eat nothing that is either heating, or hard of digestion; and his drink must be of a soft and cooling nature. All the diet ought to be calculated to lessen the acrimony of the humours, and to nourish and support the patient. For this purpose he must keep chiefly to the use of vegetables and milk. Milk alone is of more value in this disease than the whole *materia medica*.

I have known very extraordinary effects from asses milk in obstinate coughs, which threatened a consumption of the lungs; and do verily believe, if used at this period, that it would seldom fail; but if it be delayed till an ulcer is formed, which is generally the case, how can it be expected to succeed?

Some extraordinary cures in consumptive cases have been performed by women's milk. Could this be obtained in sufficient quantity, I would recommend it in preference to any other. If the patient can suck it from the breast, it is better than to drink it afterwards. I knew a man who was reduced to such a degree of weakness in a consumption, as not to be able to turn himself in his bed. His wife was at that time giving suck, and his child happening to die, he sucked her breasts, not with a view to reap any advantage from the milk, but to make her easy. Finding himself, however, greatly benefited by it, he continued to suck her till he became perfectly well, and is at present a strong and healthy man.

Cows milk is most readily obtained of any; and though it may not be so easily digested as that of asses or mares, it may be rendered lighter, by adding to it an equal quantity of barley-water, or allowing it to stand for some hours, and afterwards taking off the cream. If it should, notwithstanding, prove heavy on the stomach, a small quantity of brandy or rum, with a little sugar, may be added, which will render it both more light and nourishing.

For the patient's drink, we would recommend infusions of the bitter plants, as ground-ivy, the lesser centaury, camomile flowers, or water trefoil. These infusions may be drank at pleasure. They strengthen the stomach, promote digestion, rectify the blood, and at the same time answer all the purposes

of dilution; and quench thirst much better than things that are luscious or sweet. But if the patient spits blood, he ought to use, for his ordinary drink, infusions or decoctions of the vulnerary roots, plants, &c. *Steevens. Tissot. Buchan.*

Chilblains.

Chilblains often attack children in cold weather. They are generally occasioned by the feet or hands being kept wet or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually they run to the fire. This occasions a sudden rarefaction of the humours, and an infraction of the vessels; which being often repeated, the vessels are, at last, over-distended, and forced to give way.

To prevent it, violent cold and sudden heat must be equally avoided. When the parts begin to look red and swell the patient ought to be purged, and to have the affected parts rubbed frequently with mustard and brandy, or something of a warming nature. They ought likewise to be covered with flannel, and kept warm and dry. Some apply warm ashes betwixt cloth to the swelled parts, which frequently help to reduce them. When there is a sore, it must be dressed with Turner's cerate, the ointment of tutty, the plaster of cerus, or some other drying ointment. These sores are indeed troublesome, but seldom dangerous. They generally heal as soon as the warm weather sets in. *Buchan.*

Costiveness.

Costiveness is increased by keeping the body too warm, and by every thing that promotes the perspiration; as wearing flannel, lying too long in bed, &c. Intense thought, and a sedentary life, are likewise hurtful. All the secretions and excretions are promoted by moderate exercise without doors, and by a gay, cheerful, sprightly temper of mind.

Those who are troubled with costiveness, ought, if possible, to remedy it by diet, as the constant use of medicines for that purpose is attended with many inconveniencies, and often with bad consequences. I never knew any one get into a habit of taking medicine for keeping the body open, who could leave it off. In time, the custom becomes necessary; and generally ends in a total relaxation of the bowels, indigestion, loss of appetite, wasting of the strength, and death.

When the body cannot be kept open without medicine, I would recommend gentle doses of rhubarb to be taken twice or thrice a week. This is not near so injurious to the stomach, as aloes, jalap, or the other drastic purgatives so much in use. Infusions of fenna and manna may likewise be taken, or half an ounce of soluble tartar dissolved in water gruel.

About

About the size of a nutmeg of lenitive electuary, taken twice or thrice a day, generally answers the purpose very well. *Coles*, 377.

Common Cough.

A cough is generally the effect of a cold, which has either been improperly treated, or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shews a weak state of the lungs, and is often the fore-runner of a consumption.

When the cough is not attended with any degree of fever, and the spittle is viscid and tough, sharp pectoral medicines are to be administered; as gum ammoniac, squills, &c. Two table spoonfuls of the solution of gum ammoniac may be taken three or four times a day, more or less, according to the age or constitution of the patient. Squills may be given various ways; two ounces of vinegar, the oxymel, or the syrup, may be mixed with the same quantity of simple cinnamon water; to which may be added an ounce of common water, and an ounce of balsamic syrup. Two table spoonfuls of this mixture may be taken three or four times a day.

A syrup made of equal parts of lemon-juice, honey, and sugar-candy, is likewise very proper in this kind of cough. A table spoonful of it may be taken at pleasure.

In obstinate coughs, proceeding from a flux of humours upon the lungs, it will often be necessary, besides expectorating medicines, to have recourse to issues, setons, or some other drain. In this case I have often observed the most happy effects from a Burgundy pitch plaister applied between the shoulders. I have ordered this simple remedy in the most obstinate coughs, in a great number of cases, and in many different constitutions, without ever knowing it fail to give relief, unless there were evident signs of an ulcer in the lungs.

But coughs proceed from many other causes besides defluxions upon the lungs. In these cases the cure is not to be attempted by pectoral medicines. Thus, in a cough proceeding from a foulness and debility of the stomach, syrups, oils, mucilages, and all kinds of balsamic medicines do hurt. The *stomach cough* may be known from one that is owing to a fault in the lungs by this—that in the latter, the patient coughs whenever he inspires, or draws in his breath fully; but in the former, that does not happen. *Tillot. Buchan. Chambers.*

The Cramp.

Cramps are often prevented or cured by compression. Thus cramps in the legs are prevented, and sometimes removed, by tight bandages; and when convulsions arise from a flatulent distention of the intestines, or from spasms beginning in them, they

they may be often lessened or cured, by making a pretty strong compression upon the *abdomen*, by means of a broad belt. A roll of brimstone held in the hands is frequently used as a remedy for cramps. Though this seems to owe its effects chiefly to imagination, yet, as it sometimes succeeds, it merits a trial. When spasms or convulsive motions arise from sharp humours in the stomach and intestines, no lasting relief can be procured till these are either corrected or expelled. The Peruvian bark has sometimes cured periodic convulsions after other medicines had failed. *Cole*, 378.

The Dropsy.

Take of broom-seed, well powdered and sifted, one drachm; let it steep twelve hours in a glass and an half of good rich white-wine, and take it in the morning fasting, having first shaken it so, that the whole may be swallowed. Walk after it, if you are able, or use what exercise you can without fatigue, for an hour and an half*; after which you must be sure to take two ounces of olive oil; and you must not eat or drink any thing in less than half an hour, or an hour, after taking the oil. Repeat this every other day, or once in three days, and not oftener, till cured; and do not let blood, or use any other remedy during the course.

Nothing can be more gentle and safe than the operation of this remedy, and it often has little or no sensible one. If the dropsy is in the body, it discharges it by urine, without any inconvenience; if it is between the skin and flesh, it causes blisters to arise on the legs, by which it will run off; but this does not happen to more than one in thirty; and in this case no plasters must be used, for they would hinder the discharge; but you must apply red cabbage leaves. If the disorder is caused by wind, it dispels the phlegm that retains the wind. It cures the dropsy in pregnant women, without injury to the mother or the infant. It also cures the asthma, consumption, and disorders of the liver. It is good for bleeding at the nose, and for venomous bites and poisons.

The efficacy of the above remedy has been proved by the cure of upwards of fifty dropical women with child, and by that of more than three hundred other people of both sexes.

Not

* If the patient is too weak to use other exercise after taking the powder, the body and limbs may be rubbed with a flannel, from time to time, during the hour and an half, giving rest at intervals, according to strength; and indeed the practice of this exercise for some minutes, every night and morning, may be of great help.

The quantities directed in the recipe have been given alike to men and to women; and there never has been found reason to think that they were too little for the one, or too much for the other.

Not long since, this recipe was recommended to a lady, who seemed to be in, or nearly in, the last stage of a dropsy. She was so much swoln; that she appeared like a woman in the last month of her pregnancy, and her disorder had resisted every thing that had been done for her by the faculty. She took the broom-feed, but could not take the whole of the oil; however, in a very few months, her husband wrote a letter of thanks for her speedy and surprising recovery.

Soon after, the report of this extraordinary cure induced another lady, who was afflicted with a dropsy, to make trial of the remedy. She was not so much swoln as the former lady, but she was exceedingly emaciated, and was so weak, that she was carried like an infant into her carriage, when she went to take the air; and she had failed of relief from the advice of two of the most eminent physicians in London, who had pronounced it an ascites, with encysted water. Happily they were too liberal minded to set their faces against the remedy, as some others have since done, because it was not of their acquaintance. This lady followed the directions of the recipe very exactly, and was restored to health in a few months.

These successes induced the lady, at whose desire it is published, to recommend the remedy with avidity whenever occasion offered; and it has pleased God to crown her endeavours with such wonderful success, that she thinks she may venture to affirm, that she has never known it fail to cure, when taken according to the recipe and while there was any degree of strength remaining; and that it is almost as certain a specific for the dropsy, as the bark is for the intermitting fever. *Cole;* 380.

The Gout.

As there are no medicines yet known that will cure the gout, we shall confine our observations chiefly to regimen, both in and out of the fit.

In the fit, if the patient be young and strong, his diet ought to be thin and cooling, and his drink of a diluting nature; but when the constitution is weak, and the patient has been accustomed to live high, this is not a proper time to retrench. In this case, he must keep nearly to his usual diet, and should take frequently a cup of strong negus, or a glass of generous wine. Wine whey is a very proper drink in this case, as it promotes the perspiration without greatly heating the patient. It will answer this purpose better, if a tea-spoonful of *sal volatile oleosum*, or spirits of hartshorn, be put into a cup of it twice a day. It will likewise be proper to give at bed-time, a tea-spoonful of the volatile tincture of *guaiacum*, in a large draught of warm wine

wine whey. This will greatly promote perspiration through the night.

Many things will shorten a fit of the gout, and some will drive it off all together; but nothing has yet been found which will do this with safety to the patient. In pain, we eagerly grasp at any thing that promises immediate ease, and even hazard life itself for a temporary relief. This is the true reason why so many infallible remedies have been proposed for the gout, and why such numbers have lost their lives by the use of them. It would be as imprudent to stop the small-pox from rising, and to drive it into the blood, as to attempt to repel the gouty matter after it has been thrown upon the extremities. The latter is as much an effort of nature to free herself from an offending cause as the former, and ought equally to be promoted.

After the fit is over, the patient ought to take a gentle dose or two of the bitter tincture of rhubarb, or some other warm stomachic purge. He should also drink a weak infusion of stomachic bitters in small wine or ale, as the Peruvian bark, with cinnamon, Virginian snake-root, and orange-peel. The diet at this time should be light, but nourishing; and gentle exercise ought to be taken on horseback, or in a carriage. *Sydenham. Tissot. Buchan.*

The Gravel and Stone.

Persons afflicted with the gravel or stone, should avoid aliments of a windy or heating nature, as salt meats, sour fruits, &c. Their diet ought chiefly to consist of such things as tend to promote the secretion of urine, and to keep the body open. Artichokes, asparagus, spinach, lettuce, parsley, succory, purslane, turnips, potatoes, carrots, and radishes, may be safely eat. Onions, leeks, and celery, are, in this case, reckoned medicinal. The most proper drinks are whey, butter-milk, milk and water, barley-water, decoctions of the roots of marsh mallows, parsley, liquorice, or of other mild mucilaginous vegetables, as linseed, limetree-buds, or leaves, &c. If the patient has been accustomed to generous liquors, he may drink small gin punch without acid.

Dr. Whyte advises patients who are subject to frequent fits of the gravel in the kidneys, but have no stone in the bladder, to drink every morning, two or three hours before breakfast, an English pint of oyster or cockle-shell lime-water. The doctor very justly observes, that though this quantity might be too small to have any sensible effect in dissolving a stone in the bladder, yet it may very probably prevent its growth.

When a stone is formed in the bladder, the doctor recommends Alicant soap, oyster or cockle-shell lime-water, to be taken in the following manner:—The patient must swallow, every day, in any form that is least disagreeable, an ounce of

the internal part of Alicant soap, and drink three or four English pints of oyster or cockle-shell lime-water. The soap is to be divided into three doses; the largest to be taken fasting in the morning early, the second at noon; and the third at seven in the evening; drinking after each dose a large draugh of the lime water; the remainder of which he may take any time betwixt dinner and supper, instead of other liquors.

The patient should begin with a smaller quantity of the lime-water and soap than that mentioned above; at first, an English pint of the former, and three drachms of the latter, may be taken daily. This quantity, however, he may increase by degrees, and ought to persevere in the use of these medicines, especially if he finds any abatement of his complaints, for several months; nay, if the stone be very large, for years. It may likewise be proper for the patient, if he be severely pained, not only to begin with the soap and lime-water in small quantities, but to take the second or third lime-water instead of the first. However, after he has been accustomed to these medicines, he may not only take the first water, but, if he finds he can easily bear it, heighten its dissolving power still more, by pouring it a second time on fresh calcined shells.

The caustic alkali, or soap-lees, is the medicine chiefly in vogue at present for the stone. It is of a very acrid nature, and ought therefore to be given in some gelatinous or mucilaginous liquor; as veal broth, new milk, linseed-tea, a solution of gum arabic, or a decoction of marsh-mallow roots. The patient must begin with small doses of the lees, as thirty or forty drops, and increase by degrees, as far as the stomach will bear it.

The only other medicine which I shall mention is the *uva ursi*. It has been greatly extolled of late both for the gravel and stone. It seems, however, to be in all respects inferior to the soap and lime-water; but it is less disagreeable, and has frequently, to my knowledge, relieved gravelly complaints. It is generally taken in powder from half a drachm to a whole drachm, two or three times a day. It may, however, be taken to the quantity of seven or eight drachms a day, with great safety and good effect. *Buchan.*

The Gripes in Children.

When an infant is troubled with gripes, it ought not at first to be dosed with brandy, spices, and other hot things; but should have its body opened with an emollient clyster, and, at the same time, a little brandy may be rubbed on its belly with a warm hand before the fire. I have seldom seen this fail to ease the gripes of infants. If it should happen, however, not to succeed, a little brandy, or other spirits, may be mixed with thrice the quantity of warm water, and a tea-spoonful be given frequently,

quently, till the infant be easier. Sometimes a little pepper-mint water will answer this purpose very well.

The Hooping, or Chin Cough.

One of the most effectual remedies in the chin-cough, is change of air. This often removes the malady, even when the change seems to be from a purer, to a less wholesome air. This may, in some measure, depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the chin-cough prevailing in one town or village, when another, at a very small distance, is quite free from it. But whatever be the cause, we are sure of the fact. No time ought therefore to be lost in removing the patient to some distance from the place where he got the disease, and, if possible, into a more pure and warm air.

When the disease proves violent, and the patient is in danger of being suffocated by the cough, he ought to be bled, especially if there be a fever, with a hard full pulse. But as the chief intention of bleeding is to prevent an inflammation of the lungs, and to render it more safe to give vomits, it will seldom be necessary to repeat the operation; yet if there be symptoms of an inflammation of the lungs, a second, or even a third bleeding, may be requisite.

The body ought to be kept gently open. The best medicines for this purpose are rhubarb and its preparations, as the syrup, tincture, &c. Of these a tea-spoonful or two may be given to an infant twice or thrice a day, as there is occasion. To such as are farther advanced, the dose must be proportionally increased, and repeated till it has the desired effect. Those who cannot be brought to take the bitter tincture, may have an infusion of fenna and prunes, sweetened with manna, coarse sugar, or honey; or a few grains of rhubarb mixed with a tea-spoonful or two of syrup, or currant jelly, so as to disguise the taste. Most children are fond of syrups and jellies, and seldom refuse even a disagreeable medicine when mixed with them.

