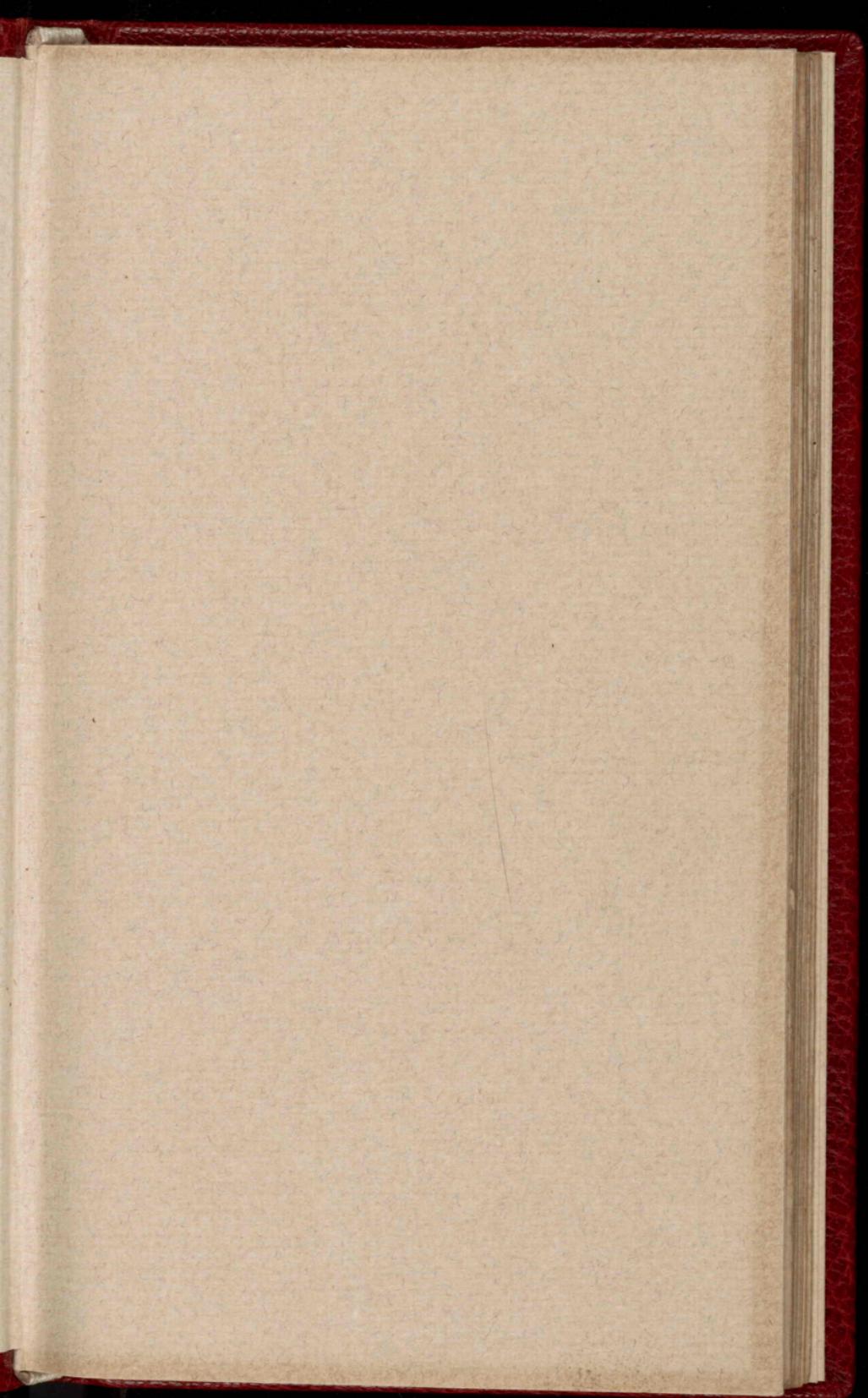


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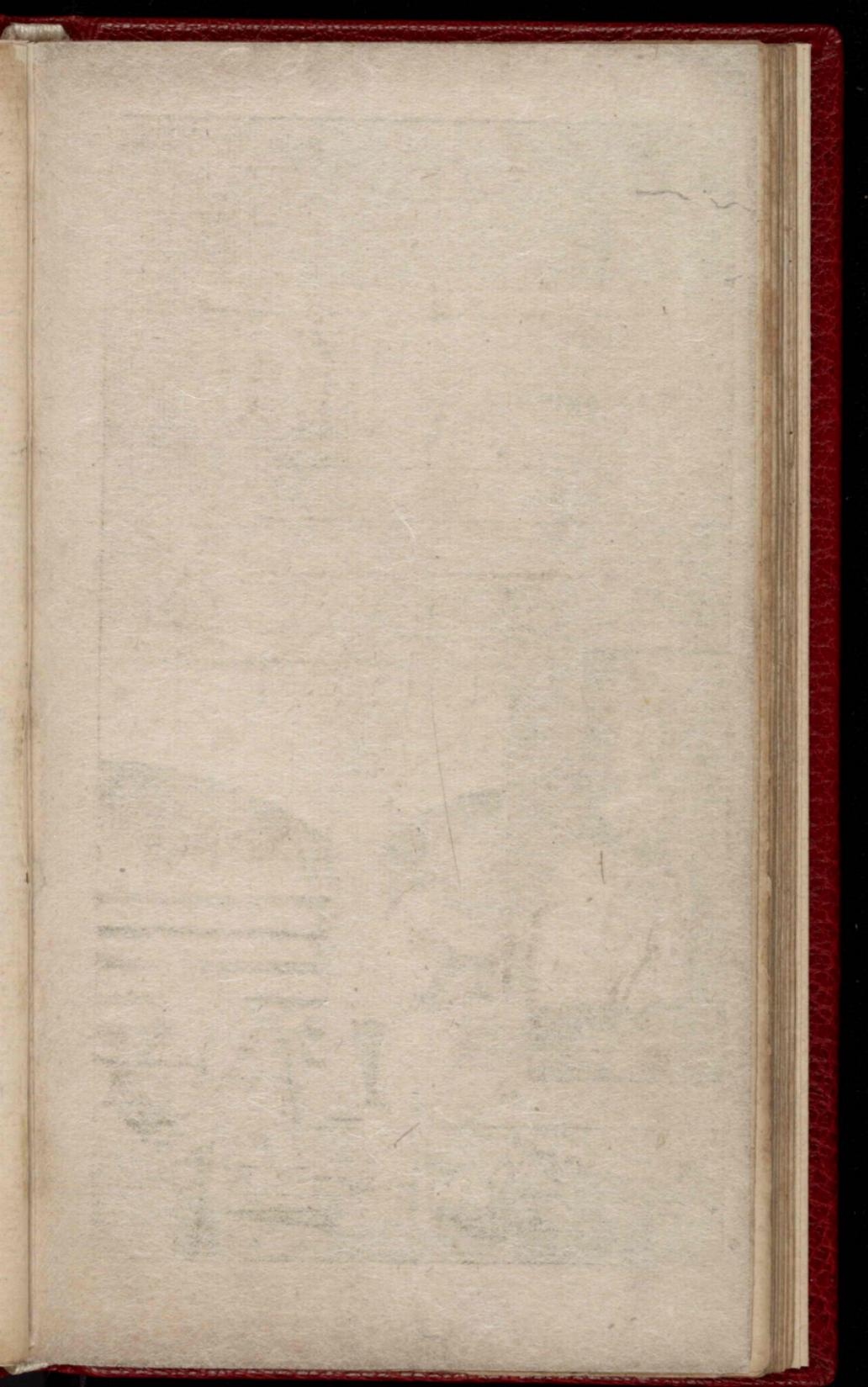
Young Woman's Best Guide.



Town and County of York

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Young Woman's Best Guide

IN THE
WHOLE ART OF COOKERY,

Containing the Art of Dressing, Boiling, Roasting, Baking, &c.

AND THE SECRETS OF THE ART.

By Mrs. Elizabeth Hume, &c.

LONDON, 1752.

Printed by W. Johnston, at the Sign of the Crown, in Pall-mall.

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And the choicest Receipts for

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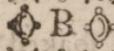
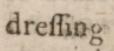
With the Art of Dressing, Boiling, Roasting, Baking, &c.



THE
 Town and Country COOK;
 OR,
 Young Woman's Best Guide.

Of BOILING.

General Rules to be observed in Boiling.

 E sure that your pots and covers are well
 **B**  tinned, very clean, and free from sand —
 Mind that your pot really boils all the
 while, else you will be disappointed in
 dressing any joint, though it has been a proper time
 over the fire. Fresh meat must be put in when
 the water boils, and salt meat whilst it is cold.
 Take care likewise to have sufficient room and water
 in the pot, and allow a quarter of an hour to every
 pound of meat, let it weigh more or less.

To boil a Ham.

A ham requires a deal of water, therefore put it into the copper cold, and let it only simmer for about two hours, and allow a full quarter of an hour to every pound of ham; by this means your ham will eat tender and well.

A dry ham should be soaked in water over night; a green ham does not require soaking. Take care they are well cleansed before you dress them.

Before you send a ham to table take off the rind, and sprinkle it over with bread crumbs, and put it in an oven for a quarter of an hour: or you may crisp it with a hot salamander.

To boil Lamb.

A leg of lamb of five pounds will not be boiled in less than an hour and a quarter; and if, as it ought to be, it is boiled in a good deal of water, and your pot be kept clean skimmed, you may dish it up as white as a curd. Send it to table with stewed spinach, and melted butter in a boat.

To boil Veal.

Let the pot boil, and have a good fire when you put in the meat; be sure to scum it very clean. A knuckle of veal will take more boiling in proportion to its weight than any other joint, because the beauty is to have all the gristles soft and tender.

You may either send up boiled veal with parsley and butter, or with greens and bacon.

To boil a Calf's Head.

The head must be picked very clean, and soaked in a large pan of water a considerable time before it be put into the pot. Tie the brains up in a rag, and put them into the pot at the same time with the head; skim the pot well; then put in a piece of bacon, in proportion to the number of people to eat thereof. You will find it to be enough by the tenderness of the flesh about that part that joined to the neck. When enough, you may grill it before the fire, or serve it up with melted butter, bacon, and greens, and with the brains mashed and beat up with a little butter, salt, pepper, vinegar, or lemon, sage, and parsley, in a separate plate; and the tongue slit and laid on the same plate; or serve the brains whole, and the tongue slit down the middle.

To boil a Leg of Pork.

A leg of pork must lie in salt six or seven days; after which put it into the pot to be boiled, without using any means to freshen it. It requires much water to swim in over the fire, and also to be fully boiled; so that care should be taken, that the fire does not slacken while it is dressing. Serve it up with pease-pudding, melted butter, mustard, butter'd turnips, carrots, or greens.

To boil Pickled Pork.

Wash the pork, and scrape it clean. Put it in when the water is cold, and boil it till the rind be tender. It is to be served up always with boiled greens, and is commonly a sauce of itself to roasted fowls or veal.

To boil Beef or Mutton.

When your meat is put in, and the pot boils, take care to skim it very clean, otherwise the steam will boil down, stick to your meat, and make it look black. Send up your dish with turnips, greens, potatoes, or carrots. If it is a leg or loin of mutton you may also put melted butter and capers in a boat.

To boil a Turkey, Fowl, Goose, Duck, &c.

Poultry are best boiled by themselves, and in a good deal of water; skim your pot clean, and you need not be afraid of their going to table of a bad colour. A large turkey, with a force-meat in his craw, will take two hours; one without, an hour and a half; a hen-turkey, three quarters of an hour; a large fowl, forty minutes; a small one, half an hour; a large chicken, twenty minutes; and a small one, a quarter of an hour. A full-grown goose salted, an hour and a half; a large duck, near an hour.

Sauce for a boiled Turkey. Take a little water, a bit of thyme, an onion, a blade of mace, a little lemon-peel, and an anchovy; boil these together,

and strain them through a sieve, adding a little melted butter. Fry a few sausages to lay round the dish, and garnish with lemon.—Or, white oyster-sauce.

Sauce for a Fowl. Parsley and butter; or white oyster-sauce.

Sauce for a Goose. Onions or cabbage, first boiled and then stewed in butter for a few minutes.

Sauce for a Duck. They should be smothered with onions.

To boil Rabbits.

Truss your rabbits close, and boil them off white. For sauce, take the livers, which, when boiled, bruise with a spoon very fine, and take out all the strings; put to this some good veal broth, a little parsley shred fine, and some barberries clean picked from the stalks; season it with mace and nutmeg; thicken it with a piece of butter rolled in flour, and a little white wine: let your sauce be of a good thickness, and pour it over your rabbits. Garnish with lemons and barberries.

To boil Rabbits with Onions.

Truss your rabbits short, with their heads turned over their shoulders; let them be boiled off very white; boil some large onions in a good deal of water, till they are very tender; put them into a cullender, and when drained, pass them through it with a good deal of butter, a little salt, and a gill of cream; stir them over the fire till they are of a good thickness; then dish up your rabbits, and pour the onions over them.—Garnish with lemon and raw parsley.

OF FISH.

To boil Salmon.

Let it be well scraped and cleansed from scales and blood; and after it has lain about an hour in salt and spring water, put it into a fish-kettle, with a
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proportionate quantity of salt and horse-radish, and a bunch of sweet herbs. Put it in while the water is lukewarm, and boil it gently till it is enough; or about half an hour, if it be thick; or twenty minutes if a small piece. Pour off the water, dry it well, and dish it neatly on a fish plate, in the centre, and garnish the dish with horse-radish scraped (as is done for roast beef) or with fried smelts or gudgeons, and with slices of lemon round the rim.

The sauce to be melted butter, with and without anchovy, or shrimp and lobster sauce in different basons.

To boil a Turbot.

A turbot ought to be put into pump water, with salt and vinegar, for two hours before it is dressed. In the mean time put a sufficiency of water into the fish-kettle, with a stick of horse-radish sliced, a handful of salt, and a faggot of sweet herbs. When the water tastes of the seasoning, take it off the fire, and let it cool a little, to prevent the fish from breaking. Put a handful of salt in the mouth and belly of the turbot, put it into the kettle, and boil it gently. A middling turbot will take about twenty minutes.

When it is enough, drain it a little; lay it upon a dish sufficiently large, and garnish with fried smelts, sliced bacon, scraped horse-radish, and barberries.

Sauce. Lobster sauce, anchovy sauce, and plain butter, in separate basons.

To boil a Cod.

Gut and wash the fish very clean inside and out, and rub the back bone with a handful of salt; put it upon a fish plate, and boil it gently till it is enough; and remember always to boil the liver along with it. Garnish with scraped horse-radish, small fried fish, and sliced lemon.

Sauce. Oyster sauce, shrimp sauce, or lobster sauce, with plain melted butter, in different boats, and mustard in a tea cup.

OF BOILING.

To boil a Cod's Head.

After tying your cod's head round with pack-thread, to keep it from flying, put a fish kettle on the fire, large enough to cover it with water; put in some salt, a little vinegar, and some horse-radish sliced; when the water boils, lay your fish upon a drainer, and put it into the kettle; let it boil gently till it rises to the surface of the water, which it will do if your kettle is large enough; then take it out and set it to drain; slide it carefully off your drainer into your fish plate. Garnish with lemon and horse-radish scraped.