The garlic ointment is a well-known remedy in North Britain for the chin-cough. It is made by beating in a mortar, garlic with an equal quantity of hogs'-lard. With this the soles of the feet may be rubbed twice or thrice a day; but the best method is to spread it upon a rag, and apply it in the form of a plaster. It should be renewed every night and morning at least, as the garlic soon loses its virtue. This is an exceeding good medicine, both in the chin-cough, and in most other coughs of an obstinate nature. It ought not, however, to be used when the patient is very hot and feverish, lest it should increase these symptoms.

The feet should be bathed once in every two or three days in lukewarm water; and a Burgundy-pitch plaster kept constantly between the shoulders. But when the disease proves very violent, it will be necessary, instead of it, to apply a blistering-plaster, and keep the part open for some time with issue ointment.

When the disease is prolonged, and the patient is free from a fever, the Peruvian bark, and other bitters, are the most proper medicines. The bark may be either taken in substance, or in a decoction or infusion, as is most agreeable. For a child, ten, fifteen, or twenty grains, according to the age of the patient, may be given three or four times a day. For an adult, half a drachm, or two scruples, will be proper. Some give the extract of the bark with cantharides; but to manage this, requires a considerable attention. It is more safe to give a few grains of castor along with the bark. A child of six or seven years of age may take seven or eight grains of castor, with fifteen grains of powdered bark, for a dose. This may be made into a mixture with two or three ounces of simple-distilled water, and a little syrup, and taken three or four times a day. *Buchan. Chambers.*

The Jaundice.

This disease is first observable in the white of the eye, which appears yellow. Afterwards the whole skin puts on a yellow appearance. The urine too is of a saffron colour, and dyes a white cloth of the same colour. There is likewise a species of this disease called the black jaundice.

If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with the dropsy, or hypochondriac symptoms, it generally proves fatal. The black jaundice is more dangerous than the yellow.

If the patient be young, of a full sanguine habit, and complains of pain in the right side, about the region of the liver, bleeding will be necessary. After this a vomit must be administered; and if the disease proves obstinate, it may be repeated once or twice. No medicines are more beneficial in the jaundice than vomits, especially where it is not attended with inflammation. Half a drachm of ipecacuanha, in powder, will be a sufficient dose for an adult. It may be wrought off with weak camomile tea, or lukewarm water. The body must likewise be kept open, by taking a sufficient quantity of Castile soap.

I have known Harrowgate sulphur-water cure the jaundice of very long standing. It should be used for some weeks, and the patient must drink and bathe.

The soluble tartar is a very proper medicine in the jaundice.

A drachm

A drachm of it may be taken every night and morning in a cup of tea or water-gruel. If it does not open the body, the dose may be increased. A very obstinate jaundice has been cured by swallowing raw eggs.

Persons subject to the jaundice, ought to take as much exercise as possible, and to avoid all heating and astringent aliments. *Buchan.*

The Itch.

The itch is seldom a dangerous disease, unless where it is rendered so by neglect, or improper treatment. If it be suffered to continue too long, it may vitiate the whole mass of humours; and if it be suddenly drove in, without proper evacuations, it may occasion fevers, inflammations of the viscera, and other internal disorders.

The best medicine yet known for the itch, is sulphur, which ought to be used both externally and internally. The parts most affected may be rubbed with an ointment made of the flowers of sulphur, two ounces; crude sal ammoniac, finely powdered, two drachms; hog's lard or butter, four ounces; if a scruple or half a drachm of the essence of lemon be added, it will entirely take away the disagreeable smell. About the bulk of a nutmeg of this may be rubbed upon the extremities at bed-time, twice or thrice a week. It is seldom necessary to rub the whole body; but when it is, it ought not to be done all at once, as it is dangerous to stop too many pores at the same time.

Before the patient begins to use the ointment, he ought, if he be of a full habit, to bleed, or to take a purge or two. It will likewise be proper, during the use of it, to take every morning as much of the flower of brimstone and cream of tartar, in a little treacle or new milk, as will keep the body gently open. He should beware of catching cold, should wear more clothes than usual, and take every thing warm. The same clothes, the linen excepted, ought to be worn all the time of using the ointment; and such clothes as have been worn while the patient was under the disease, are not to be used again, unless they have been fumigated with brimstone, and thoroughly cleaned, otherwise they will communicate the infection anew*. *Pringle.*

* *Sir John Pringle observes, that, though this disease may seem trifling, there is no one in the army that is more troublesome to cure, as the infection often lurks in clothes, &c. and breaks out a second, or even a third time. The same inconveniency occurs in private families, unless particular regard is paid to the changing or cleaning of their clothes, which last is by no means an easy operation.*

A Diarrhea, or Looseness.

A looseness, in many cases, is not to be considered as a disease, but rather as a salutary evacuation. It ought, therefore, never to be stopped, unless when it continues too long, or evidently weakens the patient. As this, however, sometimes happens, I shall point out the most common causes of a looseness, with the proper method of treatment.

When a looseness is occasioned by catching cold, or an obstructed perspiration, the patient ought to keep warm, to drink freely of weak diluting liquors, to bathe his feet and legs frequently in lukewarm water, to wear flannel next his skin, and to take every other method to restore the perspiration.

In a looseness which proceeds from excess or repletion, a vomit is the proper medicine. Vomits not only cleanse the stomach, but promote all the secretions, which render them of great importance in carrying off a debauch. Half a drachm of ipecacuanha, in powder, will answer this purpose very well. A day or two after the vomit, the same quantity of rhubarb may be taken, and repeated two or three times, if the looseness continues. The patient ought to live upon light vegetable food of easy digestion, and to drink whey, thin gruel, or barley water.

A looseness, occasioned by the obstruction of any customary evacuation, generally requires bleeding. If that does not succeed, other evacuations may be substituted in the room of those which are obstructed. At the same time every method is to be taken to restore the usual discharges, as not only the cure of the disease, but the patient's life may depend on this.

A periodical looseness ought never to be stopped. It is always an effort of nature to carry off some offending matter, which, if retained in the body, might have fatal effects. Children are very liable to this kind of looseness, especially while toothing. It is, however, so far from being hurtful to them, that such children generally get their teeth with less trouble. If these loose stools should at any time prove sour or griping, a tea-spoonful of magnesia alba, with four or five grains of rhubarb, may be given to the child in a little panada, or any other food. This, if repeated three or four times, will generally correct the acidity, and carry off the griping stools.

From whatever cause a looseness proceeds, when it is found necessary to check it, the diet ought to consist of rice boiled with milk, and flavoured with cinnamon; rice-jelly; sago, with red port; and the lighter sorts of flesh meat roasted. The drink may be thin water-gruel, rice-water, or weak broth made from lean veal, or with a sheep's head, as being more gelatinous than mutton, beef, or chicken broth. *Buchan.*

Obstructions in young Girls.

After a female has arrived at that period of life when the *menfes* usually begin to flow, and they do not appear, but, on the contrary, her health and spirits begin to decline, I would advise, instead of shutting the poor girl up in the house, and dosing her with steel, *asafoetida*, and other nauseous drugs, to place her in a situation where she can enjoy the benefit of free air and agreeable company. There let her eat wholesome food, take sufficient exercise, and amuse herself in the most agreeable manner; and we have little reason to fear, but Nature, thus assisted, will do her proper work. Indeed she seldom fails, unless where the fault is on our side.

This discharge, in the beginning is seldom so instantaneous as to surprize females unawares. It is generally preceded by symptoms which foretel its approach; as a sense of heat, weight, and dull pain in the loins; distention and hardness of the breasts; head-ach; loss of appetite; lassitude; paleness of the countenance; and sometimes a slight degree of fever. When these symptoms appear about the age at which the menstrual flux usually begins, every thing should be carefully avoided which may obstruct that necessary and salutary evacuation; and all means used to promote it; as sitting frequently over the steam of warm water, drinking warm diluting liquors, &c.

After the *menfes* have once begun to flow, the greatest care should be taken to avoid every thing that may tend to obstruct them. Females ought to be exceedingly cautious of what they eat or drink at the time they are out of order. Every thing that is cold, or apt to sour on the stomach, ought to be avoided; as fruit, butter milk, and such like. Fish, and all kinds of food that are hard of digestion, are also to be avoided. As it is impossible to mention every thing that may disagree with individuals at this time, I would recommend it to every female to be very attentive to what disagrees with herself, and carefully to avoid it.

From whatever cause this flux is obstructed, except in the state of pregnancy, proper means should be used to restore it. For this purpose I would recommend sufficient exercise in a dry, open, and rather cool air; wholesome diet, and if the body be weak and languid, generous liquors; also cheerful company, and all manner of amusements. If these fail, recourse must be had to medicine.

When obstructions proceed from a weak relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids, and assist the body in preparing good blood, ought to be used. The principal of these are iron and the Peruvian bark, with all other bitter and astringent medicines. Filings of iron maybe infused in wine or ale, two or three ounces to an Eng-

lish quart, and after it has stood for two or three weeks, it may be filtered, and about half a wine glass of it taken twice a day; or prepared steel may be taken in the dose of half a drachm, mixed with a little honey or treacle, three or four times a day. The bark, and other bitters, may be either taken in substance or infusion, as is most agreeable to the patient.

But the menstrual flux may be too great as well as too small. When this happens, the patient becomes weak, the colour pale, the appetite and digestion are bad, and œdematous swellings of the feet, dropsies, and consumptions ensue. This frequently happens to women about the age of forty-five and fifty, and is very difficult to cure. It may proceed from a sedentary life, a full diet, consisting chiefly of salted, high seasoned, or acrid food; the use of spirituous liquors; excessive fatigue; relaxation; a dissolved state of the blood; violent passions of the mind, &c.

The treatment of this disease must be varied according to its cause. When it is occasioned by any error in the patient's regimen, an opposite course to that which induced the disorder, must be pursued, and such medicines taken as have a tendency to restrain the flux, and counteract the morbid affections of the system from whence it proceeds. *Arbutnot.*

The Bleeding and Blind Piles.

A discharge of blood from the hæmorrhoidal vessels, is called the *bleeding piles*. When the vessels only swell and discharge no blood, but are exceeding painful, the disease is called the *blind piles*.

A flux of blood from the *anus* is not always to be treated as a disease. It is even more salutary than bleeding at the nose, and often prevents or carries off diseases. It is peculiarly beneficial in the gout, rheumatism, asthma, and hypochondriacal complaints; and often proves critical in colics and inflammatory fevers.

In the management of the patient, regard must be had to his habit of body, his age, strength, and manner of living. A discharge which might be excessive, and prove hurtful to one, may be very moderate, and even salutary to another. That only is to be esteemed dangerous which continues too long, and is in such quantity as to waste the patient's strength, hurt digestion, nutrition, and other functions necessary to life.

When this is the case, the discharge must be checked by a proper regimen, and astringent medicines. The diet must be cool, but nourishing, consisting chiefly of bread, milk, cooling vegetables, and broths. The drink may be chalybeate water, orange whey, decoctions or infusions of the astringent and mucilaginous plants, as the tormentil root, bistort, the marsh-mallow roots, &c.

The Peruvian bark is likewise proper in this case, both as a strengthener and astringent: half a drachm of it may be taken in a glass of red wine, sharpened with a few drops of the elixir of vitriol, three or four times a day.

The bleeding piles are sometimes periodical, and return regularly once a month, or once in three weeks. In this case they are always to be considered as a salutary discharge, and by no means to be stopped. Some have entirely ruined their health by stopping a periodical discharge of blood from the hæmorrhoidal veins.

In the *blind piles*, bleeding is generally of use. The diet must be light and thin, and the drink cool and diluting. It is likewise necessary that the body be kept gently open. This may be done by small doses of the flowers of brimstone and cream of tartar. They may be mixed in equal quantities, and a tea-spoonful taken two or three times a day, or oftener if necessary. Or an ounce of the flowers of brimstone, and half an ounce of purified nitre, may be mixed with three or four ounces of the lenitive electuary, and a tea-spoonful of it taken three or four times a day.

Various ointments, and other external applications, are recommended in the piles; but I do not remember to have seen any effects from these worth mentioning. Their principal use is to keep the part moist, which may be done as well by a soft poultice, or an emollient cataplasm. When the pain, however, is very great, a liniment made of two ounces of emollient ointment, and half an ounce of liquid laudanum, beat up with the yolk of an egg, may be applied. *Tissot. Buchan.*

The Quinsey, or Inflammation of the Throat.

In general it proceeds from the same causes as other inflammatory disorders, *viz.* an obstructed perspiration, or whatever heats or inflames the blood. An inflammation of the throat is often occasioned by omitting some part of the covering usually worn about the neck, by drinking cold liquor when the body is warm, by riding or walking against a cold northerly wind, or any thing that greatly cools the throat, and parts adjacent. It may likewise proceed from the neglect of bleeding, purging, or any other customary evacuation.

The inflammation of the throat is evident from inspection, the parts appearing red and swelled; besides, the patient complains of pain in swallowing. His pulse is quick and hard, with other symptoms of a fever. If blood be let, it is generally covered with a tough coat of a whitish colour, and the patient spits a tough phlegm. As the swelling and inflammation increase, the breathing and swallowing become more difficult; the pain affects the ears; the eyes generally appear red, and the face swells. The patient is often obliged to keep himself

in an erect posture, being in danger of suffocation; there is a constant nausea, or inclination to vomit, and the drink, instead of passing into the stomach is often returned by the nose. The patient is frequently starved at last, merely from an inability to swallow any kind of food.

When the breathing is laborious, with straitness of breast and anxiety, the danger is great. Though the pain in swallowing be very great, yet while the patient breathes easy, there is not so much danger. An external swelling is no unfavourable symptom; but if it suddenly falls, and the disease affects the breast, the danger is very great. When a quinsy is the consequence of some other disease, which has already weakened the patient, his situation is dangerous. A frothing at the mouth, with a swelled tongue, a pale, ghastly countenance, and coldness of the extremities, are fatal symptoms.

It is highly necessary that the patient be kept easy and quiet. Violent affections of the mind, or great efforts of the body, may prove fatal. He should never even attempt to speak but in a low voice. Such a degree of warmth as to promote a constant, gentle sweat, is proper. When the patient is in bed, his head ought to be raised a little higher than usual.

It is peculiarly necessary that the neck be kept warm; for which purpose several folds of soft flannel may be wrapped round it. That alone will often remove a slight complaint of the throat, especially if applied in due time. We cannot here omit observing the propriety of a custom which prevails among the peasants of this country:—when they feel any uneasiness of the throat, they wrap a stocking about it all night. So effectual is this remedy, that in many places it passes for a charm, and the stocking is applied with particular ceremonies. The custom, however, is undoubtedly a good one, and should never be neglected. When the throat has been thus wrapped up all night, it must not be exposed to the cold air through the day, but an handkerchief; or a piece of flannel, kept about it till the inflammation be removed.

The jelly of black currants is a medicine very much in esteem for complaints of the throat; and indeed it is of some use. It should be almost constantly kept in the mouth, and swallowed down leisurely. It may likewise be mixed in the patient's drink, or taken any other way. When it cannot be obtained, the jelly of red currants, or of mulberries, may be used in its stead.

Gargles for the throat are very beneficial. They may be made of sage tea, with a little vinegar and honey, or by adding to half an English pint of the pectoral decoction, two or three spoonfuls of honey, and the same quantity of currant jelly. This may be used three or four times a day; and if the patient

be troubled with tough viscid phlegm, the gargle may be rendered more sharp and cleansing, by adding to it a tea-spoonful of the spirit of *sal ammoniac*. Some recommend gargles made of a decoction of the leaves or bark of the blackberry bush; but where the jelly can be had, this is unnecessary.