Have oyster sauce in one bason, and shrimp sauce in another.

To boil Scats.

Great care must be taken in cleansing this fish; and as it is commonly too large to be boiled in a pan at once, the best way is to cut it into long slips, cross ways, about an inch broad, and throw it into salt and water; and if the water boils quick it will be enough in three minuets. Drain it well, and serve it up with butter and mustard in one bason, and anchovy or soy sauce in another.

You may, if you please, place spitchcocked eels round about the scate.

To boil Plaice and Flounders.

Let the pan boil, throw some salt into the water, then put in the fish; and (being boiled enough) take it out with a slice, and drain it well. Serve it up with horse-radish and boiled parsley, to garnish the edges of the dish; and with a bason of butter melted plain, and anchovy sauce; or butter melted with a little catchup or soy.

To boil Carp.

Take a brace of large carp, scale them, and slit the tails, let them bleed into about half a pint of red wine.

wine, with half a nutmeg grated (keep it stirring, or the blood will congeal;) then gut and wash them very clean; boil the roes first, and then the carp, as you would do any other fish, then fry them; fry some fippets cut corner ways; and lastly, dip some large oysters in butter, and fry them also, of a fine brown.

For the sauce, take two anchovies, a piece of lemon-peel, a little horse-radish, and a bit of onion: boil these in water till the anchovies are wasted: strain the liquor into a clean saucepan, and, as you like it, add oysters stewed, a lobster cut small (without the spawn) craw-fish, or shrimps; set it over the fire, and let it boil; then take near a pound of butter, roll a good piece in flour, put it into your saucepan with the liquor, with what other ingredients you intend, and boil all together, till it is of a good thickness; then pour in the wine and the blood, and shake it about, letting it only simmer. Take up the fish, put them into a dish, and pour the sauce over them.

Garnish your dish with fried oysters, horse-radish, fried parsley, and lemon; stick the fippets about the fish, and lay the roe, some on the fish, and the rest on the dish; send it to table as hot as you can.

To boil Mackarel.

Having cleansed the mackarel very well, and soaked them for some time in spring water, put them and the roes into a stewpan, with as much water as will cover them, and a little salt. Boil a small bunch of fennel along with them, and when you send them up, garnish with the roes, and the fennel shred fine.

Sauce. Grated sugar in a saucer; melted butter, and green gooseberries boiled, in different basons; or, parsley and butter, with a little vinegar and lemon.

To boil Eels, &c.

Having skinned and washed your eels, and cut off the back fins with a pair of scissars, roll them round
with

with the heads innermost, and run a strong skewer through them. Put them into a stew-pan, with a sufficient quantity of water, and a little vinegar and salt. Garnish with sliced lemon.

Sauce. Parsley and butter.

To boil a Pike.

Gut and clean your pike very well with salt and water, fasten the tail in the mouth with a skewer, then put it into the stew-pan, with as much water as will cover it, a little vinegar and salt, and a piece of horse-radish sliced. Garnish with lemon and scraped horse-radish.

Sauce. Anchovy, shrimp, or soy sauce; or melted butter and catchup.

To dress a Turtle.

Fill a boiler or kettle with a quantity of water sufficient to scald the callapach and callapee, the fins, &c. And about nine o'clock hang up your turtle by the hind fins, cut off its head, and save the blood; then with a sharp-pointed knife separate the callapach from the callapee (or the back from the belly part) down to the shoulders, so as to come at the entrails, which take out, and clean as you would those of any other animal, and throw them into a tub of clean water, taking great care not to break the gall, but to cut it from the liver, and throw it away. Then separate each distinctly, and put the guts into another vessel, open them with a small penknife, from end to end, wash them clean, and draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold water till they are used, with the other part of the entrails, which must all be cut up small, to be mixed in the baking dishes with the meat. This done, separate the back and belly pieces entirely, cutting away the four fins by the upper joint, which scald, peel off the loose skin, and cut them into small pieces, laying them by themselves,
either

either in another vessel, or on the table ready to be seasoned. Then cut off the meat from the belly part, and clean the back from the lungs, kidneys, &c. and that meat cut into pieces as small as a wall-nut, laying it likewise by itself. After this you are to scald the back and belly pieces, pulling off the shell from the back, and the yellow skin from the belly, when all will be white and clean; and with the kitchen cleaver cut those up likewise into pieces about the bigness or breadth of a card. Put these pieces into clean cold water, wash them out, and place them in a heap on the table, so that each part may lie by itself.

The meat, being thus prepared and laid separate, for seasoning, mix two-third parts of salt, or rather more, and one-third part of Cayenne pepper, black pepper, and a nutmeg and mace pounded fine, and mixed together; the quantity to be proportioned to the size of the turtle, so that in each dish there may be about three spoonfuls of seasoning to every twelve pounds of meat.

Your meat being thus seasoned, get some sweet herbs, such as thyme, savory, &c. let them be dried and rubbed fine, and having provided some deep dishes to bake it in, (which should be of the common brown ware) put in the coarsest part of the meat at the bottom, with about a quarter of a pound of butter in each dish, and then some of each of the several parcels of meat, so that the dishes may be all alike, and have equal portions of the different parts of the turtle; and between each laying of the meat, strew a little of the mixture of sweet herbs. fill your dishes within an inch and a half, or two inches of the top; boil the blood of the turtle, and put into it; then lay on force-meat balls made of veal, or fowl, highly seasoned with the same seasoning as the turtle; put in each dish a gill of good Madeira wine, and as much water as it will conveniently hold; then break over it five or six eggs,
to

to keep the meat from scorching at the top, and over that shake a handful of shred parsley, to make it look green; when done put your dishes into an oven made hot to make bread, and in an hour and a half, or two hours (according to the size of your dishes) it will be sufficiently done.

G A R D E N S T U F F.

In dressing all kinds of vegetables, the cook must be particularly careful that they are properly cleansed before they are put into the pot. To effect this, take off the outer leaves, and such as have received injury by the weather: then examine the inner leaves with great nicety, that there be no small snails or caterpillars between them which is frequently the case, particularly in cabbages and favoys. When you have done this, wash them well in a pail or pan of water, and put them into a cullender to drain. Before you put your water that is to boil them into the saucepan, examine the vessel carefully that it be clean, and free from sand or grease. You must likewise be very attentive to the time of their boiling, for if they are done too much they will be spoiled. All green should have a little crispness, which will not be the case if they are over-boiled; neither will they look so well or eat so sweet as when properly done.

To boil Asparagus.

First cut the white ends off about six inches from the head, and scrape them from the green part downward very clean. As you scrape them, throw them into a pan of clean water; and, after a little soaking, tie them up in small even bundles. When your water boils, put them in, and boil them up quick; but by over-boiling they will lose their heads. Cut a slice of bread for a toast, and bake it brown on both sides. When your grass is done, take them up carefully; dip them in the asparagus water, and lay

it in the bottom of your dish; then lay the heads of the asparagus on it with the white ends outwards: pour a little melted butter over the heads; cut an orange into small quarters, and stick them between for garnish.

To boil Artichokes.

Wring off the stalks close to the artichokes: throw them into water, and wash them clean; then put them into a pot or saucepan. They will take better than an hour after the water boils; but the best way is to take out a leaf, and if it draws easy, they are enough. Send them to table with butter in tea-cups between each artichoke.

To boil Cauliflowers.

A cauliflower is the most favorite plant in the kitchen garden amongst the generality of people. Take off all the green part, and cut the flower close at the bottom from the stalk; and if it be large or dirty, cut it into four quarters, that it may lay better in the pan, and be thoroughly cleansed. Let it soak an hour, if possible, in clean water; and then put it into boiling milk and water (if you have any milk) or water only, and skim the pan very well. When the flower or stalks left above it feel tender, it will be enough; but it must be taken up before it loses its crispness; for cauliflower is good for nothing that boils till it becomes quite soft. When enough, lay it to drain in a cullender for a minute or two, and serve it up in a dish by itself, and with melted butter in a bason.

For boiling Carrots.

Scrape them very clean, and when they are enough, rub them in a clean cloth, then slice them into a plate, and pour some melted butter over them. If they are young spring carrots, half an hour will boil them; if large, an hour; but old Sandwich carrots will take two hours.

To boil Sprouts.

Pick and wash your sprouts very clean, and see there are no snails or grubs between the leaves, cut them across the stem, but not the heart; after they are well washed, take them out of the water to drain; when your water boils, put in some salt, and then the sprouts, with a little more salt on them; make them boil quick, and if any scum arises, take it clean off. As soon as the stalks are tender, strain them off, or they will not only lose their colour, but likewise their flavour.

To boil Spinach.

There is no herb requires more care in the washing, than spinach; you must carefully pick it leaf by leaf, take off all the stalks, and wash it in three or four waters; then put it in a cullendar to drain. It does not require much water to dress it: half a pint in a saucepan that holds two quarts, will dress as much spinach as is generally wanted for a small family. When your water boils, put in your spinach, with a small handful of salt, pressing it down with a spoon, as you put it into the saucepan; let it boil quick, and as soon as tender, put it into a sieve, or cullendar, and press out all the water. When you send it to table, raise it up with a fork, that it may lie hollow in the dish.

To boil French Beans.

Take your beans and string them; cut them in two, and then across; when you have done them all, sprinkle them over with salt, and stir them together. As soon as your water boils, put them in, salt and all; make them boil up quick. They will be soon done, and look of a better green than when growing in the garden. If they are very young only take off the ends break them in two, and dress them in the same manner.

To boil Parsnips.

Parsnips are a very sweet root, and an agreeable sauce for salt fish. They should be boiled in a great deal of water, and when you find they are soft, (which is known by running a fork into them) take them up, and carefully scrape all the dirt off them, and then with a knife scrape them all fine, throwing away all the dirty parts; then put them in a saucepan with some milk, and stir them over the fire till they are thick. Take care they do not burn; add a good piece of butter, and a little salt, and when the butter is melted, send them to table.

But parsnips are in common served up in a dish, when well boiled and scraped, with melted butter in a basin.

OF ROASTING.

General Directions with regard to Roasting.

IN the first place, you must regulate your fire according to the piece of meat you are to dress: if it be a small or thin piece, make a pretty little brisk fire; but if it be a large joint, let a very good fire be laid to cake. Take care to keep your fire always clear, and let your spit be very clean. When the steam draws near the fire, it is a sign that the meat is done enough; but you will best judge of that from the time it was put down. Observe that in frosty weather all kinds of meat take more time in dressing.

To roast a Pig.

Put into the belly of your pig a few sage leaves chopped, a piece of butter, a crust of bread grated, and some pepper and salt; sew it up, spit it, and lay it down to a large brisk fire. Flour it all over very
 *C
 thick,

thick, and continue to do so till the eyes begin to start. As soon as you find the skin tight and crisp, and that the eyes are dropped, lay two basons in the dripping pan, to receive the gravy that comes from it. When the pig is done enough, put a lump of butter into a cloth, and rub all over it, till the flour is quite off; then take it up into your dish, and having cut off the head, cut the pig in two down the back; chop off the ears, and place one upon each shoulder; cut the under jaw in two, and lay on each side; melt some butter, put it into the gravy that came from your pig, boil it up, and put it into the dish with the brains bruised fine, and a little shred sage; then send the whole to table, with bread sauce in a bason, and garnish with lemon.

A Pig barbecued.

Take two or three anchovies, a few leaves of sage, and the liver of the pig; chop them very small, and put them into a marble mortar, with half a pint of red wine, some butter, bread-crumbs, and pepper: beat them all together to a paste, and sew them up in your pigs belly; then lay it down to the fire, singe it well, pour in the dripping pan two or three bottles of red wine, and baste it with the wine all the time it is roasting. When it is almost done, take the sauce out of your dripping-pan, add to it one anchovy, half a lemon, and a bunch of sweet herbs, boil these a few minutes, then take up your pig, put a small lemon, or apple in it's mouth, strain your sauce, and pour it on boiling hot; lay barberries and sliced lemon round the pig, and serve it up whole.

To roast Venison.

Take a haunch of venison, and when you have spitted it, lay over it a large sheet of white paper, then a thin paste with another sheet of paper over it, and tie it well to prevent the paste from falling.

About

About five or six minutes before you take it up, take off the paper and paste, baste it with butter, and dredge it with a little flour: when you dish it up, let it be accompanied with some good gravy in one sauce boat, and sweet sauce in another. If it be a large haunch, it will take three hours roasting. The neck and shoulder may be dressed the same way. The sauce for venison may be either currant jelly warmed, or half a pint of red wine, with a quarter of a pound of sugar, simmered over a clear fire for seven or eight minutes; or about half a pint of vinegar, with a proportionate quantity of sugar, simmered till it becomes of the consistence of a syrup.

To roast Mutton.

If it be a chine or saddle of mutton, you must raise the skin, and then skewer it on again; for that will prevent it's being scorched. Strip off the skin about a quarter of an hour before you take it up; throw some flour on your meat, together with a handful of salt, and baste it with butter. Roast mutton, when served up, may be accompanied with French beans, broccoli, potatoes, cauliflower, horse-radish, or water cresses.—N. B. Onion sauce is frequently used with a shoulder of mutton, either roasted or boiled.

To roast Mutton so as to make it eat like Venison.

Having procured a fat hind-quarter of mutton, cut the leg in the shape of a haunch of venison, lay it in a pan, and pour over it a bottle of red wine, in which it must lie twenty-four hours; then put it on the spit, and baste it with the same liquor and butter all the time it is roasting. If you have a good quick fire, your meat will be done in two hours. You may send it to table with some good gravy in one basin, and currant jelly in another.

To roast a Leg of Mutton with Oysters or Cockles.

Take a leg of mutton that has been butchered two or three days before, stuff it all over with oysters or cockles, and roast it. Garnish the dish with horse-radish.

To roast Beef.

Butter a piece of writing-paper, and fasten it with small skewers to the top of your beef; then lay it down to a good fire, throw some salt on it, and baste it well with good dripping. A little while before you take it up, remove the paper, dredge the meat with some flour, and baste it with a piece of butter. Garnish the dish with scraped horse-radish, and send it to table with brocoli, French beans, potatoes, horse-radish, or cauliflower. When you want to keep your meat a few days before you dress it, you must dry it well with a clean cloth, then flour it all over, and hang it up in a place where the air may come to it.

To roast Veal.

In dressing a fillet or loin of veal, paper the udder of the fillet to preserve the fat, and the back of the loin to prevent it from being scorched. Lay your meat at some distance from the fire till it is soaked, and then draw it nearer the fire; baste it well with butter, and dust it with a little flour. The stuffing for a fillet is made thus: take half a pound of suet, about a pound of grated bread, some parsley, thyme, sweet marjoram, and savory, a piece of lemon-peel, nutmeg, pepper, and salt, and mix them up together with the yolks and whites of a few eggs.

A breast of veal must be roasted with the caul on, and the sweet-bread skewered on the back-side: when it is almost done, take off the caul, and baste it with butter and a little flour.

To roast Lamb.

When you lay it down, baste it well with fresh butter, and scatter on it a very little flour; then baste it with what drips from it; and just before you take it up, sprinkle on a little salt and chopped parsley, and baste it again with butter. You may serve it up with mint sauce, green pease, a sallad, cauliflower, or French beans.

To roast a Leg of Lamb with Forcemeat.