An inflammation of the throat being a most acute and dangerous distemper, which sometimes takes off the patient very suddenly, it will be proper, as soon as the symptoms appear, to bleed in the arm, or rather in the jugular vein, and to repeat the operation as circumstances require.

It sometimes happens, before the ulcer breaks, that the swelling is so great as entirely to prevent any thing from getting down into the stomach. In this case, the patient must inevitably perish, unless he can be supported in some other way. This can only be done by nourishing clysters of broth, or gruel, with milk, &c. Patients have often been supported by these for several days, till the tumour has broke; and afterwards they have recovered. *Huxham. Fothergill.*

The Rheumatism.

The *acute* rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, thirst, and other symptoms of a fever. Afterwards the patient complains of flying pains, which are increased by the least motion. These at last fix in the joints, which are often attended with swelling and inflammation. If blood be let in this disease, it has generally the same appearance as in the pleurisy.

In this kind of rheumatism, the treatment of the patient is nearly the same as in an acute or inflammatory fever.

The *chronic* rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part of the body, as the shoulders, the back, or the loins. There is seldom any inflammation or swelling in this case. Persons in the decline of life are most subject to the chronic rheumatism. In such patients it often proves extremely obstinate, and sometimes incurable.

In this kind of rheumatism, the regimen should be nearly the same as in the acute. Cool and diluting diet, consisting chiefly of vegetable substances, as stewed prunes, coddled apples, currants or gooseberries boiled in milk, is most proper. Arbuthnot says, "If there be a specific in aliment for the rheumatism, it is certainly whey;" and adds, "that he knew a person subject to this disease, who could never be cured by any other method but a diet of whey and bread." He likewise says, "that cream of tartar in water gruel, taken for several days, will ease rheumatic pains considerably. This I have

have often experienced, but found it always more efficacious when joined with gum guaiacum.

What I have generally found answer better than either of these, in obstinate fixed rheumatic pains, is the *warm plaster*, made as follows: "Take of gum plaster, one ounce; blistering plaster, two drachms; melt them together over a gentle fire." I have likewise known a plaster of Burgundy pitch, worn for some time on the part affected, give great relief in rheumatic cases. Dr. Alexander says, "He has frequently cured many obstinate rheumatic pains, by rubbing the part affected with tincture of cantharides." When the common tincture did not succeed, he used it of a double or treble strength. Cupping upon the part affected is likewise very often beneficial, and is greatly preferable to the application of leeches.

There are several of our own domestic plants which may be used with advantage in the rheumatism. One of the best, is the white *mustard*. A table spoonful of the seed of this plant may be taken twice or thrice a day, in a glass of water or small wine. The water trefoil is likewise of great use in this complaint. It may be infused in ale or wine, or drank in form of tea. The ground-ivy, camomile, and several other bitters, are also beneficial, and may be used in the same manner. No benefit however is to be experienced from these, unless they be taken for a considerable time. *Tiffot. Arbutnot.*

The Rickets.

As this disease is often attended with evident signs of weakness and relaxation, our chief aim in the cure must be to brace and strengthen the solids, and to promote digestion and the due preparation of the fluids. These important ends will be best answered by wholesome nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise. If the child has a bad nurse, who either neglects her duty or does not understand it, she should be changed. If the season be cold, the child ought to be kept warm; and when the weather is hot, it ought to be kept cool; as sweating is apt to weaken it, and too great a degree of cold has the same effect. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

The diet ought to be dry and nourishing, as good bread, roasted flesh, &c. Biscuit is generally reckoned the best bread, and pigeons, pullets, veal, rabbits, or mutton, roasted or minced, are the most proper flesh. If the child be too young for flesh meats, he may have rice, millet, or pearl barley, boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine-glass of mild ale, or good porter.

Sometimes

Sometimes issues have been found beneficial in this disease. They are peculiarly necessary for children who abound with gross humours. An infusion of the Peruvian bark, in wine or ale, would be of service, were it possible to bring children to take it. I might here mention many other medicines which have been recommended for the rickets; but as there is far more danger in trusting to these, than in neglecting them altogether, I chuse rather to pass them over, and to recommend a proper regimen as the thing chiefly to be depended upon. *Buchan.*

The Scurvy.

This disease may be known by unusual weariness, heaviness, and difficulty of breathing, especially after motion; rottenness of the gums, which are apt to bleed on the slightest touch; a stinking breath; frequent bleeding at the nose; crackling of the joints; difficulty of walking; sometimes a swelling, and sometimes a falling away of the legs, on which there are livid, yellow or violet-coloured spots; the face is generally of a pale or leaden colour. As the disease advances, other symptoms come on; as rottenness of the teeth, hæmorrhages, or discharges of blood from different parts of the body, foul obstinate ulcers, pains in various parts, especially about the breast, dry scaly eruptions all over the body, &c. At last, a wasting or hectic fever comes on, and the miserable patient is often carried off by a dysentery, a diarrhæa, a dropsy, the palsy, fainting fits, or a mortification of some of the bowels.

I know no way of curing this disease, but by pursuing a plan directly opposite to that which it brings on. It proceeds from a vitiated state of the humours, occasioned by errors in diet, air, exercise; and these cannot be removed but by a proper attention to these important articles.

If the patient has been obliged to breathe a cold damp, or confined air, he should be removed, as soon as possible, to a dry, open, and moderately warm one. If there is reason to believe that the disease proceeds from a sedentary life, or depressing passions, as grief, fear, &c. the patient must take daily as much exercise in the open air as he can bear, and his mind should be diverted by cheerful company, and other amusements. Nothing has a greater tendency either to prevent or remove this disease, than constant cheerfulness and good humour. But this, alas! is seldom the lot of persons afflicted with the scurvy; they are generally surly, peevish, and morose.

When the scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting of fresh vegetables; as oranges, apples, lemons, limes, tamarinds, water cresses, scurvy grass, brook lime, &c. The use of these, with milk, pot herbs, new bread, and fresh beer or cyder, will seldom fail to remove a scurvy of this kind, if taken before it be too far advanced;

advanced; but to have this effect, they must be persisted in for a considerable time.

I have often seen very extraordinary effects in the land-scurvy, from a milk diet. This preparation of nature, is a mixture of animal and vegetable properties, which of all others is the most fit for restoring a decayed constitution, and removing that particular acrimony of the humours which seems to constitute the very essence of the scurvy, and many other diseases. But people despise this wholesome and nourishing food because it is cheap; and devour with greediness flesh and fermented liquors, while milk is only deemed fit for their hogs.

The most proper drink in the scurvy is whey or butter-milk. When these cannot be had, sound cyder, perry, or spruce beer, may be used. Wort has likewise been found to be a proper drink in the scurvy, and may be used at sea, as malt will keep during the longest voyage. A decoction of the tops of the spruce fir, is likewise proper. It may be drank in the quantity of an English pint twice a-day. Tar water may be used for the same purpose, or decoctions of any of the mild mucilaginous vegetables; as sarsaparilla, marsh-mallow roots, &c. Infusions of the bitter plants, as ground-ivy, the lesser centaury, marsh trefoil, &c. are likewise beneficial. I have seen the peasants in some parts of Britain express the juice of the last-mentioned plant, and drink it with good effect in those foul scorbutic eruptions with which they are often troubled in the spring season.

A slight degree of scurvy may be carried off by frequently sucking a little of the juice of a bitter orange, or a lemon. When the disease affects the gums only, this practice, if continued for some time, will generally carry it off. We would, however, recommend the bitter orange, as greatly preferable to lemon; it seems to be as good a medicine, and is not nearly so hurtful to the stomach. Perhaps our own sorrel may be little inferior to either of them.

All kinds of salad are good in the scurvy, and ought to be eat very plentifully, as spinach, lettuce, parsley, cellery, endive, radish, dandelion, &c. It is amazing to see how soon fresh vegetables in the spring cure the brute animals of any scab or foulness which is upon their skins. It is reasonable to suppose, that their effect would be as great upon the human species, were they used in proper quantity for a sufficient length of time.
Buchan. Chambers.

Spitting of Blood, &c.

Spontaneous, or involuntary discharges of blood, often happen from various parts of body. These, however are so far from being always dangerous, that they prove often salutary. When such discharges are critical, which is frequently the case
in

in fevers, they ought not to be stopped. Nor indeed is it proper at any time to stop them, unless they be so great as to endanger the patient's life. Most people, afraid of the smallest discharge of blood from any part of the body, fly immediately to the use of styptic and astringent medicines, by which means an inflammation of the brain, or some other fatal disease is occasioned, which, had the discharge been allowed to go on, might have been prevented.

In the early part of life, bleeding at the nose is very common. Those who are further advanced in years, are more liable to hæmoptoe, or discharge of blood from the lungs. After the middle period of life, hæmorrhoidal fluxes are most common; and in the decline of life, discharges of blood from the urinary passages.

Involuntary fluxes of blood may proceed from very different, and often from quite opposite causes. Sometimes they are owing to a particular construction of the body, as a sanguine temperament, a laxity of the vessels, a plethoric habit, &c. At other times they proceed from a determination of the blood towards one particular part, as the head, the hæmorrhoidal veins, &c. They may likewise proceed from an inflammatory disposition of the blood, in which case there is generally some degree of fever; this likewise happens when the flux is occasioned by an obstructed perspiration, or a stricture upon the skin, the bowels, or any particular part of the system.

The cure of an hæmorrhage must be adapted to its cause. When it proceeds from too much blood, or a tendency to inflammation, bleeding, with gentle purges, and other evacuations, will be necessary. It will likewise be proper for the patient in this case to live chiefly upon a vegetable diet, to avoid all strong liquors, and food that is of an acrid, hot, and stimulating quality. The body should be kept cool, and the mind easy.

When an hæmorrhage is owing to a putrid, or dissolved state of the blood, the patient ought to live chiefly upon acid fruits, with milk and vegetables of a nourishing nature, as fago, falop, &c. His drink may be wine diluted with water, and sharpened with the juice of lemon, vinegar, or spirits of vitriol. The best medicine in this case is the Peruvian bark, which may be taken according to the urgency of the symptoms.

When a flux of blood is the effect of acrid food, or of strong stimulating medicines, the cure is to be effected by soft and mucilaginous diet. The patient may likewise take frequently about the bulk of a nutmeg of Locatelli's balsam, or the same quantity of sperma-ceti.

When an obstructed perspiration, or a stricture upon any part of the system is the cause of an hæmorrhage, it may be removed

removed by drinking warm diluting liquors, lying a-bed; bathing the extremities in warm water, &c. *Tillot.*

The Aphthæ; or Thrush.

The aphthæ are little whitish ulcers affecting the whole inside of the mouth, tongue, throat, and stomach of infants. Sometimes they reach through the whole intestinal canal; in which case they are very dangerous, and often put an end to the infant's life.

If the aphthæ are of a pale colour, pellucid, few in number, soft, superficial, and fall easily off, they are not dangerous; but if opaque, yellow, brown, black, thick, or running together, they ought to be dreaded.

The most proper medicines for the aphthæ, are vomits, and gentle laxatives. Five grains of rhubarb, and half a drachm of *magnesia alba*, may be rubbed together, and divided into six doses, one of which may be given to the infant every four or five hours till they operate. These powders may either be given in the child's food, or a little of the syrup of pale roses, may be repeated as often as is found necessary to keep the body open. It is common in this case to administer calomel; but as that medicine sometimes occasions gripes, it ought always to be given to infants with caution.

Many things have been recommended for gargling the mouth and throat in this disease; but it is not easy to apply these in very young infants. I would, therefore, recommend it to the nurse to rub the child's mouth frequently with a little borax and honey; or with the following mixture:—Take fine honey, an ounce; borax, a drachm; burnt allum, half a drachm; rose-water two drachms; mix them together. A very proper application in this case, is a solution of ten or twelve grains of white vitriol in eight ounces of barley-water. These may be applied with the finger, or by means of a bit of soft rag tied to the end of a probe. *Buchan.*

The Tooth-ach.

This disease is so well known, that it needs no description. It has great affinity with the rheumatism, and often succeeds pains of the shoulders, and other parts of the body.

It may proceed from obstructed perspiration, or any of the other causes of inflammation. I have often known the tooth-ach occasioned by neglecting some part of the usual coverings of the head, by sitting with the bare head near an open window, or exposing it any how to a draught of cold air. Food or drink taken either too hot or too cold, is very hurtful to the teeth. Great quantities of sugar, or other sweetmeats, are likewise hurtful. Nothing is more destructive to the teeth than cracking nuts, or chewing any kind of hard substances. Pick-
ing

ing the teeth with pins, needles, or any thing that may hurt the enamel with which they are covered, does great mischief, as the tooth is sure to be spoiled whenever any thing gets into it. Breeding women are very subject to the tooth-ach, especially during the first three or four months of pregnancy. The tooth ach often proceeds from scorbutic humours affecting the gums. In this case the teeth are sometimes wasted, and fall out without any considerable degree of pain. The more immediate cause of the tooth-ach is a rotten or *carious* tooth.

In order to relieve the tooth-ach, we must first endeavour to draw off the humours from the part affected. This may be done by mild purgatives, scarifying the gums, or applying leeches to them, and bathing the feet frequently with warm water. The perspiration ought likewise to be promoted, by drinking freely of weak wine whey, or other diluting liquors, with small doses of nitre. Vomits too, have often an exceeding good effect in the tooth-ach. It is seldom safe to administer opiates, or any kind of heating medicines, or even to draw a tooth till proper evacuations have been premised, and these alone will often effect the cure.

If this fails, and the pain and inflammation still increase, a suppuration may be expected, to promote which, a toasted fig should be held between the gums and the cheek; bags filled with boiled camomile flowers, flowers of elder, or the like, may be applied near the part affected, with as great a degree of warmth as the patient can bear, and renewed as they grow cold. The patient may likewise receive the steam of warm water into his mouth, through an inverted funnel, or by holding his head over the mouth of a porringer filled with warm water, &c.

Such things as promote the discharge of saliva, or cause the patient to spit, are generally of service. For this purpose, bitter, hot, or pungent vegetables may be chewed; as gentian, calamus aromaticus, or pellitory of Spain.

Opiates often relieve the tooth-ach. For this purpose, a little cotton wet with laudanum may be held between the teeth; or a piece of sticking plaster, about the bigness of a shilling, with a bit of opium in the middle of it, of a size not to prevent the sticking of the other, may be laid on the temporal artery, where the pulsation is most sensible. *De la Motte* affirms, that there are few cases wherein this will not give relief. If there be a hollow tooth, a small pill made of equal parts of camphor and opium put into the hollow, is often beneficial. When this cannot be had the hollow tooth may be filled with gum mastich, wax, lead, or any substance that will stick in it, and keep out the external air.

Keeping the teeth clean has no doubt a tendency to prevent

the tooth ach. The best method of doing this is to wash therewith daily with salt and water, a decoction of the bark, or with cold water alone. All brushing and scraping of the teeth is dangerous, and unless it be performed with great care, does mischief. *De la Motte, Buchan.*

The Bite of the Viper.

The greafe of this animal rubbed into the wound, is said to cure the bite. Though that is all the viper catchers generally do when bit, I should not think it sufficient for the bite of an enraged viper. It would be surely more safe to have the wound well sucked*, and afterwards rubbed with warm salad oil. A poultice of bread and milk, softened with salad oil, should likewise be applied to the wound; and the patient ought to drink freely of vinegar whey, or water-gruel with vinegar in it, to make him sweat. Vinegar is one of the best medicines that can be used in any kind of poison, and ought to be taken very liberally. If the patient be sick, he may take a vomit. This course will be sufficient to cure the bite of any of the poisonous animals of this country.