Take a large leg of lamb, and with a sharp knife cut off all the meat, leaving the skin whole with the fat on it: then chop the meat small with half a pound of beef suet, some marrow, a few oysters, an onion, an anchovy, some sweet herbs, lemon-peel, mace, and nutmeg; and having beat all these together in a mortar, stuff the skin with them, sew it up, rub it with the yolks of eggs, spit it, flour it all over, lay it down to the fire, and baste it well with butter: when done, pour some nice gravy into the dish, and send it up.

To roast Pork.

In roasting a loin of pork, you must cut the skin across in small streaks, and take care that it be jointed before you lay it down; it is sometimes served up with onions.—A sparerib should be roasted before a clear fire, and basted with a small piece of butter, a little flour, and some sage shred fine: send it up with apple sauce.—The knuckle of a roast leg of pork is frequently stuffed with sage and onion chopped small, with a little pepper and salt, and eat with gravy and apple sauce. But the best way of roasting a leg is as follows: first parboil it, then skin it and lay it down, and baste it with butter; take a little sage shred fine, a few crumbs of bread, some nutmeg, pepper, and salt; mix these together, and strew them over your meat while it is roasting: send up some
C 3
gravy

gravy in the dish, and serve it up with apple sauce and potatoes. A griskin may be dressed in the same manner.—N. B. Pork must be well done, otherwise it is apt to surfeit.

To roast a Tongue.

You must parboil it first, then roast it; baste it well with butter, stick ten or twelve cloves about it, and send it to table with some gravy and sweet sauce.—N. B. An udder dressed the same way is very good eating.

To dress a pickled Neat's Tongue.

Having first soaked it, boil it till the skin will peel off, then stick it with cloves, put it on the spit, wrap a veal caul over it, and roast it till it is enough; after which you must take off the caul, and serve up your tongue with gravy in the dish, and some venison sauce in a boat. Garnish with raspings of bread and sliced lemon.

To roast a Calf's Liver.

Lard it with bacon, fasten it on the spit, and roast it with a gentle fire: send it to table with good veal gravy, or melted butter.

To roast Rabbits.

Having trussed your rabbits, put them down to a quick clear fire, dredge them, baste them well with butter, and roast them near three quarters of an hour: boil the livers with a bunch of parsley, and chop them very fine; then melt some good butter, put into it half the liver and parsley, and pour it in the dish; garnish with the other half. The French sauce for rabbits consists of onions minced small, fried, and mixed up with pepper and mustard.—Some people put a pudding in a rabbit's belly, when they roast it.

To roast a Hare.

Stuff your hare with a pudding made thus : take some crumbs of bread, a quarter of a pound of beef-suet minced fine, the hare's liver parboiled and chopped small, some butter, two or three eggs, one anchovy, a little lemon-peel, parsley, thyme, nutmeg, pepper, and salt ; mix these several ingredients together, and put them into the belly of your hare, and then roast it. Put about three pints of milk and half a pound of fresh butter into your dripping-pan, which ought to be very clean : baste the hare with this all the while it is roasting ; and when it has soaked up all the butter and milk it will be done enough. Serve it up with melted butter and cream, currant jelly, gravy, or claret sauce.

Another Way of roasting a Hare.

Take a piece of fat bacon, some bread-crumbs, the liver of a hare, an anchovy, a shalot, some nutmeg and winter-favory, chop these fine, beat them up to a paste, and put them into the hare ; then lay it down to the fire, baste it with stale beer, put a small piece of bacon in the dripping-pan, and when it is half roasted, baste it with butter : send it to table with melted butter and favory.

To roast a Turkey, Goose, Duck, Fowl, &c.

When you roast a turkey, goose, fowl, or chicken, lay them down to a good fire ; singe them clean with white paper, baste them with butter, and dust on some flour. As to time, a large turkey will take an hour and twenty minutes, a middling one a full hour ; a full-grown goose, if young, an hour ; a large fowl three quarters of an hour, a middling one half an hour, and a small chicken twenty minutes ; but this depends entirely on the goodness of your fire.

When

When your fowls are thoroughly plump, and the smoke draws from the breast to the fire, you may be sure that they are very near done. Then baste them with butter; dust on a very little flour, and as soon as they have a good froth, serve them up.

Geese and ducks are commonly seasoned with onions, sage, and a little pepper and salt.

A turkey, when roasted, is generally stuffed in the craw with force-meat, or the following stuffing: Take a pound of veal, as much grated bread, half a pound of suet cut and beat very fine, a little parsley, with a small matter of thyme, or savory, two cloves, half a nutmeg grated, a tea-spoonful of shred lemon-peel, a little pepper and salt, and the yolks of two eggs.

Sauce for a Turkey. Good gravy in a boat; and either bread, onion, or oyster sauce in a basin.

For a Goose. A little good gravy in a boat, apple sauce in a basin, and mustard.

For a Duck. A little gravy in the dish, and onions in a tea-cup.

For Fowls Parsley and butter; or gravy in the dish, and either bread sauce, oyster sauce, or egg sauce in a basin.

To roast a green Goose with green Sauce.

Roast your goose nicely; in the mean time make your sauce thus; take half a pint of the juice of sorrel, a spoonful of white wine, a little grated nutmeg, and some grated bread; boil this over a gentle fire, and sweeten it with pounded sugar to your taste; let your goose have a good froth on it before you take it up; put some good strong gravy in the dish, and the same in a boat. Garnish with lemon.

To roast Pigeons.

Take a little pepper and salt, a small piece of butter, and some parsley cut small; mix these together,
put

put them into the bellies of your pigeons, tying the neck end tight; take another string, fasten one end of it to their legs and rumps, and the other to the mantle-piece. Keep them constantly turning round, and baste them with butter. When they are done, take them up, lay them in a dish, and they will swim with gravy.

To roast Larks.

Truss your larks with the legs across, and put a sage leaf over the breast; put them upon a long fine skewer, and between every lark a little piece of thin bacon; then tie the skewer to a spit, and roast them at a quick, clear fire, baste them with butter, and strew over them some crumbs of bread mixed with flour; fry some bread crumbs of a nice brown, in a bit of butter; lay your larks round in your dish, the bread crumbs in the middle, with sliced orange for garnish. Send good gravy in a boat.

To roast a Fowl or Turkey with Chestnuts.

Take a quarter of a hundred chestnuts, roast and peel them; bruise about a dozen of them in a mortar, with the liver of the fowl, a quarter of a pound of ham, and some sweet herbs; mix these together with some mace, pepper, salt, and nutmeg, and having put them into your fowl, spit and roast it, and baste it with butter. For sauce take the rest of the chestnuts, chop them small, and put them into some strong gravy, with a glass of white wine, and a piece of butter rolled in flour: pour the sauce in the dish, and garnish with water-creffes and sliced orange.

To roast Wild Ducks, Widgeons, or Teal.

If your fire be very good and brisk, a teal, wild duck, or widgeon, will be done in a quarter of an hour. The following sauce will suit all kinds of

wild fowl: take a sufficient quantity of veal-gravy, season it with pepper and salt, squeeze in a little claret and the juice of two oranges.

To roast Pheasants or Partridges.

Lay them down at a good distance from the fire, dredge them, and baste them with nice butter, that they may go to table with a fine froth: they will take twenty minutes or half an hour roasting: when you dish them up, let there be some gravy in the dish, and bread or celery sauce in a boat. Garnish with slices of orange or lemon.

N. B. You may, if you please, lard turkies, partridges, pheasants, larks, ortolans, &c. when you roast them.

To roast Snipes or Woodcocks.

Truss your snipes, and put them on a small bird-spit; dredge them, and baste them well with butter: have ready a slice of bread toasted brown, which must be laid in a dish, and set under the birds while they are roasting. They will take a quarter of an hour or twenty minutes. When they are done, take them up, and lay them on the toast; pour some beef-gravy and melted butter in the dish, and garnish with orange or lemon.

N. B. You need not draw a woodcock or snipe when you roast it.

To roast Quails.

Let them be stuffed with beef-suet and sweet herbs chopped and seasoned with a little spice; spit them, and when they begin to grow warm, baste them with salt and water; then flour them, and baste them with a little butter. Meanwhile dissolve an anchovy in good gravy, with two or three shallots chopped small, and the juice
of

of a Seville orange; dish up your quails in this sauce, and garnish with lemon and fried bread crumbs.

To roast Plovers.

Green plovers are roasted as you do woodcocks: Lay them upon a toast, and put good gravy sauce in the dish. Grey plovers are roasted, or stewed, thus: Make a force-meat of artichoke bottoms cut small, seasoned with pepper, salt, and nutmeg: stuff the bellies, and put the birds into a saucepan, with a good gravy just to cover them, a glass of white wine, and a blade of mace; cover them close, and stew them softly till they are tender; then take up your plovers into the dish; put in a piece of butter rolled in flour, to thicken your sauce; let it boil till smooth; squeeze in it a little lemon; scum it clean, and pour it over the birds. Garnish with orange.

OF F I S H.

To roast a Cod's Head.

Wash and scour the head very clean, scotch it with a knife, strew a little salt on it, and lay it before the fire; throw away the water that runs from it the first half hour, then strew on it some nutmeg, cloves, mace, and salt, and baste it often with butter. Take all the gravy of the fish, white wine, and meat gravy, some horse-radish, shalots, whole pepper, cloves, mace, nutmeg, and a bay leaf or two; boil this liquor up with butter, and the liver of the fish boiled, broke, and strained into it, with the yolks of two or three eggs, oysters, shrimps, and balls made of fish; put fried fish round it. Garnish with lemon and horse-radish.

To

To roast a Lobster.

First parboil your lobster, then rub it well with butter, and set it before the fire; baste it all over till the shell looks of a dark brown colour, and serve it up with melted butter in a bason.

To roast a Pike.

Take a large pike, gut it, clean it, and lard it with eel and bacon, as you lard a fowl; then take thyme, favory, salt, mace, nutmeg, some crumbs of bread, beef suet, and parsley, all shred very fine, and mix it up with raw eggs; make it into a long pudding, and put it in the belly of your pike; sew up the belly, and dissolve three anchovies in butter to baste it with; put two laths on each side the pike, and tie it to the spit: melt butter thick for the sauce; (or if you please, oyster-sauce) and bruise the pudding into it. Then garnish with lemon.

To roast an Eel.

Scour the eel well with salt; skin him almost to the tail: then gut, wash, and dry him; take a quarter of a pound of suet shred as fine as possible, sweet herbs, and a shallot, and mix them together with salt, pepper, and nutmeg; scotch your eel on both sides, wash it with yolks of eggs, lay some seasoning over it, stuff the belly with it, then draw the skin over it, and tie it to the spit; baste it with butter, and make the sauce of anchovies, and butter, melted.

Any other river or sea fish, that are large enough, may be dressed in the same manner.

(25)

Of FRYING.

Of BUTCHERS MEAT.

To fry Veal Cutlets.

CUT your veal into slices, and lard them with bacon: wash them over with eggs, and then strew on them seasoning made with sweet-marjoram, nutmeg, pepper, salt, and a little grated lemon. Fry them in sweet butter, and when they are done, pour into the dish some good gravy. Garnish the dish with sliced lemon.

Another Way.

Cut a neck of veal into steaks, and fry them in butter. Boil the scrag to strong broth, add two anchovies, a nutmeg, some lemon-peel, penny-royal, and parsley, shred very small: burn a piece of butter, and put into the liquor; then put in the cutlets, with a glass of white wine, and tosse up the whole together. If it be not thick enough, flour a bit of butter and throw it in. Lay it into the dish, squeeze an orange over it, and strew on as much salt as will properly relish it.

To fry cold Veals.

Cut it into pieces about as thick as half a crown, and as long as you please, dip them in the yolk of an egg, and then in the 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, and just enough to fry them in: For sauce, make a little gravy of the bone of the veal; 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; put in a little gravy, squeeze in a little lemon, and pour it over the veal. Garnish with lemon.

To make Scotch Collops.

Cut some lean veal into slices, and dip them into the yolks of eggs that have been beaten up with melted butter, a little salt, some grated nutmeg, and grated lemon-peel. Fry them quick; and shake them often, to keep the butter from oiling: then put to them some beef gravy, and some mushrooms, or forced meat-balls. Garnish your dish with slices of bacon and lemon. — If you would have the collops white, do not dip them in eggs. When they are fried tender, pour off the liquor quite clean, put in some cream to the meat, just give it a boil up, and then serve it to table.

To fry Beef Collops.

Cut your beef in thin slices, about two inches long, lay them upon your dresser, and hack them with the back of your knife; grate a little nutmeg over them, and dust on some flour; lay them into a stew-pan, and put in as much water as you think sufficient for sauce; shred half an onion, and a little lemon-peel very fine, a bundle of sweet herbs, and a little pepper and salt. Roll a piece of butter in flour, and set them over a clear fire till they begin to simmer; shake them together often, but dont let them boil up

up; after they begin to simmer, ten minutes will do them; take out your herbs and dish them up. Garnish the dish with pickles and horse-radish.

To make white Scotch Collops.

Cut about four pounds of fillet of veal in thin pieces; then take a clean stew-pan, butter it over, and shake a little flour over it; then lay your meat in piece by piece, till all your pan is covered; then take two or three blades of mace, and a little nutmeg, set your stew-pan over the fire, tofs it up together till all your meat be white, then take half a pint of strong veal broth, which must be ready made, a quarter of a pint of cream, and the yolks of two eggs; mix all these together, put it to your meat, keeping it tossing all the time till they just boil up; when they are enough, squeeze in a little lemon. You may add oysters and mushrooms, to make it rich.

To fry Beef Steaks.

Take some beef steaks, beat them with a roller, fry them in half a pint of ale that is not bitter; and whilst they are frying, cut a large onion small, a very little thyme, some parsley shred small, some grated nutmeg, and a little pepper and salt; roll all together in a piece of butter, and then in a little flour, put this into a stew-pan, and shake all together. When the steaks are tender, and the sauce of a fine thickness, dish it up.

Another Way.

Cut the lean by itself, and beat them well with the back of a knife; fry them in just as much butter as will moisten the pan; pour off the

gravy as it runs from the meat, turn them often, and do them over a gentle fire; then fry the fat by itself, and lay upon the meat; and put to the gravy a glass of red wine, half an anchovy, a little nutmeg, a little beaten pepper, and a shalot cut small; let it have two or three boils, season it with salt to your palate, pour it over the steaks, and send them to table. Garnish your dish with scraped horse-radish.

To fry Beef Steaks with Oysters.

Pepper some tender beef steaks to your mind, but dont salt them, for that will make them hard; turn them often, till they are enough, which you will know by their feeling firm; then salt them to your mind.

For sauce, take oysters with their liquor, and wash them in salt and water; let the oyster liquor stand to settle, and then pour off the clear; stew them gently in it, with a little nutmeg or mace, some whole pepper, clove or two, and take care you dont stew them too much, for that will make them hard; when they are almost enough, add a little white wine, and a piece of butter rolled in flour to thicken it.

To fry Mutton Steaks.

Cut off the rump end of the loin, then cut the rest into steaks, and flat them with a cleaver or rolling-pin, season them with a little salt and pepper, and fry them in butter over a quick fire; as you fry them put them into an earthen pot till you have fried them all; then pour the fat out of the pan, put in a little gravy, and the gravy that comes from the steaks, with a spoonful of red wine, an anchovy, and an onion or shalot shred; shake

up the steaks in the gravy, and thicken it with butter rolled in flour. Garnish with horse-radish and shalots.

Another Way.

First take a handful of grated bread, a little thyme, parsley, and lemon-peel, shred very small with some salt, pepper and nutmeg; then cut a loin of mutton into steaks, and let them be well beaten; take the yolks of two eggs, and rub all over the steaks. Strew on the grated bread with these ingredients mixed together and fry them. Make your sauce of gravy, with a spoonful or two of claret, and a little anchovy.

To fry a Loin of Lamb.

Cut the loin into thin steaks, put on them a little pepper, salt, and nutmeg, and fry them in fresh butter. When the steaks are enough, take them out, and lay them in a dish before the fire; then pour out the butter, shake a little flour over the bottom of the pan, pour in a quarter of a pint of boiling water, and put in a piece of butter; shake all together, give it a boil or two up, pour it over the steaks, and serve them up. Garnish the dish with fried parsley.—You may do mutton the same way, and two spoonfuls of walnut pickle.

To fry Liver and Bacon.

Cut the liver in slices, and fry it first brown and nice, and then the bacon; lay the liver in the dish, and the bacon upon it. Serve it up with melted butter in a boat, and garnish with sliced lemon.

To fry Sweetbreads and Kidnies.

Split the kidnies, and then fry them and the sweetbreads together in butter. Serve them up with a brown ragoo sauce and mushrooms; and garnish the dish with fried parsley and sliced lemon.

To fry Tripe.

Cut your tripe into pieces about three inches long, dip them into the yolk of an egg, and a few crumbs of bread, fry them of a fine brown, and then take them out of the pan, and lay them in a dish to drain. — Have ready a warm dish to put them in, and send them to table, with butter and mustard in a cup.

To fry Calf's Feet in Butter.

Blanch the feet, boil them as you would do for eating, take out the large bones and cut them in two, beat a spoonful of wheat flour and four eggs together, put to it a little nutmeg, pepper and salt, dip in your calves feet, and fry them in butter, a light brown, and lay them upon a dish with a little melted butter over them. Garnish with slices of lemon and serve them up.

To fry Sausages.

Cut them in single links, and fry them in good butter; then take a round of a loaf, fry it of a nice brown in the same butter, and lay it in the bottom of your dish; put the sausages on the toast in four parts, lay poached eggs between them, and dish them up with melted butter.

To fry Sausages with Apples.

Take six apples, and half a pound of sausages; cut four of the apples into thin slices, and quarter the other two; then fry them with the sausages, and when they are enough, lay the sausages in the middle of your dish, and the sliced apples round them. Garnish with the quartered apples.

OF FISH.

To fry Carp.

Scale and clean your carp very well, slit them in two, sprinkle them with salt, flour them, and fry them in clarified butter. Make a ragoo with a good fish broth, the melts of your fish, artichoke bottoms cut in small dice, and half a pint of shrimps; thicken it with the yolks of eggs, or a piece of butter rolled in flour: put the ragoo into a dish, and lay your fried carp upon it. Garnish with fried sippets, crisp parsley, and lemon.

To fry Tench.

When you have thoroughly cleansed them of their slime, slip the skin along the backs, and with the point of your knife raise it up from the bone; then cut the skin across at the head and tail, strip it off, and take out the bone; then take another tench, or a carp, and mince the flesh small with mushrooms, chives, and parsley. Season them with salt, pepper, beaten mace, nutmeg, and a few savory herbs minced small. Mingle these all well together, then pound them in a mortar with crumbs of bread, as much as two eggs soaked in cream, the yolks of three or four eggs, and a piece of butter. When these have been well pounded, stuff the tenches with this farce: take clarified butter, put it into a pan, set
it

it over the fire, and when it is hot, flour your tenches, and put them into the pan one by one, and fry them brown; then take them up, lay them in a coarse cloth before the fire, to keep hot. In the mean time, pour all the grease and fat out of the pan, put in a quarter of a pound of butter, shake some flour all over the pan, and keep stirring with a spoon till the butter is a little brown; then pour in half a pint of white wine, stir it together, pour in half a pint of boiling water, an onion stuck with cloves, a bundle of sweet herbs, and a blade or two of mace. Cover them close, and let them stew as softly as you can for a quarter of an hour, then strain off the liquor, put it into the pan again, add two spoonfuls of catchup, have ready an ounce of truffles or morels boiled tender in half a pint of water, pour the truffles, water and all, into the pan, with a few mushrooms, and either half a pint of oysters, clean washed in their own liquor, and the liquor and all put into the pan, or some craw-fish; but then you must put in the tails, and after clean picking them, boil them in half a pint of water, then strain the liquor, and put into the sauce; or take some fish-melts, and tofs up in your sauce. All this is just as you fancy.

When you find your sauce is very good, put your tench into the pan, make them quite hot, then lay them into your dish, and pour the sauce over them. Garnish with lemon.

Or you may, for change, put in half a pint of stale beer instead of water. Or you may dress tench just as you do carp.

To fry Trout.

Scale your trout clean, then gut them, and take out the gills, wash them, and dry them in a cloth, flour them, and fry them in butter till they are of a fine brown; when they are enough, take

them

them up, and serve them; fry some parsley green and crisp, melt anchovy and butter, with a spoonful of white wine. Dish your fish, and garnish with fried parsley, and sliced lemon. You may pour your sauce over the fish, or send it in a boat, which you please.

In this manner you may fry perch, small pike, jacks, roach, gudgeons, or a chine of fresh salmon.

To fry flat Fish.

Dry the fish well in a cloth, rub them over with the yolk of an egg, and dust over some flour: let your oil, butter, lard, or dripping be ready to boil before you put in the fish; fry them off with a quick fire, then let them be of a fine brown. Before you dish them up, lay them upon a drainer before the fire sloping, for two or three minutes, which will prevent their eating greasy. For sauce, take half a pint of water, two anchovies split, a clove, a bit of mace, a little lemon peel, a few pepper-corns, and a large spoonful of red wine; boil all together, till your anchovy is dissolved; then strain it off, and thicken it with butter rolled in flour.

You must observe on fast days, and in Lent, never to dress your fish in any thing but butter, or oil.

To fry Herrings.

After having cleaved your herrings, take out the roe, dry them and the herrings in a cloth; flour them, and fry them in butter of a fine brown; lay them before the fire to drain; slice three or four onions, flour them, and dry them nicely; dish up the herrings, and garnish them with the roes and onions: Send them up as hot as you can with butter and mustard in a cup.

To fry Eels.

After having skinned and cleaned your eels, split them, and cut them in pieces; let them lay for two or three hours in a pickle made of vinegar, salt, pepper, bayleaves, sliced onion, and juice of lemon; then dredge them well with flour, and fry them in clarified butter; serve them dry with fried parsley, and lemon for garnish. Send plain butter and anchovy sauce in several cups.

To fry Lampries.

Bleed them, and save the blood, then wash them in hot water to take off the slime, cut them in pieces, and let them be fried in butter, not quite enough; drain out all the fat, then put in a little white wine, and shake your pan; season them with whole pepper, nutmeg, salt, sweet herbs, and a bay leaf, a good piece of butter rolled in flour, and the blood that was saved; cover them close, and shake the pan often. When you think they are enough, take them up, and give the sauce a quick boil, squeeze in a little lemon, and pour the sauce over the fish. — Send it to table garnished with lemon.

To fry small fish of all Sorts.

Small fish are generally dressed to garnish a dish of fish, as smelts, gudgeons, roach, small whittings, &c. Wipe them dry with a cloth, then rub them over with the yolk of an egg, flour them, and fry them in oil, butter, hog's-lard, or beef-dripping; take care they are fried of a fine light brown; and if they are sent by themselves in a dish, garnish with fried parsley and lemon.

Whitings, when small, should be turned round, the tail put into the mouth, and so fried; if large, they are skinned, turned round and fried.

Plaife, flounders, and dabs are rubbed over with eggs, and fried.

Small maids are frequently dipped in batter, and fried.

As these sorts of fish are generally dressed by themselves for supper, you may send various sauces as you like best; either shrimps, oysters, anchovy and butter, or plain melted butter; and some chuse oil and lemon.

To fry Oysters.

You must take a batter of milk, eggs, and flour; then take your oysters and wash them; wipe them dry, and dip them in the batter, then roll them in some crumbs of bread and a little mace beat fine, and fry them in very hot butter or lard.

Or, beat four eggs with salt, put in a little nutmeg grated, and a spoonful of grated bread, then make it as thick as batter for pancakes, with fine flour; drop the oysters in, and fry them brown in clarified beef suet. They are to lie round in any dish of fish. Ox palates boiled tender, blanched, and cut in pieces, then fried in such batter, is proper to garnish hashes or fricasees.

G A R D E N S T U F F.

To fry Cauliflowers.

Take two fine cauliflowers, boil them in milk and water, then leave one whole, and pull the other to pieces; take half a pound of butter, with two spoonfuls of water, a little dust of flour, and melt the butter in a stew-pan; then put in the whole cauliflower cut in two, and the other pulled to pieces, and fry it till it is of a very light brown. Season it with pepper and salt. When it

is enough, lay the two halves in the middle, and pour the rest all over.

To fry Artichoke Bottoms.

First blanch them in water, then flour them, 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.

To fry Celery.

Take six or eight heads of celery, cut off the green tops, and take off the outside stalks, wash them clean; then have ready half a pint of white wine, the yolks of three eggs beat fine, and a little salt and nutmeg; mix all well together with flour into a batter, dip every head into the batter, and fry them in butter. When enough, lay them in the dish, and put melted butter over them.

To fry Potatoes.

Pare them very clean, and take out all the specks; then cut them into thin slices, and fry them till they are of a nice brown on both sides; then take them up, put them into your dish, and and serve them to table, with melted butter in a bason or boat.

To fry Parsley.

Let your parsley for this purpose be very young. Wash it thoroughly clean, and pick the leaves carefully from the stalks. Then put a little butter in your pan, which must be quite clean, and when it is very hot put in the parsley; keep it constant stirring with a knife till it is quite crisp, then take it out, and apply it to the purposes for which it is wanted.

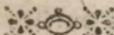
To fry Onions.

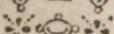
When you have peeled your onions, cut them into slices about a quarter of an inch thick: dip these slices into batter, or an egg well beaten up, and fry them brown. When they are done, let them lay two or three minutes on a strainer before the fire, in order that the greafe may drain from them, and serve them to table.

Of BROILING.

Of BUTCHERS MEAT.

To broil Beef Steaks, Mutton, or Pork Chops.


 A Y your steaks on the gridiron, and

 L throw upon them pepper and salt to

 your taste. Do not turn them till

 one side be enough; and when the
 other side has been turned a little while, a fine
 gravy will lie on the top, and lift it altogether
 with a pair of small tongs, or carefully with a
 knife and fork, into a hot dish, and put a little
 piece of butter under it, which will help to draw
 out the gravy. Some palates like it with a shallot
 or two, or an onion, shred very fine.

But if they be mutton or pork steaks, they must be frequently turned on the gridiron.

The general sauce for steaks is horse-radish for beef; mustard for pork; and girkins pickled for mutton. But in season, I would recommend a good sallad, or green cucumbers, or celery, for beef and mutton; and green peas for lamb steaks.

To broil Sheep, or Hogs Tongues.

First boil, blanch, and split your tongues,
 *E season

season them with a little pepper and salt, and then dip them in eggs; throw over them a few crumbs of bread, and broil them till they are brown; serve them up with a little gravy and Butter.

OF P O U L T R Y.

To broil Pigeons.

Put a bit of butter, some shred parsley, and a little pepper and salt into the bellies of your pigeons, and tie them up neck and vent. Set your gridiron high, that they may not burn; and send them up with a little melted butter in a cup. You may split them, and broil them with a little pepper and salt; or you may roast them, and serve them up with a little parsley and butter in a boat.

To broil Chickens.

Slit them down the back, and season them with pepper and salt, lay them at a great distance, on a very clear fire. Let the inside lie downward till they are above half done: then turn them and take great care the fleshy side do not burn; throw over them some fineraspings of bread, and let them be of a fine brown, but not burnt. Let your sauce be good gravy with mushrooms, and garnish with lemon and the livers broiled; the gizzards cut, slashed, and broiled with pepper and salt.

To broil Eggs.

First put your salamander into the fire, then cut a slice round a quartern loaf, toast it brown, and butter it, lay it in the dish, and set it before the fire; poach seven eggs, just enough to set the

white

Of BROILING. 39

whites, take them out carefully, and lay them on your toast; brown them with the salamander, grate some nutmeg over them, and squeeze Seville orange over all. Garnish your dish with orange cut in slices.

Of FISH.

To broil Cod.

First dry it well with a cloth, then strew some flour on it, and when your fire is quite clear, lay it on the gridiron, and broil it till it is of a fine brown. For sauce, take good melted butter, with the body of a lobster bruised therein; cut the meat of the lobster very small, put all together in the melted butter, make it hot, and pour it into the dish, or into basons. Garnish with horse-radish and lemon.

To broil Whitings.

Let them be first washed with some salt and water, then dry them well and flour them. Rub the gridiron well with chalk, to prevent their sticking, and let it be quite hot before you lay them on. When they are done, serve them with oyster or shrimp sauce. Garnish your dish with sliced lemon.

To broil Haddock.

Scale them, gut and wash them clean, but do not rip open their bellies; take the guts out with the gills, and dry them well in a clean cloth. If there be any roe or liver, take it out, but put it in again; flour them well, and have a good clear fire. Let your gridiron be hot and clean, lay them on, turn them quick two or three times, for fear of sticking; then let one side be enough, and turn the other. When that is done, lay them

in a dish, and serve them up with melted butter and a little catchup.

To broil Mackarel.

First take off their heads, then gut them and wash them clean; pull out the roe at the neck end, boil it in a little water, and then bruise it with a spoon: beat up the yolk of an egg with a little nutmeg, a little lemon-peel cut fine, a little thyme, some parsley boiled and chopped very fine, a little pepper and salt, and a few crumbs of bread. Mix these all well together, put it into the body of the mackarel; then flour it well, and broil it gently till it is enough. Let your sauce be plain butter, or butter with anchovy or walnut-pickle.

To broil Eels..

Take a large eel, skin it and make it clean. Open the belly, cut it in four pieces, take the tail end, strip off the flesh, beat it in a mortar, season it with a little beaten mace, a little grated nutmeg, pepper and salt, a little parsley and thyme, a little lemon-peel, and an equal quantity of crumbs of bread; roll it in a little piece of butter, then mix it again with the yolk of an egg; roll it up again, and fill the three pieces of belly with it. Cut the skin of the eel, wrap the pieces in, and sew up the skin. Broil them well, and have butter and an anchovy for sauce, with a piece of lemon.

To spitcock Eels.

You must split a large eel down the back, and joint the bones, cut it in two or three pieces, melt a little butter, put in a little vinegar and salt, let your eel lay in it two or three minutes; then take the pieces up, one by one, turn them round with

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with a little fine skewer, roll them in crumbs of bread, and broil them of a fine brown. Let your sauce be plain butter, with the juices of lemon, or good gravy with an anchovy in it.

OF STEWING.

OF BUTCHERS MEAT.

To stew Veal in general.