The Sting of Wasps, Hornets, Bees, &c.

The stings of these poisonous insects are seldom attended with danger, unless when a person happens to be stung by a great number of them at the same time; in which case something should be done to abate the inflammation and swelling. Some, for this purpose, apply honey, others lay pounded parsley to the part. A mixture of vinegar and Venice treacle is likewise recommended; but I have always found rubbing the part with warm salad oil succeed very well. Indeed, when the stings are so numerous as to endanger the patient's life, which is sometimes the case, he must not only have oily poultices applied to the part, but must likewise be bled, and take some cooling medicines, as nitre, or cream of tartar, and should drink plentifully of diluting liquors. *Buchan.*

Worms.

Though numberless medicines are extolled for killing and

* *The practice of sucking out poisons is very ancient, and indeed nothing can be more rational. When the bite cannot be cut out, this is the most likely way for extracting poison. There can be no danger in performing this office, as the poison does no harm unless it be taken into the body by a wound. The person who sucks the wound ought, however, to wash his mouth frequently with salad oil, which will save him from even the least inconveniency. The Bfylli in Africa, and the Merfi in Italy, are famed for curing the bites of poisonous animals by sucking the wound; and we are told that the Indians in North America practice the same at this day.*

expelling worms, yet no disease more frequently baffles the physicians' skill. In general, the most proper medicines for their expulsion, are strong purgatives; and to prevent their breeding, stomachic bitters, with now and then a glass of good wine.

The best purge for an adult is jalap and calomel. Five and twenty or thirty grains of the former, with six or seven of the latter, mixed in syrup, may be taken early in the morning, for a dose. It will be proper that the patient keep the house all day, and drink nothing cold. The dose may be repeated once or twice a week, for a fortnight or three weeks. On the intermediate days, the patient may take a drachm of the powder of tin, twice or thrice a day, mixed with syrup, honey, or treacle.

Those who do not chuse to take calomel, may make use of the bitter purgatives; as aloes, hiera picra, tincture of fenna, and rhubarb, &c.

Oily medicines are sometimes found beneficial for expelling worms. An ounce of salad oil and a table-spoonful of common salt may be taken in a glass of red port wine thrice a day, or oftener if the stomach will bear it. But the more common form of using oil is in clysters. Oily clysters, sweetened with sugar or honey, are very efficacious in bringing away the short round worms called *ascarides*, and likewise the *teres*.

I have frequently known those big bellies, which in children are commonly reckoned a sign of worms, quite removed by giving them white soap in their pottage, or other food. Tansy, garlic, and rue, are all good against worms, and may be used various ways. I might have mentioned many other plants, both for external and internal use, as the cabbage-bark, &c. but think the powder of tin, with Ethiops mineral, and the purges of rhubarb and calomel, are more to be depended on.

Ball's purging vermifuge powder is a very powerful medicine. It is made of equal parts of rhubarb, scammony, and calomel, with as much double refined sugar as is equal to the weight of all the other ingredients. These must be well mixed together, and reduced to a fine powder. The dose for a child, is from ten grains to twenty, one or twice a week. An adult may take a drachm for a dose.

Parents who would preserve their children from worms ought to allow them plenty of exercise in the open air; to take care that their food be wholesome and sufficiently solid; and, as far as possible, to prevent their eating raw herbs, roots, or green trashy fruits. It will not be amiss to allow a child who is subject to worms, a glass of red wine after meals; as every thing that braces and strengthens the stomach is good both for preventing and expelling these vermin. *Ball. Buchan.*

Of Vomiting.

Vomiting may proceed from various causes; as excess in eat-

ing and drinking; foulness of the stomach; the acrimony of the aliments; a translocation of the morbid matter of ulcers, of the gout, the erysipelas, or other diseases of the stomach. It may likewise proceed from a looseness having been too suddenly stopped; from the stoppage of any customary evacuation, as the bleeding piles, the *menfes*, &c. from a weakness of the stomach, the cholick, the iliac passion, a rupture, a fit of the gravel, worms, or from any kind of poison taken into the stomach. It is an usual symptom of injuries done to the brain; as contusions, compressions, &c.

Vomiting may be occasioned by unusual motions; as sailing, being drawn backwards in a cart or coach, &c. It may likewise be excited by violent passions, or by the idea of nauseous or disagreeable objects, especially of such things as have formerly produced vomiting. Sometimes it proceeds from a regurgitation of the bile into the stomach; in this case, what the patient vomits is generally of a yellow or greenish colour, and has a bitter taste. Persons who are subject to nervous affections are often suddenly seized with violent fits of vomiting. Lastly, vomiting is a common symptom of pregnancy. In this case it generally comes on about two weeks after the stoppage of the *menfes*, and continues during the first three or four months.

When vomiting proceeds from a foul stomach or indigestion, it is not to be considered as a disease, but as the cure of a disease. It ought therefore to be promoted by drinking lukewarm water, or thin gruel. If this does not put a stop to the vomiting, a dose of ipecacuanha may be taken, and worked off with weak camomile-tea.

When the obstruction of customary evacuations occasion vomiting, all means must be used to restore these discharges; or, if that cannot be effected, their place must be supplied by others, as bleeding, purging, bathing the extremities in warm water, opening issues, setons, perpetual blisters, &c.

When vomiting is the effect of pregnancy, it may generally be mitigated by bleeding, and keeping the body gently open. The bleeding however ought to be in small quantities at a time, and the purgatives should be of the mildest kind, as figs, stewed prunes, manna, or senna. Pregnant women are most apt to vomit in the morning, immediately after getting out of bed, which is owing partly to the change of posture, but more to the emptiness of the stomach. It may generally be prevented by taking a dish of coffee, tea, or some light breakfast in bed.

If vomiting proceeds from weakness of the stomach, bitters will be of service. Peruvian bark infused in wine or brandy, with as much rhubarb as will keep the body gently open, is an excellent medicine in this case. Habitual vomitings are sometimes alleviated by making oysters a principal part of diet.

A vomit-

A vomiting which proceeds from acidities in the stomach, is relieved by alkaline purges. The best medicine of this kind is the magnesia alba, a tea-spoonful of which may be taken in a dish of tea or a little milk, three or four times a day, or oftener if necessary, to keep the body open.

When vomiting proceeds from violent passions, or affections of the mind, all evacuants must be carefully avoided, especially vomits. These are exceedingly dangerous. The patient in this case ought to be kept perfectly easy and quiet, to have the mind soothed, and to take some gentle cordial, as negus, or a little brandy and water, to which a few drops of laudanum may occasionally be added.

Suppression of Urine.

Suppression of urine may proceed from various causes; as an inflammation of the kidneys, or bladder; small stones or gravel lodging in the urinary passages; hard *faces* lying in the *rectum*; pregnancy; a spasm or contraction of the neck of the bladder; clotted blood in the bladder itself; a swelling of the hæmorrhoidal veins, &c.

In these cases a bougie may be used by any cautious hand, and will often succeed.

In all obstructions of urine, the body ought to be kept open. This is not however to be attempted by strong purgatives, but by emollient clysters, or gentle infusions of senna and manna. Clysters in this case not only open the body, but answer the purpose of an internal fomentation, and greatly assist in removing the spasms of the bladder and parts adjacent.

The food must be light, and taken in small quantities. The drink may be weak broth, or decoctions and infusion; of mucilaginous vegetables, as marsh-mallow roots, lime-tree buds, &c. A tea spoonful of the sweet spirits of nitre, or a drachm of Castile soap, may be frequently put into the patient's drink; and, if there be no inflammation, he may drink small gin-punch.

Persons subject to a suppression of urine ought to live very temperate. Their diet should be light, and their liquor diluting. They should avoid all acids and austere wines, should take sufficient exercise, lie hard, and avoid study and sedentary occupations.

Bleeding at the Nose.

Bleeding at the nose is commonly preceded by some degree of quickness of the pulse, flushing in the face, pulsation of the temporal arteries, heaviness in the head, dimness of the sight, heat and itching of the nostrils, &c.

To persons who abound with blood, this discharge is very salutary. It often cures a vertigo, the head-ach, a phrenzy, and even an epilepsy. In fevers, where there is a great deter-

mination of blood towards the head, it is of the utmost service. It is likewise beneficial in inflammations of the liver and spleen, and often in the gout and rheumatism. In all diseases where bleeding is necessary, a spontaneous discharge of blood from the nose is of much more service than the same quantity let with a lancet.

In a discharge of blood from the nose, the great point is to determine whether it ought to be stopped or not. It is a common practice to stop the bleeding, without considering whether it be a disease, or the cure of a disease. This conduct proceeds from fear; but it has often bad, and sometimes fatal consequences.

When a discharge of blood from the nose happens in an inflammatory disease, there is always reason to believe that it may prove salutary; and therefore it should be suffered to go on, at least as long as the patient is not weakened by it.

When it happens to persons in perfect health, who are full of blood, it ought not to be suddenly stopped. In this case, whenever bleeding at the nose relieves any bad symptom, and does not proceed so far as to endanger the patient's life, it ought not to be stopped. But when it returns frequently, or continues till the pulse becomes low, the extremities begin to grow cold, the lips pale, or the patient complains of being sick or faint, it must immediately be stopped.

For this purpose, the patient should be set nearly upright, with his head reclining a little, and his legs immersed in water, about the warmth of new milk. His hands ought likewise to be put in lukewarm water, and his garters may be tied a little tighter than usual.

Internal medicines can hardly be of use here, as they have seldom time to operate. It may not, however, be amiss to give the patient half an ounce of Glauber's salt, and the same quantity of manna, dissolved in four or five ounces of barley-water. This may be taken at a draught, and repeated, if it does not operate, in a few hours.

If the genitals be immersed for some time in cold water, it will generally stop a bleeding at the nose. This generally succeeds.

After the bleeding is stopped, the patient ought to be kept as easy and quiet as possible. He should not pick his nose, nor take away the tents or clotted blood, till they fall off of their own accord, and should not lie with his head low. *Buchan, Chambers.*

Head-Ach.

Sometimes the pain is internal, sometimes external; sometimes it is an original disease, and at other times only symptomatic. When the head-ach proceeds from a hot bilious habit,

habit, the pain is very acute and throbbing, with a considerable heat of the part affected. When from a cold phlegmatic habit, the patient complains of a dull heavy pain, and has a sense of coldness in the part. This kind of head-ach is sometimes attended with a degree of stupidity or folly.

In persons of a full habit, who abound with blood, or other humours, the head-ach often proceeds from the suppression of customary evacuations; as bleeding at the nose, sweating of the feet, &c. Also coldness of the extremities, or hanging down the head for a long time. Whatever prevents the return of the blood from the head, will likewise occasion a head-ach; as looking long obliquely at any object, or wearing any thing tight about the neck.

Sometimes the head-ach proceeds from the repulsion or retrocession of the gout, the erysipelas, the small-pox, measles, itch, or other eruptive diseases. Inanition, or emptiness, will also occasion head-achs. Nurses who give suck too long, or who do not take a sufficient quantity of solid food.

There is likewise a most violent, fixed, constant, and almost intolerable head-ach, which occasions great debility both of body and mind, prevents sleep, destroys the appetite, causes a *vertigo*, dimness of sight, a noise in the ears, convulsions, epileptic fits, and sometimes vomiting, costiveness, coldness of the extremities, &c.

When a head-ach attends an acute fever, with pale urine, it is an unfavourable symptom. In excessive head-achs, coldness of the extremities is a bad sign.

When the disease continues long, and is very violent, it often terminates in blindness, an apoplexy, deafness, a *vertigo*, the palsy, epilepsy, &c.

In this disease the cool regimen in general is to be observed. The diet ought to consist of such emollient substances as will correct the acrimony of the humours, and keep the body open; as apples boiled in milk, spinach, turnips, and such like. The drink ought to be diluting; such as barley-water. The patient ought as much as possible to keep in an erect posture, and not to lie with his head too low.

When the head-ach is owing to excess of blood, or an hot bilious constitution, bleeding is necessary. The patient may be bled in the jugular vein, and the operation repeated if there be occasion. Cupping also, or the application of leeches to the temples, and behind the ears, will be of service. Afterwards a blistering-plaster may be applied to the neck, behind the ears, or to any part of the head that is most affected. In some cases it will be proper to blister the whole head. In persons of a gross habit, issues or perpetual blisters will be of service. The body ought likewise to be kept open by gentle laxatives.

When the head-ach is occasioned by the stoppage of a running at the nose, the patient should frequently smell to a bottle of volatile salts; he may likewise take snuff, or any thing that will irritate the nose, so as to promote a discharge from it; as the herb mastich, gound-ivy, &c.

A *hemisrania*, especially a periodical one, is generally owing to a foulness of the stomach, for which gentle vomits must be administered, as also purges of rhubarb.

When the patient cannot bear the loss of blood, his feet ought frequently to be bathed in lukewarm water, and well rubbed with a coarse cloth. Cataplasms with mustard or horse-radish ought likewise to be applied to them. This course is peculiarly necessary when the pain proceeds from a gouty humour affecting the head.

When the head-ach is occasioned by great heat, hard labour, or violent exercise of any kind, it may be allayed by cooling medicines, as the saline draughts with nitre, and the like.

A little of Ward's essence, dropped into the palm of the hand, and applied to the forehead, will sometimes remove a violent head-ach; and so will æther, when applied in the same manner,

The Ear-Ach.

This disorder is sometimes so violent, as to occasion great restlessness, anxiety, and even delirium.

It often proceeds from a sudden suppression of perspiration, or from the head being exposed to cold when covered with sweat. It may also be occasioned by worms, or other insects getting into the ear, or being bred there; or from any hard body sticking in the ear.

When the ear-ach proceeds from insects, or any hard body sticking in the ear, every method must be taken to remove them as soon as possible. The membranes may be relaxed by dropping into the ear oil of sweet almonds, or olive oil. Afterwards the patient should be made to sneeze, by taking snuff, or some strong sternutatory. If this should not force out the body, it must be extracted by art. Insects sometimes come out upon pouring in oil, which is a thing they cannot bear.

When the pain of the ear proceeds from inflammation, it may be fomented. An exceeding good method of fomenting the ear is to apply it close to the mouth of a jug filled with warm water, or a strong decoction of camomile-flowers.

The patient's feet should be frequently bathed in lukewarm water, and he ought to take small doses of nitre and rhubarb, *viz.* a scruple of the former, and ten grains of the latter, three times a day. His drink may be whey, or decoction of barley and liquorice with figs or raisins. The parts behind the ear ought frequently to be rubbed with camphorated oil, or a little of the volatile liniment.

Pains in the Stomach.

This may proceed from various causes; as indigestion; wind; the acrimony of the bile; sharp, acrid, or poisonous substances taken into the stomach, &c. It may likewise be occasioned by worms; the stoppage of customary evacuations; a translation of gouty matter to the stomach, the bowels, &c.

Women in the decline of life are very liable to pains of the stomach and bowels, especially such as are afflicted with hysteric complaints. It is likewise very common to hypochondriac men of a sedentary and luxurious life. In such persons it often proves so extremely obstinate as to baffle all the powers of medicine.

When the pain of the stomach is most violent after eating, there is reason to suspect that it proceeds from some fault either in the digestion or in the food. In this case the patient ought to change his diet till he finds what kind of food agrees best with his stomach, and should continue chiefly to use it. If a change of diet does not remove the complaint, the patient may take a gentle vomit, and afterwards a dose or two of rhubarb. He ought likewise to take an infusion of camomile flowers, or some other stomachic bitter, either in wine or water. I have often known exercise remove this complaint, especially sailing, or a long journey on horseback, or in a carriage.