TAKE some lean veal, either raw, or under-roasted or boiled; cut it in thick slices, then put them in as much water as will just cover them; throw in a little pepper and salt, nutmeg, mace, sweet-marjoram, a shalot, and a little lemon-peel; when they are almost stewed enough, put into the liquor a little catchup, a little lemon-juice, a glass of white wine, and let it stew some time longer; then strain off the liquor, and put some pickled mushrooms in the sauce, and thicken it with cream, or butter rolled in flour. Garnish your dish with fried oysters, and sliced orange and lemon.

To stew a Neck of Veal.

Cut the neck of veal in steaks, and season them well with a mixture of salt and pepper, grated nutmeg, thyme, and knotted marjoram. Stew these gently over the fire till they are enough: then add two anchovies, some gravy or strong broth, and a piece of butter rolled in flour. Toss it up till it becomes thick; then put it in a dish, and serve it up hot. Garnish with sliced lemon.

To stew a Breast of Veal.

Let the breast be fat and white, cut off both ends, and boil them for gravy. Make a forcemeat of the sweet-bread boiled, a few crumbs of bread, a little beef suet, two eggs, pepper and salt, a spoonful or two of cream, and a little grated nutmeg; with which mixture, having raised the thin part of the breast, stuff the veal. Skewer the skin close down, dredge it over with flour, tie it up in a cloth, and stew it in milk and water about an hour.

To mince Veal.

Let your veal be cut as fine as possible, but not chopped; grate a little nutmeg over it, shred a little lemon-peel very fine, throw a very little salt on it, and dredge it with flour. To a large plate of veal, take four or five spoonfuls of water, let it boil, then put in the veal, with a piece of butter as big as an egg, stir it well together, and when it is thoroughly hot, it is enough. Lay some sippets round the plate, and before you pour in the veal, squeeze half a lemon, or half a spoonful of vinegar.

To stew Beef.

Take a piece of lean beef, with about a pound of the hard fat of brisket cut in pieces. Put these into a stew-pan with three pints of water, a little salt, pepper, dried marjoram powdered, and three cloves. Cover the pan very close, and let it stew four hours over a slow fire. Throw in as much turnip and carrot cut into square pieces as you think convenient; and the white part of a large leek, two heads of cellery shred, a piece of crust of bread burnt, and half a pint of red wine. Let this stew all together one hour more; then pour it all into a soup dish, and serve it up hot. Garnish with sliced carrot.

To stew Beef Collops.

Take a piece of raw beef, and cut it in the same manner as you do veal for Scotch collops. Put the collops into a stew-pan with a little water, a glass of white wine, a shallot, a little dried marjoram dried to powder, some salt and pepper, and a slice or two of fat bacon. Set this over a quick fire till the pan is nearly full of gravy, which will be in a little time; add to this a little mushroom juice, and then serve it up hot. Garnish with slices of lemon, or small pickles and red cabbage.

To stew Brisket of Beef.

Having rubbed the brisket with common salt and salt-petre, let it lie four days. Then lard the skin with fat bacon, and put it into a stew-pan with a quart of water, a pint of red wine or strong beer, half a pound of butter, a bunch of sweet herbs, three or four shallots, some pepper, and half a nutmeg grated. Cover the pan very close. Stew it over a gentle fire for six hours. Then fry some square pieces of turnips very brown. Strain the liquor the beef was stewed in, thicken it with burnt butter, and having mixed the turnips with it, pour all together over the beef in a large dish. An ox cheek, or a leg of beef, may be served up in the same manner.

To stew Beef Gobbets.

Cut any piece of beef, except the leg, in pieces, the size of a pullet's egg. Put them into a stew-pan, and cover them with water. Let them stew one hour, and skim them very clean. Then add a sufficient quantity of mace, cloves, whole pepper, tied up loose in a muslin rag, some celery cut small, and salt, turnips and carrots, pared and cut

cut in slices, a little parsley, a bundle of sweet herbs, a large crust of bread, and if you please, add an ounce of pearl barley, or rice. Cover all close, and stew it till tender. Then take out the herbs, spices, and bread, and add a French roll fried and cut in four. Dish up altogether, and send it to table.

To stew Ox Palates.

Put the palates into a saucepan of cold water, and let them stew very softly over a slow fire till they are tender. Then cut them into pieces, and dish them with cock's-combs and artichoke bottoms cut small; and garnish with lemon sliced, and with sweetbreads stewed for white dishes, and fried for brown ones, and cut also into little pieces.

N. B. This stew is generally used for improving a fricassée, or a ragoo of veal, lamb, rabbits, &c.

To stew a Rump of Beef.

You must half roast your beef, then put it in a deep pan, with two quarts of water, one quart of red wine, a shalot, some sweet herbs, pepper, and salt, two or three blades of mace, and a spoonful or two of walnut catchup and lemon pickle; let it stew over a moderate fire, close covered, for two hours; then take it up and lay it in a deep dish; strain the gravy, put in half a pint of mushrooms, and an ounce of morels, thicken it with flour and butter, and pour it over the beef. Garnish with horse-radish and beet-root.

To stew a Neck or Leg of Mutton.

You must first bone the joint that you are going to stew; then put your meat in a saucepan, with some whole pepper, salt, mace, and nutmeg, one anchovy,

anchovy, a turnip, a few sweet herbs, two onions, a pint of ale, a pint of red wine, two quarts of water, and a hard crust of bread; cover it close, and when it is stewed enough, serve it up with toasts and the gravy. N.B. An ox-cheek may be dressed in the same manner.

To stew Mutton Chops.

Put them into a shallow tin-pan, with a very small quantity of water, and some pepper and salt, cover your pan very close, and place it over a slow fire. When the chops are done, (which will be in a very short time) dish them up with their own liquor, and garnish with pickles.

To stew a Pig.

Let your pig be roasted till it is hot through; then skin it, cut it in pieces, and put it in your stewpan, together with some strong gravy, a gill of white wine, an onion, a little marjoram, a piece of butter, three or four spoonfuls of elder vinegar, some salt, pepper, and nutmeg. When it is enough, take it out, lay it upon sippets, and serve it up with sliced lemon for garnish.

OF GAME and POULTRY.

To stew a Goose.

You must cut the goose down the back, bone it, and stuff it with forcemeat; then sew it up, and fry it of a fine brown; after which you must put it into a deep stewpan with two quarts of beef gravy, cover it close, and let it stew for two hours: then take it up and skim off the fat, add to the gravy a glass of red wine, two or three spoonfuls of catchup and lemon-pickle, an anchovy shred fine, some beaten mace, pepper, and salt,

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and a lump of butter rolled in flour; give it a boil, dish up your goose, and strain the sauce over it.

To stew Rabbits.

Divide your rabbits into quarters, lard them with pretty large slips of bacon, and fry them; then put them in a stewpan, with a quart of good broth, a glass of white wine, a bunch of sweet herbs, a little pepper and salt, and a piece of butter rolled in flour. When they are enough, dish them up, and pour the sauce on them. Garnish with sliced orange.

To stew a Turkey or Fowl.

Put your fowl or turkey into a saucepan, with a sufficient quantity of gravy, a bunch of celery cut small, an onion, a sprig of thyme, and a muslin rag filled with pepper, mace, cloves, and other spice; let these stew gently till they are enough, then take up your fowl or turkey, thicken the sauce with flour and butter, and pour it in your dish. N. B. You may stew a neck of veal in the same manner.

To stew Ducks or Pigeons.

First stuff their bellies with a seasoning made of sweet herbs, pepper, salt, cloves, and mace, mixed up with a piece of butter; then set them before the fire, and when they are half roasted, put them in a stewpan, with a sufficiency of good gravy, some pickled mushrooms, and a glass of white or red wine, a bit of lemon-peel, a small bundle of sweet herbs, some whole pepper, mace, and a piece of onion; when they are done, take them out, thicken the sauce with butter and the yolks of eggs, and pour it over your ducks or pigeons. Garnish with sliced lemon, or with shallots.

N. B. Ducks are frequently stewed with green pease.

To stew Giblets.

Let the giblets be clean picked and washed, the feet skinned, and the bill cut off, the head split in two, the pinion bones broken, the liver and gizzard cut in four, and the neck in two pieces: put them into half a pint of water, with pepper, salt, a small onion, and sweet herbs. Cover the saucepan close, and let them stew till enough, upon a slow fire. Then season them with salt, take out the onion and herbs, and pour them into a dish with all the liquor.

To stew a Hare.

Let it be half roasted, and then, having cut it into small pieces and dissected the bones, put all of it into a stew-pan, with a quart of gravy, a gill of red wine, and an anchovy. You must not let it boil, but keep tossing it up with butter and flour till it be enough; and then serve it up in a soup-dish garnished with fried parsley.

To stew Partridges.

Having stuffed your partridges with beaten mace, pepper, salt, and a lump of butter, flour them well, and fry them of a light brown; then put them into a stew-pan, with a quart of good gravy, a spoonful or two of Madeira wine and lemon pickle, one anchovy, a few sweet herbs, and half a lemon: when they have stewed half an hour, take them out, thicken the gravy, boil it up, pour it on the partridges, and lay round them artichoke-bottoms boiled and cut in quarters.

To stew Pheasants.

Take artichoke bottoms parboiled, and some chesnuts roasted and peeled; stew your pheasant in veal gravy, and when it is enough, put in the chef-

cheshnuts and artichoke-bottoms, some lemon-juice, a little pepper, salt, beaten mace, and a glass of white wine; thicken the sauce with butter and flour, pour it over the pheasant, and lay some forcemeat balls or fried sausages in the dish.

To stew Carp or Tench.

Scale and gut your carp or tench, wash and dry them, dust them with flour, and fry them of a light brown in dripping or suet; then put them into a stewpan, with a quart of water, a quart of red wine, a spoonful or two of lemon pickle and walnut catchup, an onion stuck with cloves, a piece of horse-radish, some nutmeg, mace, pepper, and salt. When your fish are done, take them out, thicken the gravy with flour and butter, boil it a little, and strain it over your carp or tench. Garnish the dish with pickled mushrooms and scraped horse-radish.

To stew Plaice, Soles, or Flounders.

First half fry them in butter, then take them up: add to the butter a quart of water, and boil it slowly a quarter of an hour with a sliced onion, and two anchovies; then put in your fish again, and when they have stewed gently for twenty minutes, take them out; thicken the sauce with butter rolled in flour, give it a boil, and strain it through a hair sieve over your fish.

To stew a Trout.

Take a few crumbs of bread, 2 or 3 eggs buttered, a piece of lemon-peel, a little thyme, nutmeg, salt, and pepper; mix them all together, and stuff the belly of your trout with them; then put it in a stewpan, with some gravy and white wine, and a lump of butter. When it is done, serve it up with the sauce in the dish, and garnish with lemon cut in slices.

Of SOUPS.

To make Gravy Soup.


TAKE the bones of a rump of beef, and a piece of the neck, and boil it till you have all the goodness of it; then strain it off, and take a good piece of butter, put it in a stew-pan, and brown it, then put to it an onion stuck with cloves, some celery, endive, spinach, and three carrots; put to your gravy some pepper, salt, and cloves, and let it boil all together; then put in sippets of bread dried by the fire; and you may add a glass of red wine. Serve it up with a French roll toasted, and laid in the middle.

To make a rich Giblet Soup.

Take four pounds of gravy beef, two pounds of scrag of mutton, two pounds of scrag of veal; stew them well down in a sufficient quantity of water for a strong broth; let it stand till it is quite cold, then skim the fat clean off. Take two pair of giblets well scalded and cleaned, put them into your broth, and let them simmer till they are stewed tender; then take out your giblets, and run the soup through a fine sieve to catch the small bones; then take an ounce of butter, and put it into a stew-pan, mixing a proper quantity of flour, to make it of a fine light brown. Take a small handful of chives, the same of parsley, and a very little sweet marjoram; chop all these herbs together excessive small, set your soup over a slow fire, put in your giblets, butter and flour, and small herbs; then take a pint of Madeira wine, some Cayenne pepper, and salt to your palate. Let them all simmer together.

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till the herbs are tender, and the soup is finished. Send it to table with the giblets in it.

N.B. The livers must be stewed in a sauce-pan by themselves, and put in the dish when you serve it up.

To make a good Pease Soup.

Take a quart of split pease, put them into a gallon of soft water, with a bunch of herbs, some whole Jamaica and black pepper, two or three onions, a pound of lean beef, a pound of mutton, and a pound of the belly piece of salt pork; boil all together, till your meat is thoroughly tender, and your soup strong; then strain it through a sieve, and pour it into a clean sauce pan: cut and wash three or four large heads of celery, some spinach, and a little dried mint, rubbed fine; boil it till your celery is tender, then serve it up with bread cut in dice and fried brown.

To make Green Pease Soup.

Have a knuckle of veal of four pounds, a pint and a half of the oldest green pease shelled, set them over the fire with five quarts of water; add two or three blades of mace, a quarter of an ounce of whole pepper, a small onion stuck with three cloves, and a bunch of sweet herbs; cover it close and let it boil till half is wasted; strain it off, and pass your liquor through a sieve, put it into a clean sauce-pan, with a pint of the youngest pease, the heart of a cabbage, a lettuce or two, and the white part of three or four heads of celery, cut small; cover it close, and let it stew for an hour. If you think it is not thick enough, take some of your soup, and put in half a spoonful of flour; stir it in a bason till it is smooth; pour it into your soup; stir it well together, and let it boil for ten minutes; then dish it up with the crust of a French roll,

To make a White Portable Soup.

Take a leg of veal, bone it, and take off all the skin and fat; take likewise two dozen of fowls or chickens feet, washed clean and chopped to pieces; put all into a large stoving-pot, with three gallons of soft water, and let it stove gently, till the meat is so tender as to separate. You must keep your pot tight covered, and a constant fire during the time of its stoving; in about seven or eight hours, try your jelly in a cup, and when quite cold, if it is so stiff as that you can cut it with a knife, take it off and strain it through a sieve, but take off all the fat and scum first with a spoon, and then with filtering paper; provide china cups, and fill them with the clear jelly; set them in a gravy-pan or a large stewpan of boiling water over a stove; in this water boil your jelly in the cups, till it is as thick as glue; after which, let them stand in the water till they are quite cold: before you turn them out of your cups, run the edge of a knife round, to loosen them, then turn them upon a piece of new flannel, which will draw out all the moisture gradually. Turn them every six or eight hours, till they are perfectly dry, and like a piece of glue; keep them in as dry a place as you can, and in a little time they will be so hard, that you may carry them in your pocket, without the least inconvenience. When you want to use it, take a piece about the bigness of a walnut, and pour a pint of boiling water on it, stirring it till it is dissolved; season it with salt to your taste, and you will have a basin of strong broth. If you want a dish of soup, boil vermicelli in water; then to a cake of your soup, pour a pint of water, so that four cakes will make two quarts; when it is thoroughly melted, set it over the fire just to simmer, pour it into the dish, put in thin slices of bread hardened before the fire, and the vermicelli

celli upon them. Thus you have a dish of soup in about half an hour. Whilst this is doing, you may have any thing drest to follow, which will not only be a good addition to your dinner, but saving time.

Note. You must season it to your palate, as there is no salt, or seasoning of any kind in the preparation.

To make a Brown Portable Soup.

Take a large leg of beef, bone it, and take off the skin, and what fat you can; put it into a stoving-pot, with a tight cover; put to it about four gallons of soft water, with six anchovies, half an ounce of mace, a few cloves, half an ounce of whole white pepper, three onions cut in two, a bunch of thyme, sweet marjoram, and parsley, with the bottom crust of a two-penny loaf that is well baked; cover it very close, and let it have a constant fire to do leisurely, for seven or eight hours; then stir it well together, to make the meat separate: cover it close again, and in an hour try your broth in a cup, to see if it will glutinate; if it does, take it off, and strain it through a canvas bag into a clean pan; then have china or well glazed earthen cups, and fill them with the clear jelly, put them into a broad gravy-pan, or stew-pan, with boiling water; set in the cups, and let them boil in that till they are perfectly glue. When they are almost cold, run a knife round them, and turn them upon a piece of new flannel, to draw out the moisture; in six or seven hours turn them, and do so till they are perfectly hard and dry; put them into st one jars, and keep them in a dry place.

This is very good for soups, sauces, and gravies, When you intend to make it into soup, shred and wash very clean what herbs you have to enrich it, as celery, endive, chervil, leeks, lettice, or indeed what

what herbs you can get; boil them in water till they are tender, strain them off, and with that water dissolve what quantity of portable soup you please, according to the strength you would have it. If you are where you can get it, fry a French roll, and put it in the middle of your dish, moistened first with some of your soup: and when your cakes are thoroughly melted, put your herbs to it, and set it over the fire till it is just at boiling, then dish it up, and send it to table.

To make Vermicelli Soup.

Take two quarts of strong veal broth, put it into a clean sauce pan, with a piece of bacon stuck with cloves, and half an ounce of butter rolled in flour; then take a small fowl trussed to boil, break the breast bone, and put it into your soup; stow it close, and let it stew three quarters of an hour; take about two ounces of vermicelli, and put to it some of the broth, set it over the fire till it is quite tender. When your soup is ready, take out the fowl, and put it into the dish; take out your bacon, skim your soup as soon as possible, then pour it on the fowl and lay your vermicelli all over it; cut some French bread thin, put it into your soup, and send it to table.

If you chuse it, you may make your soup with a knuckle of veal, and send a handsome piece of it in the middle of the dish, instead of the fowl.

To make Soup Larrain.

Have ready a strong veal broth that is white, and clean scummed from all fat; blanch a pound of almonds, beat them in a mortar, with a little water, to prevent their oiling, and the yolks of four poached eggs, the lean part of the legs, and all the white part of a roasted fowl; pound all together,

gether, as fine as possible; then take three parts of the veal broth, put it into a clean stew-pan, put your ingredients in, and mix them well together; chip in the crust of two French rolls well rasped; boil all together over a stove, or a clear fire. Take a French roll, cut a piece out of the top, and take out all the crumb; mince the white part of a roasted fowl very fine, season it with pepper, salt, nutmeg, and a little beaten mace; put in about an ounce of butter, and moisten it with two spoonfuls of your soup strained to it; set it over the stove to be thorough hot: Cut some French rolls in slices, and set them before to crisp; then strain off your soup through a tammy or a lawn strainer, into another stew-pot; let it stew till it is as thick as cream; then have your dish ready; put in some of your crisp bread; fill your roll with the mince, and lay on the top as close as possible; put it in the middle of the dish, and pour a ladleful of your soup over it; put in your bread first, then pour in the soup, till the dish is full. Garnish with petty patties; or make a rim for your dish, and garnish with lemon rased.

If you please, you may send a chicken boned in the middle, instead of the roll; or you may send it to table with only crisp bread.

To make Sorrel Soup with Eggs.

Take the chump end of a loin of mutton, and part of a loin of veal, to make your stock with season it with pepper, salt, cloves, mace, and a bunch of sweet herbs; boil it till it is as rich as you would have it; strain it off, and put it into a clean sauce-pan: Put in a young fowl, cover it over, and stove it; then take three or four large handfuls of sorrel washed clean; chop it grossly, fry it in butter, put it to your soup, and let it boil till your fowl is thoroughly done; skim it clean, and

and send it to table with the fowl in the middle, and six poached eggs placed round about it. Garnish the dish with sippets, and stewed sorrel.

To make Asparagus Soup.

Take five or six pounds of lean beef cut in lumps, and rolled in flour; put it in your stew-pan, with two or three slices of fat bacon at the bottom; then put it over a slow fire, and cover it close, stirring it now and then till the gravy is drawn: then put in two quarts of water and half a pint of ale. Cover it close, and let it stew gently for an hour, with some whole pepper, and salt to your mind; then strain off the liquor, and take off the fat; put in the leaves of white beets, some spinach, some cabbage lettuce, a little mint, some sorrel, and a little sweet marjoram powdered; let these boil up in your liquor, then put in the green tops of asparagus cut small, and let them boil till all is tender. Serve it up hot, with a French roll in the middle.

To make a Craw-Fish Soup.

Cleanse them, and boil them in water, salt, and spice; pull off their feet and tails, and fry them; break the rest of them in a stone mortar, season them with savory spice, and an onion, a hard egg, grated bread, and sweet herbs boiled in good table beer; strain it, and put to it scalded chopped parsley, and French rolls; then put in the fried craw-fish, with a few mushrooms. Garnish the dish with sliced lemon, and the feet and tail of a craw-fish.

To make Oyster Soup.

Have ready a good fish stock, then take two quarts of oysters without the beards; bray the
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hard part in a mortar, with the yolks of ten hard eggs. Serve what quantity of fish stock you shall want over the fire with your oysters; season it with pepper, salt, and grated nutmeg. When it boils, put in the eggs, and let it boil till it is as thick as cream. Dish it up with bread cut in dice.

To make a brown Soup.

Into a clean sauce-pan, put three quarts, or more, of water, with raspings sufficient to thicken it, two or three onions cut across, two or three cloves, some whole pepper, and a little salt; cover it close, and let it boil about an hour and a half, then strain it through a sieve; have celery, carrots, endive, lettuce, spinach, and what other herbs you like, not cut too small, and fry them in butter; take a clean stew-pan, that is large enough for your ingredients, put in a good piece of butter, dust in flour, and keep it stirring till it is of a fine brown; then pour in your herbs and soup, boil it till the herbs are tender, and the soup of a proper thickness. Have bread cut in dice, and fried brown; pour your soup into the dish, put some of the bread into the soup, the rest in a plate, and serve it up.

To make a white Soup.

Put in a clean sauce-pan two or three quarts of water, the crumb of a two-penny loaf, with a bundle of herbs, some whole pepper, two or three cloves, an onion or two cut across, and a little salt; let it boil covered till it is quite smooth; take celery, endive, and lettuce, only the white parts, cut them in pieces not too small, and boil them till they are very tender, strain your soup off into a clean stew-pan; put your herbs
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in, with a good piece of butter stirred in it till the butter is melted, and let it boil for some time, till it is smooth. If any scum arises, take it off very clean: Soak a small French roll, nicely rasped, in some of the soup; put it in the middle of the dish, pour in your soup, and send it to table.

To make Onion Soup.

First, put a tea kettle of water on to boil, then slice six Spanish onions, or some of the largest onions you have got; flour them pretty well, then put them into a stew-pan that will hold about three quarts, fry them in butter till they are of a fine brown, but not burnt; pour in boiling water sufficient to fill the soup-dish you intend; let it boil, and take half a pound of butter rolled in flour, break it in, and keep it stirring till your butter is melted: As it boils, skim it very well, and put a little pepper and salt; cut a French roll into slices, and let it before the fire to crisp; poach seven or eight eggs very nicely; cut off all the ragged parts of the whites, drain the water from them, and lay them upon every slice of roll; pour your soup into the dish, and put the bread and eggs carefully into the dish with a skimmer. If you have any spinach boiled, lay a leaf between every piece of roll, and send it to table.

If you have any Parmesan cheese, scrape about an ounce very fine, and put it in when you pour on your boiling water; it gives it a very high flavor, and is not to be perceived by the taste what it is.

To make Turnip Soup.

Pare a bunch of turnips (save out three or four) put them into a gallon of water, with half an ounce of white pepper, an onion stuck with
cloves

cloves, three blades of mace, half a nutmeg broi-
 sed, a good bunch of sweet herbs, and a large
 crust of bread. Boil them an hour and an half,
 then pass them through a sieve; clean a bunch
 of celery, cut it small, and put it into your turnips
 and liquor with two of the turnips you saved,
 and two young carrots cut in dice; cover it
 close, and let it stew; then cut two turnips and
 carrots in dice, flour them, and fry them brown
 in butter, with two large onions cut thin, and
 fried likewise; put them all into your soup, with
 some vermicelli; let it boil softly, till your celery
 is tender, and your soup is good. Season it with
 salt to your palate.

To make Soup Meagre.

Take a bunch of celery washed clean, and cut
 in pieces, a large handful of spinach, two cabbage
 lettuces, and some parsley; wash all very clean,
 and shred them small; then take a large clean
 stew-pan, put in about half a pound of butter,
 and when it is quite hot, slice four large onions
 very thin, and put into your butter; stir them
 well together for two or three minutes; then put
 in the rest of your herbs; make all well together
 for near twenty minutes; dust in some flour, and
 stir them together; pour in two quarts of boiling
 water; season with pepper, salt, and beaten
 mace: Chip an handful of crust of bread, and
 put in; boil it half an hour, then beat up the
 yolks of three eggs in a spoonful of vinegar;
 pour it in, stir it for two or three minutes, and then
 send it to table.

To make Eel Soup.

Take eels according to the quantity of soup you
 would make; a pound of eels will make a pint of
 very good soup: so, to every pound of eels put a
 quart

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, toast some bread, and cut it small, lay the bread in the dish, and pour in your 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 must let it boil till it is as strong as you would have it, and add a piece of carrot to brown it.

To make Rice Soup.

To two quarts of water, put three quarters of a pound of rice, clean picked and washed, with a stick of cinnamon; let it be covered very close, and simmer till your rice is tender; take out the cinnamon, and grate half a nutmeg; beat up the yolks of four eggs in half a pint of white wine, strain it, and add as much pounded sugar as will make it palatable; put this to your soup, and stir it very well together: set it over the fire stirring it till it boils and is of a good thicknes, then send it to table.

Of GRAVIES and SAUCES.

To draw Gravy.

✻ ○ ✻ U T a piece of beef into thin slices, and
 ○ C ○ fry them brown in a stewpan, with two
 ✻ ○ ✻ or three onions and two or three lean
 slices of bacon; then pour to it a ladle
 of strong broth, rubbing the brown from the pan
 very clean; add to it more strong broth, claret,
 white wine, anchovy, and a faggot of sweet herbs;
 season it, and stew it very well. Strain it off, and
 keep it for use.

To make Gravy for a Turkey or Fowl.

Take a pound of lean beef, cut and hack it, then flour it well, put a piece of butter as big as a hen's egg into a stewpan; when it is melted, put in your beef, fry it on all sides a little brown, then pour in three pints of boiling water, 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 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.

To make a strong Fish Gravy.

Take two or three eels, or any fish you have, skin or scale them, gut them and wash them from grit, cut them into little pieces, put them into a saucepan, cover them with water, a little crust of bread toasted brown, a blade or two of mace, some whole pepper, a few sweet herbs, and a 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 a saucepan, then shake in a little flour, and 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.

To make a standing Sauce.

Take a quart of claret or white wine, put it in a glazed jar, with the juice of two lemons, five anchovies, some whole Jamaica pepper, some sliced ginger, some mace, a few cloves, a little lemon-peel, horse-radish sliced, some sweet herbs, six shallots, two spoonfuls of capers, and their liquor; put all these in a linen bag, and put it into the wine, stop it close, set the vessel in a kettle of hot water for an hour, and keep it in a warm place. A spoonful or two of this liquor is good to any sauce.

To make White Gravy.

Take a piece of a knuckle of veal, or the worst part of a neck of veal, boil about a pound of this in a quart of water, an onion, some whole pepper, six cloves, a little salt, a bunch of sweet herbs, and half a nutmeg sliced; let them boil an hour, then strain off the liquor, and keep it for use.

OF FRICASEES.

To fricasee a Calf's Head.

TAKE half a calf's head that is boiled tender, cut it into slices, and put it into a stewpan with some good veal broth; season it with mace, pepper, and salt, an artichoke bottom cut in dice, some forced-meat balls first boiled, morels, and truffles: let these boil together for a quarter of an hour, skim it clean, beat up the yolks of two eggs in a gill of cream, put this in, and shake it round till it is ready to boil; squeeze in a little lemon, and serve it up. Garnish with lemon.

To fricasee Ox Palates.

Put the palates upon the fire in cold water, and let them boil softly till they are very tender, then blanch and scrape them clean. Rub them all over with mace, nutmegs, cloves, pepper beaten fine, and crumbs of bread; put them into a stewpan of hot butter, fry them brown on both sides, then, having poured off the fat, put as much beef or mutton gravy into the stewpan as is required for sauce, and an anchovy, a little lemon juice,

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and salt to make it palatable, and a piece of butter rolled in flour; when these have simmered together a quarter of an hour, dish them up, and garnish with sliced lemon.

To fricasee Calf's Feet.

Dress the calf's feet, boil them as you would do for eating, take out the long bones, cut them in two, and put them into a stewpan, with a little white gravy, and a spoonful or two of white wine; take the yolks of two or three eggs, two or three spoonfuls of cream, grate in a little nutmeg and salt, and shake all together with a lump of butter. Garnish your dish with slices of lemon and currants, and serve it up.

To fricasee Veal Sweetbreads.

Cut the sweetbreads in thin slices, the lengthway, dip them in eggs, season them with pepper, salt, and grated nutmeg, fry them of a light brown; then put them into a stewpan, with a sufficient quantity of brown gravy, and a spoonful of lemon juice; thicken it with butter and flour. Serve it up together, garnished with bits of toasted bacon, and crisp parsley.

To fricasee Lamb-stones and Sweetbreads.

Have ready some lamb-stones blanched, par-boiled, and sliced, and flour two or three sweetbreads; if very thick, cut them in two; the yolks of six hard eggs whole, a few pistachio-nut kernels, and a few large oysters; fry all these of a fine brown, then pour away the butter, and add a pint of drawn gravy, the lamb stones, some asparagus tops of about an inch long, some grated nutmeg, a little pepper and salt, two shallots shred small, and a glass of white wine. Stew all these together

together for ten minutes, then add the yolks of six eggs beat very fine, with a little white wine, and a little mace; stir all together till it is of a fine thickness, and then dish it up. Garnish with lemon.

To fricasee a Hare.

Boil the hare with apples, onions, and parsley; when it is tender, shred it small, then put thereto a pint of red wine, one nutmeg, a little pepper and salt, and two or three anchovies; stir these together, with the yolks of twelve hard eggs shred small; when it is served up, put in as much melted butter as will make it moist. Garnish the dish with some of the bones, and the whites of eggs boiled hard, and cut in halves.

To fricasee Rabbits.

Half roast two young rabbits, then skin and cut them to pieces, using only the whitest parts, which you must put into a stew-pan, with a sufficient quantity of white gravy, a small anchovy, a little onion, shred mace, grated lemon-peel, and nutmeg grated; let it have one boil. Then take a little cream, the yolks of two eggs, a lump of butter, a little juice of lemon, and shred parsley; put them all together in a stewpan, and shake them over the fire till they are as white as cream; but do not let the mixture boil, for it will curdle if it does. Garnish the dish with sliced lemon and pickles.