When a pain of the stomach proceeds from flatulency, the patient is constantly belching up wind, and feels an uneasy distention of the stomach after meals. This is a most deplorable disease, and is seldom thoroughly cured. In general, the patient ought to avoid all windy diet, and every thing that fours on the stomach, as greens, roots, &c.

If a pain of the stomach proceed from the stoppage of customary evacuations, bleeding will be necessary, especially in sanguine and very full habits. It will likewise be of use to keep the body gently open by mild purgatives, as rhubarb or senna, &c. When this disease affects women, in the decline of life, after the stoppage of the *menfes*, making an issue in the leg or arm will be of peculiar service.

The Heart-burn.

What is commonly called the *heart-burn*, is not a disease of that organ, but an uneasy sensation of heat or acrimony about the pit of the stomach, which is sometimes attended with anxiety, nausea, and vomiting.

Persons who are liable to this complaint ought to avoid stale liquors, acids, windy or greasy aliments, and should never use violent exercise soon after a plentiful meal. I know many persons who never fail to have the heart-burn if they ride soon after dinner, provided they have drank ale, wine, or any fermented

mented liquor; but are never troubled with it when they have drank rum or brandy and water without any sugar or acid.

When the heart-burn proceeds from debility of the stomach, or indigestion, the patient ought to take a dose or two of rhubarb; afterwards he may use infusions of the Peruvian bark, or any other of the stomachic bitters, in wine or brandy. Exercise in the open air will likewise be of use, and every thing that promotes digestion.

When bilious humours occasion the heart-burn, a tea-spoonful of the sweet spirit of nitre in a glass of water, or a cup of tea, will generally give ease. If it proceeds from the use of greasy aliments, a dram of brandy or rum may be taken.

If acidity or sourness of the stomach occasions the heart-burn, absorbents are the proper medicines. In this case an ounce of powdered chalk, half an ounce of fine sugar, and a quarter of an ounce of gum-arabic, may be mixed in an English quart of water, and a tea-cupful of it taken as often as is necessary. Such as do not chuse chalk may take a tea-spoonful of prepared oyster shells, or of the powder called crabs-eyes, in a glass of cinnamon or peppermint-water. But the safest and best absorbent is *magnesia alba*. This not only acts as an absorbent, but likewise as a purgative; whereas chalk, and other absorbents, of that kind, are apt to lie in the intestines, and occasion obstructions. This powder is not disagreeable, and may be taken in a cup of tea, or a glass of mint-water. A large tea-spoonful is the usual dose; but it may be taken in a much greater quantity when there is occasion. These things are now generally made up into lozenges for the conveniency of being carried in the pocket, and taken at pleasure.

If wind be the cause of this complaint, the most proper medicines are those called carminatives; as anniseeds, juniper-berries, ginger, canella alba, cardamom seeds, &c. These may either be chewed, or infused in wine, brandy, or other spirits. One of the safest medicines of this kind is the tincture made by infusing an ounce of rhubarb, and a quarter of an ounce of the lesser cardamom seeds, in an English pint of brandy. After this has digested for two or three days, it ought to be strained, and four ounces of white sugar candy added to it. It must stand to digest a second time till the sugar be dissolved. A table-spoonful of it may be taken occasionally for a dose.

The heart-burn has often been cured, particularly in pregnant women, by chewing green tea.

The Hiccup.

This may proceed from excess in eating or drinking; from a hurt of the stomach; poisons; inflammations or schirrous tumours of the stomach, intestines, bladder, midriff, or the rest of the

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the viscera. In gangrenes, acute and malignant fevers, a hiccup is often the forerunner of death.

When the hiccup proceeds from the use of ailment that is flatulent, or hard of digestion, a draught of generous wine, or a drachm of any spiritous liquor, will generally remove it. If poison be the cause, plenty of milk and oil must be drank, as has been formerly recommended. When it proceeds from an inflammation of the stomach, &c. it is very dangerous. In this case the cooling regimen ought to be strictly observed. The patient must be bled, and take frequently a few drops of the sweet spirits of nitre in a cup of wine whey. His stomach should likewise be fomented with cloths dipped in warm water, or have bladders filled with warm milk and water applied to it.

When the hiccup proceeds from a gangrene or mortification, the Peruvian bark, with other antiseptics, are the only medicines which have a chance to succeed. When it is a primary disease, and proceeds from a foul stomach, loaded either with a pituitous or a bilious humour, a gentle vomit and purge, if the patient be able to bear them, will be of service.

When the hiccup proves very obstinate, recourse must be had to the most powerful aromatic and antispasmodic medicines. The principal of these is musk; fifteen or twenty grains of which may be made into a bolus, and repeated occasionally. Opiates are likewise of service; but they must be used with caution. A bit of sugar dipped in compound spirits of lavender, or the volatile aromatic tincture, may be taken frequently. External applications are sometimes also beneficial; as the stomach plaster, or a cataplasm of the Venice treacle of the Edinburgh or London dispensatory, applied to the region of the stomach.

Dislocation; vulgarly called a Breaking of the Neck.

This may happen by falls, or violent blows. In this case, if the patient receives no assistance, he soon dies, which makes people imagine the neck was broken: it is, however, for the most part only partially dislocated, and may be reduced by almost any person of resolution. A complete dislocation of the neck is instantaneuous death.

When the neck is dislocated, the patient is deprived of all sense and motion, his countenance is bloated, and his chin lies upon his breast.

To reduce this dislocation, the patient should immediately be laid upon his back on the ground, and the operator must place himself behind him so as to be able to lay hold of his head with both hands, while he makes a resistance by placing his knees against the patient's shoulder. In this posture he must pull

pull the head with force, gently twisting it at the same time, if the face be turned to one side, till he perceives, that the joint is replaced, which may be known from the noise which the bones generally make when going in, the patient's beginning to breathe, and the head continuing in its natural posture.

This is one of those operations which it is more easy to perform than describe. It has been happily performed even by women, and often by men of no medical education. After the neck is reduced, the patient ought to be bled, and should be suffered to rest for some days, till the parts recover their proper tone.

Rickets.

This disease generally attacks children between the age of nine months and two years. It prevails most in towns where the inhabitants follow sedentary employments, neglecting either to take proper exercise themselves, or to give it to their children.

One cause of the rickets is diseased parents. Mothers of a weak relaxed habit, who neglect exercise, and live upon weak watery diet. Accordingly we find, that the children of such women generally die of the rickets, the scrophula, consumptions, or such like diseases. Children begotten by men in the decline of life, who are subject to the gout, the gravel, or other chronic diseases, are likewise very liable to the rickets.

Any disorder that weakens the constitution, as the small-pox, measles, teething, &c. disposes them to this disease. It may likewise be occasioned by improper diet, as food that is either too weak and watery.

Bad nursing is the chief cause of this disease. But children suffer oftener by want of care in nurses than want of food. Allowing an infant to lie or sit too much, or not keeping it thoroughly clean in its clothes, has the most pernicious effects.

The want of free air is likewise very hurtful to children in this respect. A healthy child should always be in motion, unless when asleep; if it be suffered to lie, or sit, instead of being tossed and dandled about, it will not thrive.

At the beginning of this disease the child's flesh grows soft and flabby; its strength is diminished; it loses its wonted cheerfulness, looks more grave and composed than is natural for its age, and does not chuse to be moved. The head and belly become too large in proportion to the other parts; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, especially in the more soft and spongy parts. Hence the wrists and ancles become thicker than usual; the spine or back-bone puts on an unnatural shape; the breast is likewise often deformed.

As this disease is always attended with evident signs of weakness and relaxation, our chief aim in the cure must be to brace and strengthen the solids, and to promote digestion and the due preparation of the fluids. These important ends will be best answered by wholesome nourishing diet, suited to the age and strength of the patient, open dry air, and sufficient exercise. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible.

The diet ought to be dry and nourishing, as good bread, roasted flesh, &c. Biscuits is generally reckoned the best bread, and pigeons, pullets, veal, rabbits, or mutton roasted or minced, are the most proper flesh. If the child be too young for flesh meats he may have rice, millet, or pearl-barley boiled with raisins, to which may be added a little wine and spice. His drink may be good claret, mixed with an equal quantity of water. Those who cannot afford claret, may give the child now and then a wine-glass of mild ale, or good porter.

Medicines are here of little avail. The disease may often be cured by the nurse, but seldom by the physician. In children of a gross habit, gentle vomits and repeated purges of rhubarb may sometimes be of use, but they will seldom carry off the disease; use the cold bath, especially in the warm season. It must however, be done with prudence, as some ricketty children cannot bear it. The best time for using the cold bath is in the morning, and the child should be well rubbed with a dry cloth immediately after he comes out of it. If the child should be weakened by the cold bath, it must be discontinued.

Sometimes issues have been found beneficial in this disease. They are peculiarly necessary for children who abound with gross humours. An infusion of the Peruvian bark in wine or ale would be of great service.

Melancholy.

Melancholy is that state of alienation or weakness of mind which renders people incapable of enjoying the pleasures, or performing the duties of life. It is a degree of insanity, and often terminates in absolute madness.

It may proceed from an hereditary disposition; intense thinking; violent passions or affections of the mind, as love, fear, joy, grief, and such like; also from poisons, a sedentary life, solitude, the suppression of customary evacuations, acute fevers, or other diseases. Violent anger will change melancholy into madness; and excessive cold, especially of the lower extremities, will force the blood into the brain, and produce all the symptoms of madness. To all which we may add gloomy or mistaken notions of religion.

When persons begin to be melancholy, they are timorous, watchful

watchful, fond of solitude, fretful, fickle, captious, and inquisitive, solicitous about trifles; sometimes niggardly, and at other times prodigal. The body is generally bound; the urine thin, and in small quantity; the stomach and bowels inflated with wind, the complexion pale, the pulse slow and weak. The functions of the mind are also greatly perverted, in so much that the patient often imagines himself dead, or changed into some other animal. Some have imagined their bodies were made of glass, or other brittle substances, and were afraid to move, lest they should be broken to pieces. The unhappy patient, in this case, unless carefully watched, is apt to put an end to his own miserable life.

When the disease is owing to an obstruction of customary evacuations, or any bodily disorder, it is easier cured than when it proceeds from affections of the mind, or an hereditary taint. A discharge of blood from the nose, looseness, scabby eruptions, the bleeding piles, or the *menfes*, sometimes carry off this disease.

The diet should consist chiefly of vegetables of a cooling and opening quality. Animal food, especially salted or smoke dried fish or flesh, ought to be avoided.

The most proper drink is water, whey, or small beer. Tea and coffee are improper. If honey agrees with the patient, it may be eaten freely, or his drink may be sweetened with it. Infusions of balm-leaves, penny-royal, the roots of wild valerian, or the flowers of the lime tree, may be drank freely, either by themselves, or sweetened with honey, as the patient shall chuse.

The patient ought to take as much exercise in the open air as he can bear. This promotes the perspiration, and all the other secretions. Every kind of madness is attended with a diminished perspiration; all means ought therefore to be used to promote that necessary and salutary discharge. Were he forced to ride or walk a certain number of miles every day, it would tend greatly to alleviate his disorder.

In the cure of this disease particular attention must be paid to the mind. When the patient is in a low state, his mind ought to be soothed and diverted with a variety of amusements, as entertaining stories, pastimes, music, &c.

When the patient is high, evacuations are necessary. In this case he must be bled, and have his body kept open by purging medicines, as manna, rhubarb, cream of tartar, or the soluble tartar. I have seen the last have very happy effects. It may be taken in the dose of half an ounce, dissolved in water-gruel, every day, for sundry weeks, or even for months, if necessary. More or less may be given according as it operates. Vomits
have

have likewise a good effect; but they must be pretty strong, otherwise they will not operate.

Whatever increases the evacuation of urine or promotes perspiration, has a tendency to remove this disease. Both these secretions may be promoted by the use of nitre and vinegar.

Wounds.

No part of medicine has been more mistaken than the treatment or cure of wounds. Mankind in general believe that certain herbs, ointments, and plasters are possessed of wonderful healing powers, and imagines that no wound can be cured without the application of them. It is however a fact, that no external application whatever contributes towards the cure of a wound, any other way than by keeping the parts soft, clean, and defending them from the external air, which may be as effectually done by dry lint, as by the most pompous applications, while it is exempt from many of the bad consequences attending them.

The same observation holds with respect to internal applications. These only promote the cure of wounds as far as they tend to prevent a fever, or to remove any cause that might obstruct or impede the operations of Nature. It is Nature alone that cures wounds.

I shall, however, confine myself to external wounds, recommending a skilful surgeon for the cure of internal ones.

The first thing to be done when a person has received a wound, is to examine whether any foreign body be lodged in it, as wood, stone, iron, lead, glass, dirt, bits of cloth, or the like. These, if possible, ought to be extracted, and the wound cleaned, before any dressings be applied. When that cannot be affected with safety, on account of the patient's weakness, or loss of blood, they must be suffered to remain in the wound, and afterwards extracted when he is more able to bear it.

If the wound be in any of the limbs, and a copious bleeding follows, it may be stopped by a bandage round the limb a little above the wound.

In slight wounds, which do not penetrate much deeper than the skin, the best application is a bit of the common black sticking plaster. This keeps the sides of the wound together, and prevents the air from hurting it, which is all that is necessary. When a wound penetrates deep, it is not safe to keep its lips quite close: this keeps in the matter, and is apt to make the wound fester. In this case the best way is to fill the wound with soft lint. It must not be stuffed in too hard, as it will do hurt. The lint may be covered with a cloth dipped in oil, and kept on by a proper bandage.

The first dressing ought to continue on for at least two days; after which it may be removed, and fresh lint applied as before.

When a wound is greatly inflamed, the most proper application is a poultice of bread and milk, softened with a little sweet oil or fresh butter. This must be applied instead of a plaster, and should be changed twice a day.

If the wound be large, and there is reason to fear an inflammation, the patient should be kept on a very low diet. He must abstain from flesh, strong liquors, and every thing that is of a heating nature.

For broken shins, when the skin only is scraped off, a piece of brown paper moistened with brandy is generally sufficient; moisten the paper every day, but do not take it off till the part is quite healed. Taking off the paper admits the air to it and retards the cure.

Bruises.

These are generally productive of worse consequences than wounds. The danger does not appear immediately, by which means it often happens that they are neglected.

In slight bruises it will be sufficient to bathe the part with warm vinegar, to which a little brandy or rum may occasionally be added, and to keep cloths wet with this mixture constantly applied to it. This is more proper than rubbing it with brandy, spirits of wine, or other ardent spirits, which are commonly used in such cases.

In some parts of the country the peasants apply to a recent bruise a cataplasm of fresh cow-dung. I have often seen this cataplasm applied to violent contusions occasioned by blows, falls, bruises, and such like, and never knew it fail to have a good effect.

When a bruise is very violent, the patient ought immediately to be bled, and put upon a proper regimen. His food should be light and cool, and his drink weak, and of an opening nature; as whey sweetened with honey, decoctions of tamarinds, barley, cream-tartar-whey, and such like. The bruised part must be bathed with vinegar and water, as directed above; and a poultice made by boiling crumb of bread, elder-flowers, and camomile-flowers, in equal quantities of vinegar and water, applied to it. This poultice is peculiarly proper when a wound is joined to the bruise. It may be renewed two or three times a day.

GENERAL INSTRUCTIONS, WHICH WILL, IF FOLLOWED, INFALLIBLY PROLONG LIFE.

An attention to diet is not only necessary to the preservation of health, but is likewise of importance in the cure of diseases.

Every

Every intention in the cure of many diseases, may be answered by diet alone. Its effects, indeed, are not always so quick as those of medicine; but they are generally more lasting. Besides, it is neither so disagreeable to the patient, nor so dangerous as medicine, and is always more easily obtained.