To fricasee Chickens.

Half roast the chickens, then having cut them up, as for eating, skin them, and put them into a stewpan with a little white gravy, the juice of a lemon, an anchovy for every chicken, with a sufficient quantity of mace and nutmeg grated, and

then boil them. Take also the yolks of eggs, as much as necessary, a little sweet cream, and shred parsley; then put them into a stewpan with a lump of butter and a little salt; shake them all the time they are over the fire, but do not let them boil, for that would make them curdle. Serve it up poured upon sippets, and garnish the dish with sliced lemon, or pickled mushrooms.

OF HASHES.

To hash Beef.



TAKE the raw part of any piece of roasted beef, and cut it into thin slices, about the length of a little finger, and about the same breadth. Take also a little water, and an equal quantity of gravy; boil it well with a large onion cut in two, pepper and salt; then take a piece of butter rolled in flour; and stir it in the pan till it burns. Put it in the sauce, and let it boil a minute or two; then put in the sliced beef, but you must only just let it warm through. Some add a few whole capers, mushrooms, walnut-pickle, or catchup. Serve this up to table in a soup dish, garnished with pickles.

To hash Mutton.

Take mutton half roasted, and cut it in pieces as big as a half crown; then put into the saucepan half a pint of red wine, as much strong broth or gravy (or water, if you have not the other) one anchovy, a shallot, a little whole pepper, some nutmeg grated, and salt to your taste: let these stew a little, then put in the meat, and a few capers

capers and samphire shred; when it is hot through, thicken it up with a piece of fresh butter rolled in flour; have toasted sippets ready to lay in the dish, and pour the meat on them. Garnish with lemon.

To bask a Lamb's-Head and Pluck.

Boil the head and pluck a quarter of an hour at most, the heart five minutes, the liver and lights half an hour. Cut the heart, liver, and lights into small square bits, not bigger than a pea. Make a gravy of the liquor that runs from the head with a quarter of a pint of the liquor in which it is boiled, a little walnut liquor or catchup, and a little vinegar, pepper and salt; then put in the brains and the hashed meat, shake them well together in the liquor, which should be only just as much as to wet the meat. Pour all upon the sippets in a soup dish; and have grilled the head before the fire or with a salamander, lay it open with the brown side upwards upon the hashed liver, &c. Garnish with sliced pickled cucumbers, and thin slices of bacon broiled.

To mince Veal.

Take any part of veal that is under done, either roasted or boiled, and shred it as fine as possible with a knife. Then take a sufficient quantity of beef gravy, dissolve it in the quantity of a hazle nut of caviare to half a pound of meat, and then put into the gravy the minced veal, and let it boil not above a minute. Pour it into a soup-plate or dish, upon sippets of bread toasted; and garnish the dish with pickled cucumbers, &c. or with thin slices of bacon broiled.

To hash a Hare.

Cut up your hare entirely, put it into a stew-pan with some good gravy, a gill of red wine, some shred lemon-peel, and a bundle of sweet herbs; let it stew for an hour, then add some forced meat balls, and yolks of twelve hard-boiled eggs, with truffles and morels. Give them a boil up, then take out the herbs, place the hare handsomely on the dish, and pour the gravy &c. over it. Garnish with sliced lemon and barberries.

To hash a Calf's-Head.

Boil it till it is near enough, then take it up, and let it lie in a dish till it is cold. This done, take one half of the head, and cut off the meat in thin slices, put it into a stew-pan with a little brown gravy, a spoonful or two of walnut-pickle, a spoonful of catchup, a glass of red wine, a little shred mace, a few capers shred, or a little mango; boil it over a stove, and thicken it with butter and flour. When you have done this, take the other part of the head, cut off the bone ends and score it with a knife, season it with a little pepper and salt, rub it over with the yolk of an egg, and strew on it a few bread crumbs and a little parsley then set it before the fire till it is brown; and when you dish up the other part, put this in the middle. Lay about your hash some force-meat balls, a few slices of bacon nicely fried, and brain cakes. — This last article must be made thus: take a handful of bread crumbs, a little shred lemon peel, pepper, salt, nutmeg, sweet-marjoram, parsley shred fine, and the yolks of three eggs: take the brains and skin them; boil and chop them small, and mix them all together; put a little butter in your pan when you fry them, and drop them in as you do fritters. If they should run
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in your pan, put in a handful more of bread crumbs.

To hash cold Fowl.

When you have cut up your fowl in the usual manner, divide the legs, wings, heart, &c. into several pieces; then put them into a stew-pan, with a blade or two of mace, and a little shred lemon-peel; dredge it on a little flour, and put in about half a pint of good gravy. When it begins to simmer, put in a piece of butter rolled in flour, with a few pickled mushrooms. As soon as it boils it is enough; then take it up, pour the whole into your dish, and garnish with sliced lemon.

OF RAGOUTS.

To ragoo a piece of Beef, called Beef A-la-mode.

TAKE a buttock of beef, interlarded with great lard, rolled up with chopped spice, sage, parsley, thyme, and green onions; bind it close with coarse tape, and put it into a great saucepan. When it is half done, turn it; let it stand over the fire on a stove twelve hours. It is fit to eat cold or hot. When it is cold, slice it out thin, and toss it up in a fine ragout of sweetbreads, oysters, mushrooms, and palates.

To ragoo a Breast of Veal.

Put a breast of veal, with a onion, a bundle of sweet herbs, a little black pepper and grated nutmeg, a blade or two of mace, and a very little lemon

lemon-peel grated into a large stew, and just cover it with water; when it grows tender, take it up and bone it.

Put the bones into the liquor, and boil them till they make good gravy. Then strain it off. Add to this liquor a quarter of a pint of rich beef gravy, half an ounce of truffles and morels, a spoonful of catchup, and two spoonfuls of white wine. While these are boiling together, flour the veal, and fry it in butter till it comes to be of a fine brown. Then drain off the butter, and pour the gravy to the veal, with a few mushrooms.

Boil all together till the liquor becomes rich and thick, cut the sweetbread into four, and spread the pieces and forced-meat balls over the dish, having first laid the veal in the dish, and poured the sauce all over it. Garnish with sliced lemon.

To ragoo a Neck of Veal.

Cut it into steaks, flatten them with a rolling-pin, lard them with bacon, and season them with a mixture of salt, pepper, grated nutmeg, mace, lemon-peel and thyme. Then dip each steak separately in the yolks of eggs. Put all together into a stewpan, over a slow fire, and keep basting and turning the steaks in order to keep in the gravy. When they are done sufficiently, dish them with half a pint of strong gravy seasoned high, adding mushrooms, pickles, and forced-meat balls dipped in the yolks of eggs. Garnish with stewed and fried oysters.

If you intend a brown ragout, put in a glass of red wine; if a white ragout, put in white wine, with the yolks of eggs beaten up with two or three spoonfuls of cream.

To ragoo a Leg of Mutton.

Take off the fat and skin, and cut the flesh very thin, the right way of the grain. Butter the
stew

Stew-pan, dust it with flour, and put in the meat, with half a lemon and half an onion cut very small, a blade of mace, and a little bundle of sweet herbs, stir it a minute or two; then put in a quarter of a pint of gravy, and an anchovy minced small, mixed with butter and flour. Stir it again for six minutes, and then dish it up.

To make a rich Ragout.

Having parboiled lamb-stones and sweetbreads, and blanched some cocks-combs, cut them all in slices, and season them with a mixture of pepper, salt, mace, and nutmeg. Then fry them a little in lard, drain them, and toss them up in good gravy, with a bunch of sweet herbs, two shalots, a few mushrooms, truffles, and morels. Thicken it with burnt butter, and add a glass of red wine. Garnish the dish with pickled mushrooms, or fried oysters, and sliced lemon.

A Ragout for made Dishes.

Take red wine, gravy, sweet herbs, and spice, in which toss up lamb-stones, cock-combs boiled, blanched, and sliced, with sliced sweetbreads, oysters, mushrooms, truffles, and morels; thicken these with brown butter, and use it occasionally when wanted to enrich a ragout of any sort.

A Ragout of Snipes.

Take two brace of snipes, clean picked; put a piece of butter into a stew-pan, and give your snipes a browning, then cut them down the back, and press them flat, but do not take out the tail, put them into a stewpan with some good gravy, a small glass of red wine, a gill of small mushrooms, a little beaten mace, and salt: Let them stew five or six minutes, then roll a piece of butter in flour.

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When it is the thickness of cream, skim it clean and dish them up. Garnish your dish with toasted sippets, and orange cut in small quarters.

A ragout of Eggs.

Boil six eggs hard; then take large mushrooms, peel and scrape them clean, put them into a sauce-pan, with a little salt, cover them, and let them boil; put to them a gill of red wine, a good piece of butter-rolled in flour, seasoned with mace and nutmeg; let it boil till it is of a good thickness; cut the white of your eggs round so that you do not break the yolks; lay some toasted sippets in your dish, with the yolks of eggs; then pour over your ragout; garnish your dish with the whites; lay the flat side uppermost, and a Seville orange between.

To ragoo Sturgeon.

Cut sturgeon into collops, lard, and rub them over with an egg, dust on some flour, and fry them of a fine brown in lard: As soon as they are done, put them into a stew-pan, with a pint of good gravy, some sweet herbs shred fine, some slices of lemon, veal sweetbreads cut in pieces, truffles, mushrooms, and a glass of white wine: bind it with a good cullis, till it is of a proper thickness; then take off the skum very clean; dish it up, and garnish it with barberries and lemon.

To ragoo Oysters.

Open four dozen of the largest Melton oysters, and save the liquor; make a thick batter with cream, the yolks of eggs, nutmeg grated, and parsley chopped fine: Dip the oysters into the batter, and then roll them in bread crumbs, and fry them of a fine brown; when they are fried, take

take them up, and lay them on a drainer before the fire; empty your pan, and dust some flour all over it, then put in about two ounces of butter: When it is melted and thick, strain in your oyster liquor, and stir it well together; put in two ounces of Pistachio nuts-shelled, and let them boil; then put in half a pint of white wine, beat up the yolks of two eggs in four spoonfuls of cream, and stir all together till it is of a proper thicknes; lay the oysters in the dish, and pour the ragout over. Garnish the dish with a Seville orange cut in small quarters.

OF POTTING.

For Potting a Hare.

☉☉☉ ONE your hare, and take away all the
 ☉ B ☉ skinny part, then put to the flesh some
 ☉☉☉ good fat bacon and savory herbs; season
 it with mace, nutmeg, and pepper, and a
 little salt, then beat all this fine in a mortar; then
 pot it down an hour and a half, and when it comes
 out, pour out all the gravy, and fill it up with
 clarified butter.

For Potting Beef.

Take a leg of mutton piece of twelve pounds, cut it into pound pieces, and salt it as for collar of beef; let it lse six days, bake it in a pan covered with pump-water, and bake it with household bread; when it comes out of the oven, take it out of the liquor, beat it in a stone mortar; then season it with an ounce of pepper, half an ounce of cloves and mace, mix it into a pound of clarified butter

butter, put it close into your pot, and cover it with clarified butter on the top half an inch thick.

For Potting Tongues.

Take two tongues, salt them with salt-petre, white salt, and brown sugar; bake them tender in pump-water; then blanch them, cut off the roots, and season with pepper and spice. Put them in an oval pot, and cover all over with clarified butter.

For Potting Cheshire Cheese.

Put three pounds of Cheshire cheese into a mortar, then take a pound of the best fresh butter you can get; pound them together, and in the beating add a glass or two of canary, and half an ounce of mace, so finely beat and sifted that it cannot be discerned. When all is well mixed, press it hard down into a pan, cover it with melted butter, and keep it close.

A slice of this upon bread eats very fine.

To Pot Pigeons, or any other Fowls.

Your pigeons being trussed and seasoned with savory spice, put them in a pot, cover them with butter, and bake them; then take them out and drain them, and when they are cold, cover them with clarified butter. The same way you may pot fish, only bone them when they are baked.

To collar Pork.

Bone a breast of pork, season it with savory seasoning, a good quantity of thyme, parsley and sage; then roll it in a hard collar in a cloth, tie it at both ends, and boil it; and when it is cold, steep it in the savory liquor in which it was boiled.

OF PUDDINGS.

General Directions with regard to Puddings.




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HEN you boil puddings, take great care that your bag or cloth be very clean, dip it in hot water, and flour it well. You must always let the water boil before you put in the pudding; and you should frequently move your pudding in the pot, to prevent it from sticking. When your pudding is boiled, just dip it in a pan of clean cold water, then untie the cloth, and the pudding will turn out without sticking to the cloth. In all baked puddings you must butter the pan or dish before your pudding is poured in.

To make a Bread Pudding.

Having cut the crumb of a penny loaf into thin slices, pour over it a quart of boiling milk, cover it up close, and let it stand some hours to soak; then beat it well with some melted butter, the yolks and whites of a few eggs, a little salt, and some grated nutmeg; tie your pudding loose in the cloth, and let it boil about three quarters of an hour; when it is done, lay it in your dish, and pour on it melted butter and sugar. You may, if you please, put some currants in your pudding before you boil it.

A baked Bread Pudding.

You must put a quarter of a pound of butter into a pint of milk or cream, set it over the fire,

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and stir it well; as soon as the butter is melted, add to the milk a sufficiency of crumbled bread, three or four eggs, half a pound of currants pick- ed and washed clean, a good deal of sugar, some grated nutmeg, ginger, and a little salt; mix all up together, pour it in a butter'd dish, and send it to the oven.

To make a plain boiled Pudding.

Mix with a pint of milk six eggs well beaten, two or three spoonfuls of flour, some sugar, a little grated nutmeg and salt; put this mixture into a bag or cloth, then put it in your pot, and when it has boiled an hour, serve it up with melted butter over it.

A Batter Pudding.

Take a quart of milk, five or six spoonfuls of flour, six eggs, a little salt and beaten ginger; mix the whole up together, boil it an hour, and send it to table with melted butter and sugar.

A Rice Pudding.

Put half a pound of rice, (either ground or otherwise) into three pints of milk, and boil it well; when it is almost cold, mix with it seven or eight beaten eggs, half a pound of butter, some cinnamon, mace, and nutmeg, and half a pound of sugar: you may either boil or bake it.

A Marrow Pudding.

Slice a penny loaf into a quart of boiling cream or milk; add to it a pound of beef marrow sliced fine, the yolks of eight eggs, three spoonfuls of rose water, a glass of brandy or sack, a quarter of a pound of currants, some candied citron and lemon sliced thin, grated nutmeg, and sugar; mix
all

all together, and either boil it, or send it to the oven to bake. Stick pieces of citron all over the top of your pudding when you serve it up.

A Custard Pudding.

Take the yolks of six eggs well beaten, two spoonfuls of flour, some sugar and grated nutmeg; mix all together in a pint of new milk or cream, and boil it half an hour; when you serve it up, pour in the dish some melted butter mixed with a little white wine. Baked custard pudding is equally good.

To make a baked Apple Pudding.