Though *moderation* be the chief rule with regard to the quantity, yet the quality of food merits a further consideration. Animal, as well as vegetable food, may be rendered unwholesome by being kept too long. All animal substances have a natural tendency to putrefaction; and, when that has proceeded too far, they not only become offensive to the senses, but hurtful to health.

Animals which feed grossly, as tame ducks, hogs, &c. are neither so easily digested, nor afford such wholesome nourishment as others. No animal can be wholesome that does not take sufficient exercise. Most of our stalled cattle are crammed with gross food, but not allowed exercise nor free air; by which means they indeed grow fat, but their humours, not being properly prepared or assimilated, remain crude, and occasion indigestions, gross humours, and oppression of the spirits, in those who feed upon them.

Animals are often rendered unwholesome by being overheated. Excessive heat causes a fever, exalts the animal salts, and mixes the blood so intimately with the flesh, that it cannot be separated. For this reason, butchers should be severely punished who overdrive their cattle. No person would chuse to eat the flesh of an animal who had died in a high fever; yet that is the case with all over-drove cattle; and the fever is often raised even to the degree of madness.

But this is not the only way by which butchers render meat unwholesome. The abominable custom of filling the cellular membrane of animals with air, in order to make them appear fat, is every day practised. This not only spoils the meat, and renders it unfit for keeping, but is such a dirty trick; that the very idea of it is sufficient to disgust a person of any delicacy at every thing which comes from the shambles. Who can bear the thought of eating meat which has been blown up with air from the lungs of a dirty fellow, perhaps labouring under the very worst of diseases.

No people in the world eat such quantities of animal food as the English, which is one reason why they are so generally tainted with the scurvy, and its numerous train of consequences; low spirits, hypochondriacism, &c. Animal food was surely designed for man, and, with a proper mixture of vegetables, it will be found the most wholesome; but to gorge beef, mutton, pork, fish, and fowl, twice or thrice a day, is certainly too much. All who value health ought to be contented with eating one

meal of flesh in the twenty-four hours, and this ought to consist of one kind only.

Our aliment ought neither to be too moist nor too dry. Moist aliments relax the solids, and render the body feeble. Thus we see females, who live much on tea, and other watery diet, generally become weak, and unable to digest solid food. Hence proceed hysterics, and all their dreadful consequences. On the other hand, food that is too dry, renders the solids in a manner rigid, and the humours viscid, which disposes the body to inflammatory fevers, scurvies, and the like.

Much has been said on the ill effects of tea in diet. They are, no doubt, numerous; but they proceed rather from the imprudent use of it, than from any bad qualities in the tea itself. Tea is now the universal breakfast in this part of the world; but the morning is surely the most improper time of the day for drinking it. Most delicate persons, who, by the bye, are the greatest tea drinkers, cannot eat any thing in the morning. If such persons, after fasting ten or twelve hours, drink four or five cups of tea, without eating almost any bread, it must hurt them. Good tea, taken in moderate quantity, not too strong, nor too hot, nor drank upon an empty stomach, will seldom do harm; but if it be bad, which is often the case, or substituted in the room of solid food, it must have many ill effects.

The liquid part of our aliment likewise claims our attention. Water is not only the basis of most liquors, but also composes a great part of our solid food. Good water must therefore be of the greatest importance in diet. The best water is that which is most pure, and free from any mixture of foreign bodies.

The common methods of rendering water pure by filtration, or soft by exposing it to the sun and air, &c. are so generally known, that it is unnecessary to expend time in explaining them. I shall only, in general, advise all to avoid waters which stagnate long in small ponds, or the like, as such waters often become putrid by the corruption of animal and vegetable bodies with which they abound. Even cattle frequently suffer by drinking, in dry seasons, water which has stood long in small reservoirs, without being supplied by springs, or freshened with showers. All wells ought to be kept clean, and to have a free communication with the air.

As fermented liquors, notwithstanding they have been exclaimed against by many writers, still continue to be the common drink of almost every person who can afford them, I shall rather endeavour to assist people in the choice of these liquors, than pretend to condemn what custom has so firmly established. It is not the moderate use of sound fermented liquors which hurts mankind: it is excess, or using such as are ill prepared, or vitiated.

All families who can, ought to prepare their own liquors. Since preparing and vending of liquors became one of the most general branches of business, every method has been tried to adulterate them. The great object, both to the makers and venders of liquors, is to render it intoxicating. But it is well known that this may be done by other ingredients than those which ought to be used for making it strong. It would be imprudent even to name those things which are daily made use of to render liquors heady. Suffice it to say, that the practice is very common, and that all the ingredients used for this purpose are of a narcotic or stupefactive nature. But as all opiates are of a poisonous quality, it is easy to see what must be the consequences of their general use. Though they do not kill suddenly, yet they hurt the nerves, relax and weaken the stomach, and spoil the digestion.

I would recommend it to families, not only to prepare their own liquors, but likewise their bread. Bread is so necessary a part of diet, that too much care cannot be bestowed in order to have it sound and wholesome. For the purpose, it is not only necessary that it be made of good grain, but likewise properly prepared, and kept free from all unwholesome ingredients. This, however, we have reason to believe, is not always the case with bread prepared by those who make a trade of vending it. Their object is rather to please the eye, than consult the health.

Persons whose solids are weak and relaxed, ought to avoid all viscid food, or such things as are hard of digestion. Their diet, however, ought to be nourishing; and they should take plenty of exercise in the open air.

Such as abound with blood, should be sparing in the use of every thing that is highly nourishing, as fat meat, rich wines, strong ale, and the like. Their food should consist mostly of bread and other vegetable substances; and their drink ought to be water, whey, or small beer.

Fat people should not eat freely of oily, nourishing diet. They ought frequently to eat raddish, garlic, spices, or such things as are heating, and promote perspiration and urine. Their drink should be water, coffee, tea, or the like; and they ought to take much exercise and little sleep.

Those who are too lean must follow an opposite course.

Such as are troubled with acidities, or whose food is apt to sour upon the stomach, should live much on flesh meats; and those who are afflicted with hot, alkaline eructations, ought to use a diet consisting chiefly of acid vegetables.

People who are affected with the gout, low spirits, hypochondriac, or hysteric disorders, ought to avoid all flatulent food, every thing that is viscid or hard of digestion, all salted

or smoke dried provisions, and whatever is austere, acid, or apt to sour on the stomach. Their food should be light, spare, cool, and of an opening nature.

It is not only necessary for health that our diet be wholesome, but also that it be taken at regular periods. Some imagine long fasting will atone for excess; but this, instead of mending the matter, generally makes it worse. When the stomach and intestines are over distended with food, they lose their proper tone, and, by long fasting, they become weak, and inflated with wind. Thus either gluttony or fasting destroys the powers of digestion.

The frequent repetition of aliment is not only necessary for repairing the continual waste of our bodies, but likewise to keep the humours sound and sweet. Our humours, even in the most healthy state, have a constant tendency to putrefaction, which can only be prevented by frequent supplies of fresh nourishment. When that is wanting too long, the putrefaction often proceeds so far as to occasion very dangerous fevers. From hence we may learn the necessity of regular meals. No person can enjoy a good state of health, whose vessels are either frequently overcharged, or the humours long deprived of fresh supplies of chyle.

Long fasting is extremely hurtful to young people; it not only vitiates their humours, but prevents their growth. Nor is it less injurious to the aged. Most persons, in the decline of life, are afflicted with wind. This complaint is not only increased, but even rendered dangerous, and often fatal, by long fasting. Old people, when their stomachs are empty, are frequently seized with giddiness, head-achs, and faintness. These complaints may generally be removed by a bit of bread and a glass of wine, or tasting any other solid food, which plainly points out the method of preventing them.

It is a very common practice to eat a light breakfast and a heavy supper. This custom ought to be reversed. When people sup late, their supper should be very light, but the breakfast ought always to be solid. If any one eats a light supper, goes soon to bed, and rises betimes in the morning, he will be sure to find an appetite for his breakfast, and he may freely indulge it.

The strong and healthy do not indeed suffer so much from fasting, as the weak and delicate; but they run great hazard from its opposite, viz. repletion. Many diseases, especially fevers, are the effect of a plethora, or too great fulness of the vessels. Strong people, in high health, have generally a great quantity of blood and other humours. When these are suddenly increased, by an overcharge of rich and nourishing diet, the vessels become too much distended, and obstructions and inflammations

inflammations ensue. Hence so many people are seized with inflammatory and eruptive fevers, after a feast or debauch.

All great and sudden changes in diet are dangerous. What the stomach has been long accustomed to digest, although less wholesome, will agree better with it than food of a more salutary nature which it has not been used to. When therefore a change becomes necessary, it ought always to be made gradually; a sudden transition from a poor and low, to a rich and luxurious diet, or the contrary, might so disturb the functions of the body, as to endanger health, or even to occasion death itself.

When I recommend regularity of diet, I would not be understood as condemning every small deviation from it. It is next to impossible for people at all times to avoid some degree of excess; and living too much by rule might make even the smallest deviation dangerous. It may therefore be prudent to vary a little, sometimes taking more, sometimes less than the usual quantity of meat and drink, provided always that regard be had to moderation. *Lemery. Arbuthnot. Tissot. Buchan.*

ELECTUARIES.

Electuary for the Piles.

Take flowers of sulphur, one ounce; cream of tartar, half an ounce; treacle, a sufficient quantity to form an electuary.

A tea-spoonful of this may be taken three or four times a-day.

Electuary for the Palsy.

Take of powdered mustard seed, and conserve of roses, each an ounce; syrup of ginger, enough to make an electuary.

A tea-spoonful of this may be taken three or four times a-day.

Electuary for the Rheumatism.

Take of conserve of roses, two ounces; cinnabar of antimony, levigated, an ounce and an half; gum guaiacum, in powder, an ounce; syrup of ginger, a sufficient quantity to make an electuary.

In obstinate rheumatisms, which are not accompanied with a fever, a tea-spoonful of this electuary, may be taken twice a-day with considerable advantage.

Lenitive Electuary.

Take of fenna, in fine powder, eight ounces; coriander seed, also in powder, four ounces; pulp of tamirands and of French pruens, each a pound. Mix the pulps and powders together, and with a sufficient quantity of simple syrup, reduce the whole into an electuary.

A tea-spoonful of this electuary, taken two or three times a-day, generally proves an agreeable laxative.

Electuary for the Dysentery.

Take of the Japonic confection, two ounces; Locatelli's balsam, one ounce; rhubarb in powder, half an ounce; syrup of marsh-mallows, enough to make an electuary.

It is often dangerous in dysenteries to give opiates and astringents, without interposing purgatives. The purgative is here joined with these ingredients, which renders this a very safe and useful medicine for the purposes expressed in the title.

About the bulk of a nutmeg should be taken twice or thrice a-day, as the symptoms and constitution may require.

O I N T M E N T S.

Yellow Basilicum Ointment.

Take of yellow wax, white resin, and frankincense each a quarter of a pound; melt them together over a gentle fire; then add, of hog's lard prepared, one pound. Strain the ointment while warm.

This ointment is employed for cleansing and healing wounds and ulcers.

Issue Ointment.

Mix half an ounce of Spanish flies, finely powdered, in six ounces of yellow basilicum ointment.

This ointment is chiefly intended for dressing blisters, in order to keep them open during pleasure.

Ointment of Calamine.

Take of olive oil, a pint and an half; white wax, and calamine stone, levigated, of each half a pound. Let the calamine stone, reduced into a fine powder, be rubbed with some part of the oil, and afterwards added to the rest of the oil and wax, previously melted together, continually stirring them till quite cold.

This ointment, which is commonly known by the name of *Turner's Cerate*, is an exceeding good application in burns and excoriations, from whatever cause.

Emollient Ointment.

Take of palm oil, two pounds; olive oil, a pint and an half; yellow wax, half a pound; Venice turpentine, a quarter of a pound. Melt the wax in the oils over a gentle fire; then mix in the turpentine, and strain the ointment.

This supplies the place of *Althæa ointment*. It may be used for anointing inflamed parts, &c.

C L Y S T E R S.

Laxative Clyster.

Take of milk and water, each six ounces; sweet oil or fresh butter, and brown sugar, of each two ounces. Mix them.

If an ounce of Glauber's salt, or two table-spoonfuls of common salt, be added to this, it will be a *Purging Clyster*.

Carminitive Clyster.

Take of camomile flowers, an ounce; aniseeds, half an ounce. Boil in a pint and an half of water to one pint.

In hysteric an hypochondriac complaints this may be administered instead of the *Fetid Clyster*, the smell of which is so disagreeable to most patients.

Oily Clyster.

To four ounces of the infusion of camomile flowers, add an equal quantity of Florence oil.

This clyster is beneficial in bringing off the small worms lodged in the lower parts of the alimentary canal. When given to children, the quantity must be proportionably lessened.

Turpentine Clyster.

Take of common decoction, ten ounces; Venice turpentine, dissolved with the yolk of an egg, half an ounce; Florence oil, one ounce. Mix them.

This diuretic clyster is proper in obstructions of the urinary passages, and in cholicky complaints, proceeding from gravel

T I N C T U R E S.

Sacred Tincture, or Tincture of Hiera Picra.

Take of succotorine aloes in powder, one ounce; Virginian snake-root and ginger, of each two drachms. Infuse in a pint of mountain wine, and half a pint of brandy, for a week, frequently shaking the bottle; then strain off the tincture.

This is a safe and useful purge for persons of a languid and phlegmatic habit; but is thought to have better effects, taken in small doses as a laxative.

The dose, as a purge, is from one to two ounces.

Volatile Tincture of Gum Guaiacum.

Take of gum guaiacum, four ounces; volatile aromatic spirit, a pint. Infuse without heat, in a vessel well stopped, for a few days; then strain off the tincture.

In rheumatic complaints, a tea spoonful may be taken in a cup of the infusion water-trefoil, twice or thrice a-day.

Tincture of Black Hellebore,

Infuse two ounces of the roots of black hellebore, bruised, in a pint of proof spirit, for seven or eight days; then filter the

tincture through paper. A scruple of cochineal may be infused along with the roots, to give the tincture a colour.

In obstructions of the *menfes*, a tea-spoonful may be taken in a cup of camomile or penny-royal tea twice a-day.

Tincture of the Bark.

Take of Peruvian bark, two ounces; Seville orange-peel and cinnamon, of each half an ounce. Let the bark be powdered, and the other ingredients bruised; then infuse the whole in a pint and an half of brandy, for five or six days, in a close vessel; afterwards strain off the tincture.

This tincture is not only beneficial in intermitting fevers, but also in the slow, nervous, and putrid kinds, especially towards their decline.

The dose is from one drachm to three or four, every fifth or sixth hour. It may be given in any suitable liquor, and occasionally sharpened with a few drops of the spirit of vitriol.

B O L U S S E S.

Pectoral Bolus.

Take of sperma ceti, a scruple; gum ammoniac, ten grains; salt of hartshorn, six grains; simple syrup, as much as will make them into a bolus.

This bolus is given in colds and coughs of long standing, asthma, and beginning consumptions of the lungs. It is generally proper to bleed the patient before he begins to use it.

Purging Bolus.

Take of jalap in powder, a scruple; cream of tartar, two scruples. Let them be rubbed together and formed into a bolus, with simple syrup.

Where a mild purge is wanted, this will answer the purpose very well. If a stronger dose is necessary, the jalap may be increased to half a drachm or upwards.

Astringent Bolus

Take of alum, in powder, fifteen grains; gum kino, five grains; syrup, sufficient quantity to make a bolus.

In an excessive flow of the *menfes*, and other violent discharges of blood, proceeding from relaxation, this bolus may be given every four or five hours, till the discharge abates.

Diaphoretic Bolus.

Take of gum guaiacum, in powder, ten grains; flowers of sulphur and cream of tartar, of each one scruple; simple syrup, a sufficient quantity.

In rheumatic complaints, and disorders of the skin, this bolus may be taken twice a-day. It will also be of service in the inflammatory quinsy.

MIXTURES.

Astringent Mixture

Take simple cinnamon-water and common water, of each three ounces; spirituous cinnamon-water, an ounce and an half; Japonic confection, half an ounce. Mix them.

In dysenteries which are not of long standing, after the necessary evacuations a spoonful or two of this mixture may be taken every four hours, interposing every second or third day a dose of rhubarb.

Diuretic Mixture.

Take of mint-water, five ounces; vinegar of squills, six drachms; sweet spirit of nitre, half an ounce; syrup of ginger, an ounce and an half. Mix them.

In obstructions of the urinary passages, two spoonfuls of this mixture may be taken twice or thrice a-day.

ELIXIRS.

Stomachic Elixirs.

Take of gentian root, two ounces; Curassao oranges, one ounce; Virginian snake-root, half an ounce. Let the ingredients be bruised, and infused for three or four days in two pints of French brandy; afterwards strain out the elixir.

This is an elegant stomachic bitter. In flatulencies, indigestion, want of appetite, and such like complaints, a small glass of it may be taken twice a-day. It likewise relieves the gout in the stomach, when taken in a large dose.

Paregoric Elixir.

Take of flowers of benzoin, half an ounce; opium, two drachms. Infuse in one pound of the volatile aromatic spirit, for four or five days, frequently shaking the bottle; afterwards strain the elixir.

This is an agreeable and safe way of administering opium, It eases pain, allays tickling coughs, relieves difficult breathing, and is useful in many disorders of children, particularly the hooping cough.

The dose to an adult is from fifty to an hundred drops.

POWDERS.

Worm Powders.

Take of tin reduced into a fine powder, an ounce; Æthiop's mineral, two drachms. Mix them well together, and divide the whole into six doses.

One of these powders may be taken in a little syrup, honey, or treacle, twice a day. After they have been all used, the following anthelmintic purge may be proper.

Purging

Purging Worm Powder.

Take of powdered rhubarb, a scruple; scammony and calomel, of each five grains. Rub them together in a mortar for one dose.

For children, the above doses must be lessened according to their age.

If the powder of tin be given alone, its dose may be considerably increased. The late Dr. Alston gave it to the amount of two ounce in three days; and says, when thus administered, that it proved an egregious anthelmintic. He purged his patients both before they took the powder and afterwards.

Powder for the Tape Worm.

Early in the morning the patient is to take, in any liquid, two or three drachms, according to his age and constitution, of the root of male fern reduced into a fine powder. About two hours afterwards, he is to take of calomel and resin of scammony, each ten grains; gum gamboge, six grains. These ingredients must be finely powdered and given in a little syrup, honey, treacle, or any thing that is most agreeable to the patient. He is then to walk gently about, now and then drinking a dish of weak green tea till the worm is passed. If the powder of the fern produces nausea, or sickness, it may be removed by sucking the juice of an orange or lemon.

This medicine, which had been long kept a secret abroad, for the cure of the tape-worm, was some time ago purchased by the French king, and made public for the benefit of mankind. Not having had an opportunity of trying it, I can say nothing from experience concerning its efficacy. It seems, however, from its ingredients, to be an active medicine, and ought to be taken with care. The dose here prescribed is sufficient for the strongest patient; it must, therefore, be reduced according to the age and constitution.

Astringent Powder.

Take of allum and Japan earth, each two drachms. Pound them together, and divide the whole into ten or twelve doses.

In an immoderate flow of the *menfes*, and other hæmorrhages, one of these powders may be taken every hour, or every half hour, if the discharge be violent.

PILLS.

Strengthening Pill.

Take soft extract of the bark, and salt of steel, each a drachm. Make into pills.

In disorders arising from excessive debility, or relaxation of the solids, as the *choleroses*, or green sickness, two of the pills may be taken three times a day.

Stomachic Pill.

Take extract of gentian, two drachms; powdered rhubarb and vitriolated tartar, of each one drachm; oil of mint, thirty drops; simple syrup, a sufficient quantity.

Three or four of these pills may be taken twice a day, for invigorating the stomach, and keeping the body gently open.

Composing Pill.

Take of purified opium, ten grains; Castile soap, half a drachm. Beat them together, and form the whole into 20 pills.

When a quieting draught will not sit upon the stomach, one, two, or three of these pills may be taken, as occasion requires.

Pill for the Jaundice.

Take of Castile soap, succotorine aloes, and rhubarb, of each one drachm. Make them into pills with a sufficient quantity of syrup or mucilage.

These pills, as their title expresses, are chiefly intended for the jaundice, which with the assistance of proper diet, they will often cure. Five or six of them may be taken twice a day, more or less, as is necessary to keep the body open. It will be proper, however, during their use, to interpolate now and then a vomit of ipecacuanha or tartar emetic.

BURNS AND INFLAMMATIONS, BRUISES, SPRAINS, AND ULCERS, ALL EXTERNAL.

Goulard's Extract of Saturn.

Take of litharge, one pound; vinegar made of French wine two pints. Put them together into a glazed earthen pipkin, and let them boil, or rather simmer, for an hour, or an hour and a quarter, taking care to stir them all the while with a wooden spatula. After the whole has stood to settle, pour off the liquor which is upon the top into bottles for use.

With this extract Goulard makes his *vegeto-mineral water*, which he recommends in a great variety of external disorders, as inflammations, burns, bruises, sprains, ulcers, &c.

Liniment for Burns.

Take equal parts of Florence oil, or of fresh drawn linseed oil, and lime-water; shake them well together in a wide-mouthed bottle, so as to form a liniment.

This is found to be an exceeding proper application for recent scalds or burns. It may either be spread upon a cloth, or the parts affected may be anointed with it twice or thrice a day.

Tar Water.

Pour a gallon of water on two pounds of Norway tar, and stir them strongly together with a wooden rod; after they have stood to settle for two days, pour off the water for use.

D R A U G H T S.

Anodyne Draught.

Take of liquid laudanum, twenty-five drops; simple cinnamon water, an ounce; common fyrup, two drachms. Mix them.

In excessive pain, where bleeding is not necessary, and in great restlessness, this composing draught may be taken and repeated occasionally.

Diuretic Draught.

Take of the diuretic salt, two scruples; fyrup of poppies, two drachms; simple cinnamon-water and common water, of each an ounce.

This draught is of service in an obstruction or deficiency of urine.

Purging Draughts.

Take of manna an ounce; soluble tartar, or Rochelle salt, from three to four drachms. Dissolve in three ounces of boiling water; to which add Jamaica pepper water, half an ounce,

As manna sometimes will not sit upon the stomach, an ounce, or ten drachms of the bitter purging salts, dissolved in four ounces of water, may be taken instead of the above.

M E D I C I N A L W I N E S.

Anthelmintic Wine.

Take of rhubarb, half an ounce; worm-seed, an ounce. Bruise them, and infuse without heat in two pints of red port wine for a few days; then strain off the wine.

As the stomachs of persons afflicted with worms are always debilitated, red wine alone will often prove serviceable; it must, however, have still better effects when joined with bitter and purgative ingredients.

A glass of this wine may be taken twice or thrice a day.

Antimonial Wine.

Take glass of antimony, reduced to a fine powder, half an ounce; Lisbon wine, eight ounces. Digest, with heat, for three or four days, now and then shaking the bottle; afterwards filter the wine through paper.

The dose of this wine varies according to the intention. As an alterative and diaphoretic, it may be taken from ten to fifty or sixty drops. In a larger dose it generally proves cathartic, or excites vomiting.

Bitter Wine.

Take of gentian root, yellow rind of lemon-peel, fresh, each one ounce; long pepper, two drachms; mountain wine, two pints. Infuse without heat for a week, and strain out the wine for use.

In complaint, arising from weakness of the stomach, or indigestion, a glass of this wine may be taken an hour before dinner and supper.

INFUSIONS.

The author of the New Dispensatory observes, that even from those vegetables which are weak in virtue, rich infusions may be obtained, by returning the liquor upon fresh quantities of the subject, the water loading itself more and more with the active parts; and that these loaded infusions are applicable to valuable purposes in medicine, as they contain in a small compass the finer, more subtle, and active principles of vegetables, in a form readily miscible with the fluids of human body.

Bitter Infusion.

Take tops of the lesser centaury and camomile flowers, of each half an ounce; yellow rind of lemon and orange-peel, carefully freed from the inner white part, of each two drachms. Cut them in small pieces, and infuse them in a quart of boiling water.

For indigestion, weakness of the stomach, or want of appetite, a tea-cupful of this infusion may be taken twice or thrice a day.

Infusion of the Bark.

To an ounce of the bark, in powder, add four or five table-spoonfuls of brandy, and a pint of boiling water. Let them infuse for two or three days.

This is one of the best preparations of the bark for weak stomachs. In disorders where the corroborating virtues of that medicine are required, a tea-cupful of it may be taken two or three times a day.

Infusion for the Palsy.

Take of horse-radish root shaved, mustard-seed bruised, each four ounces; outer rind of orange-peel, one ounce. Infuse them in two quarts of boiling water, in a close vessel, for twenty-four hours.

In paralytic complaints, a tea-cupful of this warm stimulating medicine may be taken three or four times a-day. It excites the action of the solids, proves diuretic, and, if the patient be kept warm, promotes perspiration.

If two or three ounces of the dried leaves of marsh trefoil be used instead of the mustard, it will make the *antiscorbutic infusion*.

Conserve of Red Roses.

Take a pound of red rose buds, cleared of their heels; beat them well in a mortar, and, adding by degrees two pound of double-refined sugar, in powder, make a conserve.

After

After the same manner are prepared the conserves of orange-peel, rosemary flowers, sea-wormwood, of the leaves of wood-forrel, &c.

The conserve of roses is one of the most agreeable and useful preparations belonging to this class. A drachm or two of it, dissolved in warm milk, is ordered to be given as a gentle restraining in weakness of the stomach, and likewise in pthical coughs, and spitting of blood. To have any considerable effects, however, it must be taken in larger quantities.

Conserve of Sloes.

This may be made by boiling the sloes gently in water, being careful to take them out before they burst; afterwards expressing the juice, and beating it up with three times its weight of fine sugar.

In relaxations of the *would* and glands of the throat, this makes an excellent gargle, and may be used at discretion.

Preserves are made by steeping or boiling fresh vegetables first in water, and afterwards in syrup, or a solution of sugar. The subject is either preserved moist in the syrup, or taken out and dried, that the sugar may candy upon it. The last is the most usual method.

The following is a most excellent Remedy for a Cold. I know not one that is so efficacious.

Take a large tea-cupful of linseed, two penny worth of stick-liquorice, and a quarter of a pound of sun raisins. Put these into two quarts of soft water, and let it simmer over a slow fire till it is reduced to one; then add to it a quarter of a pound of brown sugar-candy pounded, a table-spoonful of old rum, and a table-spoonful of the best white wine vinegar, or lemon juice.

Note. The rum and vinegar are best to be added only to the quantity you are going immediately to take; for, if it is put into the whole, it is apt in a little time to grow flat.

Drink half a pint at going to bed, and take a little when the cough is troublesome.

This receipt generally cures the worst of colds in two or three days, and, if taken in time, may be said to be almost an infallible remedy. It is a most sovereign and balsamic cordial for the lungs, without the opening qualities which endanger fresh colds in going out. It has been known to cure colds that have been almost settled into consumptions in less than three weeks.

DECOCTIONS.

Decoction of Logwood.

Boil three ounces of the shaving, or chips, of logwood, in
four

four pints of water, till one half the liquor is wasted. Two or three ounces of simple cinnamon-water may be added to this decoction.

In fluxes of the belly, where the stronger astringents are improper, a tea-cupful of this decoction may be taken with advantage three or four times a-day.

Decoction of Bark.

Boil an ounce of the Peruvian bark, grossly powdered, in a pint and an half of water to one pint; then strain the decoction. If a tea-spoonful of the weak spirit of vitriol be added to this medicine, it will render it both more agreeable and efficacious.

Compound Decoction of the Bark.

Take of Peruvian bark and Virginian snake-root, grossly powdered, each three drachms. Boil them in a pint of water to one half. To the strained liquor add an ounce and an half of aromatic water.

Sir John Pringle recommends this as a proper medicine towards the decline of malignant fevers, when the pulse is low, the voice weak, and the head affected with a stupor but with little delirium.

The dose is four spoonfuls every fourth or sixth hour.

P L A S T E R S.

Plasters ought to be of a different consistence, according to the purposes for which they are intended. Such as are to be applied to the breasts and stomach, ought to be soft and yielding while those designed for the limbs, should be firm and adhesive.

Stomach Plaster.

Take of gum plaster, half a pound; camphorated oil, an ounce and an half; black pepper, or capsicum, where it can be had, one ounce. Melt the plaster and mix with it the oil; then sprinkle in the pepper, previously reduced to a fine powder.

An ounce or two of this plaster, spread upon soft leather, and applied to the region of the stomach, will be of service in flatulencies arising from hysterical and hypochondriac affections. A little of the expressed oil of mace, or a few drops of the essential oil of mint, may be rubbed upon it before it is applied.

Adhesive Plaster.

Take of common plaster, half a pound; of Burgundy pitch, a quarter of a pound. Melt them together.

This plaster is principally used for keeping on other dressings.

Anodyne Plaster.

Melt an ounce of adhesive plaster, and, when it is cooling, mix with it a drachm of powdered opium, and the same quantity of camphor, previously rubbed up with a little oil.

This plaster generally gives ease in acute pains, especially of the nervous kind.

Blistering Plaster.

Take of Venice turpentine, six ounces; yellow wax, two ounces; Spanish flies, in fine powder, three ounces; powdered mustard, one ounce. Melt the wax, and while it is warm add to it the turpentine, taking care not to evaporate it by too much heat. After the turpentine and wax are sufficiently incorporated, sprinkle in the powders, continually stirring the mass till it be cold.

Though this plaster is made in a variety of ways, one seldom meets with it of a proper consistence. When compounded with oils and other greasy substances, its effects are blunted, and it is apt to run; while pitch and resin render it too hard and very inconvenient.

When the blistering plaster is not at hand, its place may be supplied by mixing with any soft ointment a sufficient quantity of powdered flies; or by forming them into a paste with flour and vinegar.

Gum Plaster.

Take of the common plaster, four pounds; gum ammoniac and galbanum, strained, of each half a pound. Melt them together, and add, of Venice turpentine, six ounces.

This plaster is used as a digestive, and likewise for discussing indolent tumours.

Method of destroying the putrid Smell which Meat acquires during hot Weather.

Put the meat intended for making soup into a sauce-pan full of water, scum it when it boils, and then throw into the sauce-pan a burning coal, very compact and destitute of smoke; leave it there for two minutes, and it will have contracted all the smell of the meat and soup.

If you wish to roast a piece of meat on the spit, or to bake it, put it into water till it boils, and, after having scummed it, throw in a burning coal as before; at the end of two minutes, take out the meat, and, having wiped it well, put it on the spit, or into the oven.

When fresh butter has not been salted in proper time, or when salt butter has become rancid or musty, after melting and scumming it, dip in a crust of bread well toasted on both sides, and at the end of a minute or two the butter will lose its disagreeable odour, but the bread will be found foetid.

CORNS AND TEETH.

A Remedy for Corns on the Feet.

Roast a clove of garlic, or an onion, on a live coal, or in hot ashes; apply it to the corn, and fasten it on with a piece of cloth. This softens the corn to such a degree, as to loosen and wholly remove it in two or three days. Foment the corn every other night in warm water, after which renew the application.

The same intention will be yet more effectually answered by applying to the corn a bit of the plaster of Diachylon with the gums, spread on a small piece of linen; removing it occasionally to foment the corn with warm water, and pare off the softened part with a penknife.

To clean the Teeth and Gums, and make the Flesh grow close to the Root of the Enamel.

Take one ounce of myrrh, in fine powder, two spoonfuls of the best white honey, and a little green sage in fine powder; mix them well together, and rub the teeth and gums with a little of this balsam every night and morning.

To strengthen the Gums, and fasten loose Teeth.

Dissolve an ounce of myrrh as much as possible in half a pint of red wine and the same quantity of oil of almonds: wash the mouth with this fluid every morning.

This is also an excellent remedy against worms in the teeth.

A sure Preservative from the Tooth-Ach.

After having washed your mouth with water, as cleanliness, and indeed health, requires, you should every morning rinse the mouth with a tea-spoonful of lavender-water mixed with an equal quantity of warm or cold water, which ever you like best, to diminish its activity. This simple and innocent remedy is a certain preservative, the success of which has been confirmed by long experience.

A Powder to clean the Teeth.

Take dragon's blood and cinnamon, of each one ounce and an half, burnt allum, or cream of tartar, one ounce; beat all together into a very fine powder, and rub a little on the teeth every other day.

The following Powder will be found an excellent Preserver, as well as Cleaner, of the Teeth; it likewise makes them very white.

Take pumice-stone prepared, sealed earth, and red coral prepared, of each an ounce; dragon's-blood, half an ounce; cream of tartar, an ounce and an half; cinnamon, a quarter of an ounce; and cloves, a scruple. Beat the whole together into a powder.

W A T E R S.

A Receipt to make the genuine Hungary Water.

Put into an alembic a pound and an half of fresh picked rosemary flowers; pennyroyal and marjoram flowers, of each half a pound; three quarts of good Coniac brandy; having close stopped the mouth of the alembic to prevent the spirit from evaporating, bury it twenty-eight hours in horse-dung to digest, and then distil off the spirit in a water-bath.

A drachm of Hungary-water diluted with spring water, may be taken once or twice a week in the morning fasting. It is also used by way of embrocation to bathe the face and limbs, or any part affected with pains or debility. This remedy recruits the strength, dispels gloominess, and strengthens the sight. It must always be used cold, whether taken inwardly as a medicine, or applied externally.

To make Rose-Water.

To make an excellent rose-water, let the flowers be gathered two or three hours after sun-rising in very fine weather; beat them in a marble mortar into a paste, and leave them in the mortar soaking in their juice, for five or six hours; then put the mass into a coarse canvass bag, and press out the juice; to every quart of which add a pound of fresh damask roses, and let them stand in infusion for twenty-four hours. Then put the whole into a glass alembic, lute on a head and receiver, and place it on a sand heat. Distil at first with a gentle fire, which is to be increased gradually till the drops follow each other as quick as possible; draw off the water as long as it continues to run clear, then put out the fire, and let the alembic stand till cold. The distilled water at first will have very little fragrancy, but after being exposed to the heat of the sun about eight days, in a bottle lightly stopped with a bit of paper, it acquires an admirable scent.

Rose-water is an excellent lotion for the eyes, if used every morning, and makes a part in collyriums prescribed for inflammations of these parts; it is also proper in many other complaints.

Directions for making Lavender-Water.

Fill a glass or earthen body two thirds full of lavender flowers, and then fill up the vessel with brandy or molasses spirits. Let the flowers stand in infusion eight days, or less if straitened for time; then distil off the spirit, in a water-bath with a brisk fire, at first in large drops or even a small stream, that the essential oil of the flowers may rise with the spirit. But as this cannot be done without the phlegm coming over the helm at the same time, the spirit must be rectified. The first distillation being finished, unlute the still, throw away what remains in the body,
and

and fill it with fresh flowers of lavender, in the proportion of two pounds of lavender flowers to one pint of spirit; pour the spirit already distilled according to the foregoing directions, on the lavender flowers, and distil a second time in a vapor bath.

To make Orange-flower Water.

Having gathered (two hours before sun-rise in fine weather) a quantity of orange-flowers, pluck them leaf by leaf, and throw away the stalks and stems: fill a tin cucurbit two thirds full of these picked flowers; lute on a low bolt head, not above two inches higher than the cucurbit; place it in balneo marie, or a water-bath, and distil with a strong fire. You run no risk from pressing forward the distillation with violence, the water-bath effectually preventing the flowers from being burnt. In this method you pay no regard to the quantity, but the quality of the water drawn off. If nine pounds of orange flowers were put into the still, be satisfied with three or four quarts of fragrant water; however, you may continue your distillation, and save even the last droppings of the still, which have some small fragrantcy. During the operation, be careful to change the water in the refrigeratory vessel as often as it becomes hot. Its being kept cool, prevents the distilled water from having an empyreumatic or burnt smell, and keeps the quintessence of the flowers more intimately united with its phlegm.

Virgin's Milk, a safe and excellent Cosmetic.

Take equal parts of gum benjamin and storax, dissolve them in a sufficient quantity of spirit of wine. The spirit will then become a reddish tincture, and exhale a very fragrant smell. Some people add a little balm of gilead. Drop a few drops into a glass of clear water, and the water, by stirring, will instantly become milky. This may be used with safety and success: it will clear the complexion, for which purpose nothing is better.

To take Iron Mould out of Linen.

Hold the iron mould over the fume of boiling water for some time, then pour on the spot a little juice of sorrel and a little salt, and when the cloth has thoroughly imbibed the juice, wash it in lye.

To take out Stains of Oil.

Take Windfor-soap, shaved thin, put it into a bottle half full of lye, throw in the size of a nut of sal ammoniac, a little cabbage juice, two yolks of new-laid eggs, and ox gall at discretion; and lastly, an ounce of powdered tartar; then cork the bottle, and expose it to the heat of the noon-day sun four days, at the expiration of which time it becomes fit for use. Pour this liquor on the stains, and rub it well on both sides of the cloth; then wash the stains with clear water, or rather with the fol-

lowing soap, and when the cloth is dry they will no longer appear.

To take out the Stains on Cloth of whatever Colour.

Take half a pound of honey, the size of a nut of sal ammoniac, and the yolk of an egg; mix them together, and put a little of this mixture on the stain, letting it remain till dry. Then wash the cloth with fair water, and the stains will disappear. Water impregnated with mineral alkaline salt, or soda, ox-gall, and black soap, is also very good to take out spots of greafe.

A Soap that takes out all Manner of Spots and Stains.

Take the yolks of six eggs, half a table-spoonful of bruised salt, and a pound of Venetian soap; mix the whole together with the juice of beet-roots, and form it into round balls, that are to be dried in the shade. The method of using this soap is to wet with fair water the stained part of the cloth, and rub both sides of it well with this soap; then wash the cloth in water, and the stain will not long appear.

To cure Warts.

Anoint the warts with the milky juice of the herb mercury several times, and they will gradually waste away.

Another safe and experienced Method.

Rub the warts with a pared pippin, and a few days afterwards they will be found to disappear.

To destroy Fleas.

Sprinkle the room with a decoction of arsmart, bitter apple, briar leaves, or cabbage leaves; or smoke it with burnt thyme or penny-royal.

Another way.

Put tansey-leaves about different parts of the bed, viz. under the matrafs, or between the blankets,

Another way.

Rub the bed-posts well with a strong decoction of elder leaves,

A Liniment to destroy Lice.

Take an ounce of vinegar, the same quantity of stavesacre, half an ounce of honey, and half an ounce of sulphur. Mix into the consistence of a soft liniment, with two ounces of salad oil.

A Liniment to destroy Nits.

Take oil of bays, oil of sweet almonds, and old hogs-lard, of each two ounces; powdered stavesacre, and tansey-juice, of each half an ounce; aloes and myrrh, of each a quarter of an ounce; the smaller centaury and salt of sulphur, of each a drachm;

drachm; mix the whole into a liniment. Before you use it, wash the hair with vinegar.

Receipt to thicken the Hair, and make it grow on a bald part.

Take roots of a maiden vine, roots of hemp, and cores of soft cabbages, of each two handfuls; dry and burn them; afterwards make a lye with the ashes. The head is to be washed with this lye three days successively, the part having been previously well rubbed with honey.

To make Hair black.

First wash your head with spring water, then dip your comb in oil of tartar, and comb yourself in the sun: repeat this operation three times a day; and at the end of eight days at most the hair will turn black. If you are desirous of giving the hair a fine scent, moisten it with oil of Benjamin.

Simple Means of producing the same Effect.

The leaves of the wild vine change the hairs black, and prevent their falling off. Burnt corks; roots of the holm-oak and caper-tree; barks of willow, walnut-tree, and pomegranate; leaves of artichokes, the mulberry-tree, fig-tree, raspberry-bush; shells of beans; gall and Cyprus nuts; leaves of myrtle; green shells of walnuts; ivy-berries, cockle and red beet seeds, poppy-flowers, allum, and most preparations of lead. These ingredients may be boiled in rain-water, wine, or vinegar, with the addition of some cephalic plant, as sage, marjoram, balm, betony, clove july-flowers, laurel, &c. &c.

Observations upon a Leech, by a Gentleman who kept one several Years for the purpose of a Weather-glass.

A phial of water, containing a leech, I kept on the frame of my lower chamber window sash, so that when I looked in the morning, I could know what would be the weather of the following day.

If the weather proves serene and beautiful, the leech lies motionless at the bottom of the glass, and rolled together in a spiral form.

If it rains before or after noon, it is found crept up to the top of its lodging, and there it remains till the weather is settled.

If we are to have wind, the poor prisoner gallops through its limpid habitation with amazing swiftness, and seldom rests till it begins to blow hard.

If a remarkable storm of thunder and rain is to succeed, for some days before it lodges almost continually without the water, and discovers uncommon uneasiness, in violent throes, and convulsive-like motions.

In the frost, as in clear summer weather, it lies constantly at the bottom. And in snow, as in rainy weather, it pitches its dwelling upon the very mouth of the phial.

What reasons may be assigned for them, I must leave philosophers to determine, though one thing is evident to every body, that it must be affected in the same way with that of the mercury and spirits in the weather-glass, and has doubtless a very surprising sensation, that the change of weather, even days before, makes a visible alteration upon its manner of living.

Perhaps it may not be amiss to note, lest any of the curious should try the experiment, that the leech was kept in a common eight ounce phial glass, about three-fourths filled with water, and covered on the mouth with a bit of linen-rag. In the summer the water is changed once a week, and in the winter once a fortnight. This is a weather-glass which may be purchased at a very trifling expence, and which will last some years.

ROYAL HUMANE SOCIETY.

Directions for the recovery of the Apparently Dead.

I. The restoration of heat is of the greatest consequence to the return of life: when, therefore, the body is taken out of the water, the cloaths should be stripped off; or, if naked at the time of the accident, it must be covered with two or three coats, or a blanket. The body should then be carefully conveyed to the nearest house, with the head a little raised. —In cold and damp weather, the person should be laid on a bed, &c. in a room that is moderately heated; —In summer, on a bed exposed to the rays of the sun, and not more than six persons admitted, as a greater number may retard the return of life. The body is to be well dried with warm cloths, and gently rubbed with flannels sprinkled with rum, brandy, gin, or mustard. —Fomentations of spirits may be applied to the pit of the stomach with advantage. —A warming-pan covered with flannel should be lightly moved up and down the back; bladders, or bottles filled with hot water, heated bricks, or tiles wrapped up in flannel, should be applied to the soles of the feet, palms of the hands, and other parts of the body.

II. Respiration will be promoted by closing the mouth and one nostril, while, with the pipe of a bellows, you blow into the other with sufficient force to inflate the lungs; another person should then press the chest gently with his hands, so as to expel the air. If the pipe be too large for the nostrils, the air may be blown in at the mouth. Blowing the breath can only be recommended when bellows cannot be procured.

III. The

III. The bowels should be inflated with the fumes of tobacco and repeated three or four times within the first hour; but if circumstances prevent the use of this vapour, then clysters of this herb, or other acrid infusions with salt, may be thrown up with advantage. The fumigating machine is so much improved as to be of the highest importance to the public; and if employed in every instance of apparent death, it would restore the lives of many of our fellow creatures, as it now answers the important purposes of fumigation, inspiration, and expiration.

IV. Agitation has proved a powerful auxiliary to the other means of recovery; one or more of the assistants should, therefore, take hold of the legs and arms, particularly of boys, and shake their bodies for five or six minutes; this may be repeated several times within the first hour. When the body is wiped perfectly dry, it should be placed in bed between two healthy persons, and the friction chiefly directed, in this case, to the left side, where it will be most likely to excite the motion of the heart.

V. When these methods have been employed for an hour, if any brewhouse, bakehouse, or glasshouse, be near, where warm grains, ashes, lees, &c. can be procured, the body should be placed in any of these moderated to a degree of heat very little exceeding that of the person in health. If the warm bath can be conveniently obtained, it may be advantageously used in conjunction with the earliest modes of treatment.

VI. Electricity should be early employed, as it will increase the beneficial effects of the other means of recovery on the system. "The electrical shock," says Mr. Kite, in his Essay on the Recovery of the apparently Dead, "is to be admitted as the test or discriminating characteristic of any remains of animal life; and so long as that produces contractions, may the person be said to be in a recoverable state; but when that effect has ceased, there can no doubt remain of the party being absolutely and positively dead."

VII. If convulsions, or other signs of returning life appear, a tea-spoonful or two of warm water may be put into the mouth; and if the power of swallowing be returned, a little warm wine, or brandy and water may be given. When this gradual approach towards recovery is observed, and breathing returned, let the person be put into a warm bed, and if disposed to sleep, as is generally the case, give no disturbance, and he will awake almost perfectly recovered.

The above methods are to be used with vigour for three or four hours; for it is a vulgar and dangerous opinion to suppose persons are irrecoverable, because life does not soon make its appearance; an opinion that has consigned an immense number

ber to the grave, who might have been restored to life by resolution and perseverance.

Bleeding should never be employed in such cases, unless by the direction of one of the medical assistants, or some other respectable gentleman of the faculty, who has paid attention to the subject of suspended animation.

On the first alarm of any person being drowned, let hot water, flour of mustard, warm blankets, hot flannels, flat bottles filled with hot water, a heated warming-pan, bellows, brandy, hartshorn drops, and an electrifying machine, be procured. These articles being immediately employed, may be productive of restoring many useful and valuable lives.

The common people will often restore life by pursuing the plans now recommended; but if gentlemen of the faculty can be obtained, their assistance should be immediately requested, as their skill will lead them judiciously to vary the methods of treatment, and, in a variety of accidents, many more lives will be restored to the community and to their families.

The above means of restoration have proved efficacious in apparent sudden death, by convulsions, suffocations, intoxication, hanging, intense cold, and the tremendous stroke of lightning.—When persons are frost bitten, they should be rubbed with snow, previous to their being brought into a warm room. In suffocation, occasioned by the fumes of sulphur, charcoal, &c. dashing the face and breast with cold water has been known to restore life.

* * Publicans and others, who have been deterred from receiving the apparently dead into their houses, or giving immediate assistance, under an apprehension of legal punishment or penalties, are now informed, that the Committee have obtained the following opinion of an eminent Special Pleader:—"It is a
 "misdemeanour by the common law, and an indictable offence,
 "to prevent the Coroner from doing his duty, or to obstruct
 "him in the execution of it. But the meddling with a body
 "apparently dead, for the purpose of preserving life, is not a
 "transgression of the law in either of these respects; nor do I
 "know any statute by which such an act is prohibited."—All persons who immediately admit the drowned, or otherwise suffocated, and afford assistance in the various instances of apparent death, will be indemnified by the Managers of this Institution; and are informed that the charges of burial, in unsuccessful cases, will be paid by the Royal Humane Society.



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