You must boil your apples tender, and bruise them through a sieve; add to them a quarter of a pound of butter, the yolks of eight eggs, a pound of loaf sugar, a pint of cream, some lemon juice, and grated nutmeg; mix all together, put a thin puff paste on the bottom and rims of your dish, pour the pudding in, and let it be baked in a slack oven.

A Lemon Pudding.

First grate the rinds of four lemons; then grate two Naples biscuits, and mix them with your lemon-peel; add three quarters of a pound of white sugar, the like quantity of melted butter, twelve yolks of eggs and six whites, the juice of two or three lemons, and half a pint of cream or milk, beat the whole up together, lay a thin crust all over your dish, and having put in your pudding, send it to the oven to bake. An orange pudding may be made the same way.

A Steak Pudding.

Take a quatern of flour, and two pounds of
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fuet chopped fine, and mix it up with cold water into a good paste; then season your steaks (which may be either mutton or beef) with pepper and salt, lay them in the crust, and close it up: tie your pudding in a cloth, and put it into the pot. A large steak-pudding takes four or five hours boiling; a small one will be done in three hours.

To make a Tansey Pudding.

To a pint of cream put ten eggs well beaten, and some grated bread; season it with nutmeg, some sugar, and a little salt; green it well with the juice of tansey and spinach, mix it up together, put it in a stew-pan, with a lump of butter, set it over a slow fire, and when it is of a proper thicknes, put it in a battered dish, and bake it. Lay sweetmeats over it when you serve it up.

A Sweetmeat Pudding.

Lay a thin paste all over your dish, and cover the bottom with candied orange, citron, and lemon-peel sliced thin; then beat up the yolks of eight eggs with half a pound of melted butter, and seven or eight ounces of sugar; pour this mixture on your sweetmeats, and bake it in a slack oven.

An Almond Pudding.

You must beat a pound of sweet almonds very fine, with a gill of sack, and three or four spoonfuls of rose-water; add near half a pound of sugar, a quart of cream, the yolks of eight eggs, and the whites of four, half a pound of butter melted, two spoonfuls of flour and bread crumbs, some grated nutmeg and cinnamon; mix all well together, and either boil or bake it.

OF P I E S.

A Neat's Tongue Pie.

H ALE boil the tongues, blanch them and slice them, season them with savory seasoning, sliced lemon, balls, and butter; then close the pie. When it is baked, take gravy and veal sweetbreads, ox palates, and cock's-combs tossed up, and pour them into the pie.

A Lamb Pie.

Season the lamb steaks; lay them in the pie with sliced lamb stones and sweetbreads, savory balls, and oysters. Lay on butter, and close the pie with a lear.

A Lamb Pie with Currants.

Take a leg and a loin of lamb, cut the flesh into small pieces, and season it with a little salt, cloves, mace, and nutmeg; then lay the lamb in your paste, with as many currants as you think proper, and some Lisbon sugar; a few raisins stoned and chopped small; add some force-meat balls, yolks of hard eggs, with artichoke bottoms, or potatoes that have been boiled and cut in dice, with candied orange and lemon-peel, cut in slices; put butter on the top, and a little water; then close your pie, bake it gently; when it is baked take off the top, and put in your caudle made of gravy from the bones, some white wine and juice of lemon; thicken it with the yolks of two eggs, and a bit of butter. When you pour in your caudle, let

let it be hot, and shake it well in the pie; then serve it, having laid on the cover.

N.B. If you observe too much fat swimming on the liquor, of your pie, take it off before you pour in your caudle.

A Mutton Pie.

Season the mutton steaks, fill the pie, lay on butter, and close it. When it is baked, toss up a handful of chopped capers, cucumbers, and oysters in gravy, with an anchovy and drawn butter.

A Veal Pie.

Raise a high round pie, then cut a fillet of veal into three or four pieces, season it with savoury seasoning, and a little minced sage and sweet herbs; lay it in the pie with slices of bacon at the bottom, and between each piece lay on butter, and close the pie. When it is baked, and half cold, fill it up with clarified butter.

A Hen Pie.

Cut it in pieces, and lay it in the pie; lay on balls, sliced lemon, butter, and close it with the yolks of hard eggs; let the lear be thickened with eggs.

A Chicken Pie.

Take six small chickens; roll a piece of butter in sweet herbs; season and lay them into a cover, with the marrow of two bones rolled up in the batter of eggs, a dozen of yolks of eggs boiled hard, and two dozen of favory balls; when you serve it up, pour in a quart of good white gravy.

A sweet

A sweet Chicken Pie

Break the bones of four chickens, then cut them into small pieces, season them highly with mace, cinnamon, and salt; have four yolks of eggs boiled hard and quartered, and five artichoke bottoms, eight ounces of raisins of the sun stoned, eight ounces of preserved citron, lemon, and eringo roots, of each alike; eight ounces of marrow, four slices of rinded lemon, eight ounces of currants, fifty balls of force-meat, made as for umble pie; put in all, one with the other, but first butter the bottom of the pie, and put in a pound of fresh butter on the top lid, and bake it; then put in a pint of white wine mixed with a little sack, and if you will, the juice of two oranges, sweetening it to your taste. Make it boil, and thicken it with the yolks of two eggs; put it to the pie when both are very hot, and serve it up.

A Turkey Pie.

Bone the turkey, season it with savory spice, and lay it in the pie, with two young fowls cut to pieces, to fill up the corners. A goose pie is made the same way, with two rabbits, to fill it up as afore said.

A Pigeon Pie.

Truss and season the pigeons with savory spices, and stuff them with forced meat; lay on lamb-stones, sweetbreads, and butter; close the pie with a leas. A chicken or capon pie may be made the same way.

A Battalia Pie.

Take four small chickens, squab pigeons, and four sucking rabbits; cut them in pieces, and season them with savory spice; lay them in the pie with
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four sweetbreads sliced, as many sheeps tongues and shivering palates, two pair of lamb-stones, twenty or thirty cock's combs, with savory balls and oysters; lay on butter, and close the pie with a lear.

A Lamb-stone and Sweetbread Pie.

Boil, blanch, and slice them, and season them with savory seasoning; lay them in the pie with sliced artichoke bottoms; put on butter, and close the pie with a lear.

A Calf's Head Pie.

Almost boil the calf's head, take out the bones, cut it in thin slices, season and mix it with sliced shivering palates, cock's-combs, oysters, mushrooms, and balls. Lay on butter and close the pie with a lear.

A Minced Pie.

Shred a pound of neat's tongue parboiled, with two pounds of beef suet, five pippins, and a green lemon-peel; season it with an ounce of spice, a little salt, a pound of sugar, two pounds of currants, half a pint of sack, a little brandy, the juice of a lemon, a quarter of a pound of citron, lemon and orange peel. Mix these together and fill the pies.

A Carp Pie.

To a quarter of flour put two pounds of butter, rubbing a third part in; make it into paste with water; then roll in the rest of the butter at three times; lay your paste in the dish, put in some bits of butter on the bottom paste, with pepper and salt; scale and gut your carps; put them in vinegar, water, and salt; then wash them out of the vinegar and water, wipe them dry, and make

the

the following pudding for the belly of the carp :
Take the flesh of an eel, cut it small, add some
grated bread, two buttered eggs, an anchovy cut
small, a little nutmeg grated, with pepper and salt.
Mix these together well, and fill the belly of the
carp; then make some force-meat balls of the
same mixture; cut off the tail and fins of the carp,
and lay in the crust, with slices of fat bacon, a
little mace, and some bits of butter; close your
pie, and before you set it in the oven, pour in half
a pint of claret. Serve it up hot.

An Oyster Pie.

Parboil a quart of large oysters in their own li-
quor, mince them small, and pound them in a
mortar, with pistachio nuts, marrow and sweet
herbs, an onion, savory seeds, and a little grated
bread; or season as aforesaid whole. Lay on
butter, close it and serve it up hot.

A Flounder Pic.

Take twelve large flounders, cut off their tails,
fins, and heads; and then season them with pep-
per and salt, cloves, mace and nutmeg beaten fine.
Take two or three eels well cleaned, cut in lengths
of three inches, and season as before; then lay
your flounders and eels in your pie, and the yolks
of eight hard eggs, half a pint of pickled mush-
rooms, an anchovy, a little onion, a bunch of
sweet herbs, and some lemon-peel grated. You
must put three quarters of a pound of butter on
the top, with a quarter of a pint of water, and a
gill of white wine; then close your pie, and serve
it hot, first taking out the onion and bunch of
sweet herbs.

A Trout Pic.

Clean, wash, and scale them, lard them with
pieces of a silver eel rolled up in spice, and sweet
herbs,

herbs, with bay leaves powdered; lay on and between them the bottoms of sliced artichokes, mushrooms, oysters, capers, and sliced lemon; lay on butter, and close the pie.

An Eel Pie.

Cut, wash, and season them with sweet seasoning, and a handful of currants; butter and close it. Some omit the currants.

A Lamprey Pie.

Clean, wash, and season them with sweet seasoning, lay them in a coffin with citron and lemon sliced; butter and close the pie.

An Egg Pie.

Shred the yolks of twenty hard eggs, with the same quantity of marrow and beef suet; season it with sweet spice, citron, orange, and lemon; fill and close the pie.

An Apple or Pear 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 a few cloves here and there one, then the rest of your apples, and the rest of your sugar. You must sweeten to your palate, and squeeze in a little lemon-juice. Boil the peeling of the apples and the cores in water, with a blade of mace, till it is very good; strain it, and boil the syrup with sugar till it is rich; pour it into the pie, put on your upper crust, and bake. You may put in a little quince or marmalade, if you please.

Thus make a pear pie, but don't put in any quinces. You may butter them when they come out.

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; take off the lid, and pour in the cream. Cut the crust in little three-cornered pieces, stick them about the pie, and send it to table.

A Cherry, Plumb, or Gooseberry Pie.

Make a good crust, lay a little round the sides of your dish, throw sugar at the bottom, and lay in your fruit, with sugar on the top. A few red currants do well with them; put on your lid, and bake it in a slack oven.

Make a plumb pie the same way, and also a gooseberry pie. If you would have it red, let it stand a good while in the oven after the bread is drawn. A custard is very good with the gooseberry pie.

To make Iceing for Tarts.

Having beat and sifted a quarter of a pound of double refined sugar, put it into a mortar, with two spoonfuls of rose water, and the white of one egg; beat all together for half an hour, and then lay it on your tarts with a feather.

To make Tarts of various Kinds.

When you design to make your tarts in tin patty-pans, first butter the pans, and then lay a thin rich crust all over them; but when you make them in glass or china dishes, you need not put any crust except the upper one; scatter fine sugar on the bottom, then put in your fruit, and strew sugar over it. Let your tarts be baked in a slack oven.

If tarts be made of apricots, &c. you must neither pare them, nor cut them, nor stone them, nor use
lemon-

lemon juice, which is the only material difference between these and other fruit.

Observe, with respect to *preserved tarts*, only lay in the preserved fruit, and put a very thin crust over them, and bake them as short a time as possible.

To make puff paste.

Take a quarter of flour, mix with it half a pound of butter, and make it up into a light paste with water; then roll out your paste, stick pieces of butter all over it, and dust it with a little flour; fold it up, then roll it out again; after this put in more butter, flour it, fold it up, and roll it out: repeat this till your paste is of a proper consistence.

A paste for Tarts.

Of flour, butter, and sugar, take half a pound each; mix them up together, beat it well with a rolling-pin, and roll it out thin.

A paste for raised pies.

You must boil six pounds of butter in a gallon of water, and when it is melted, skim it off into a peck of flour; work it up into a paste, pull it in lumps till it is cold, and make it up in whatever form you please. This is a very good crust for a goose pie.

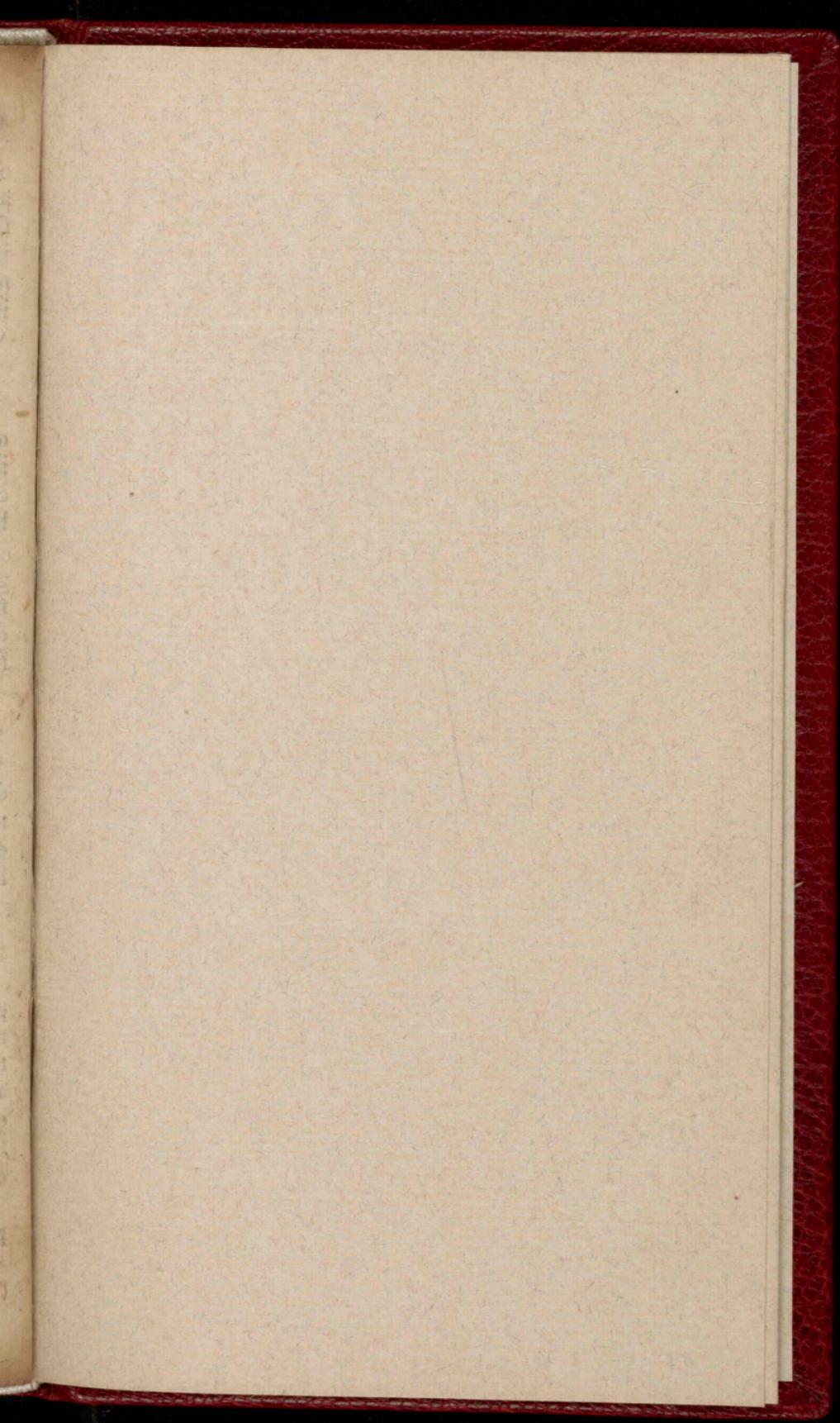
An excellent paste for patty-pans.

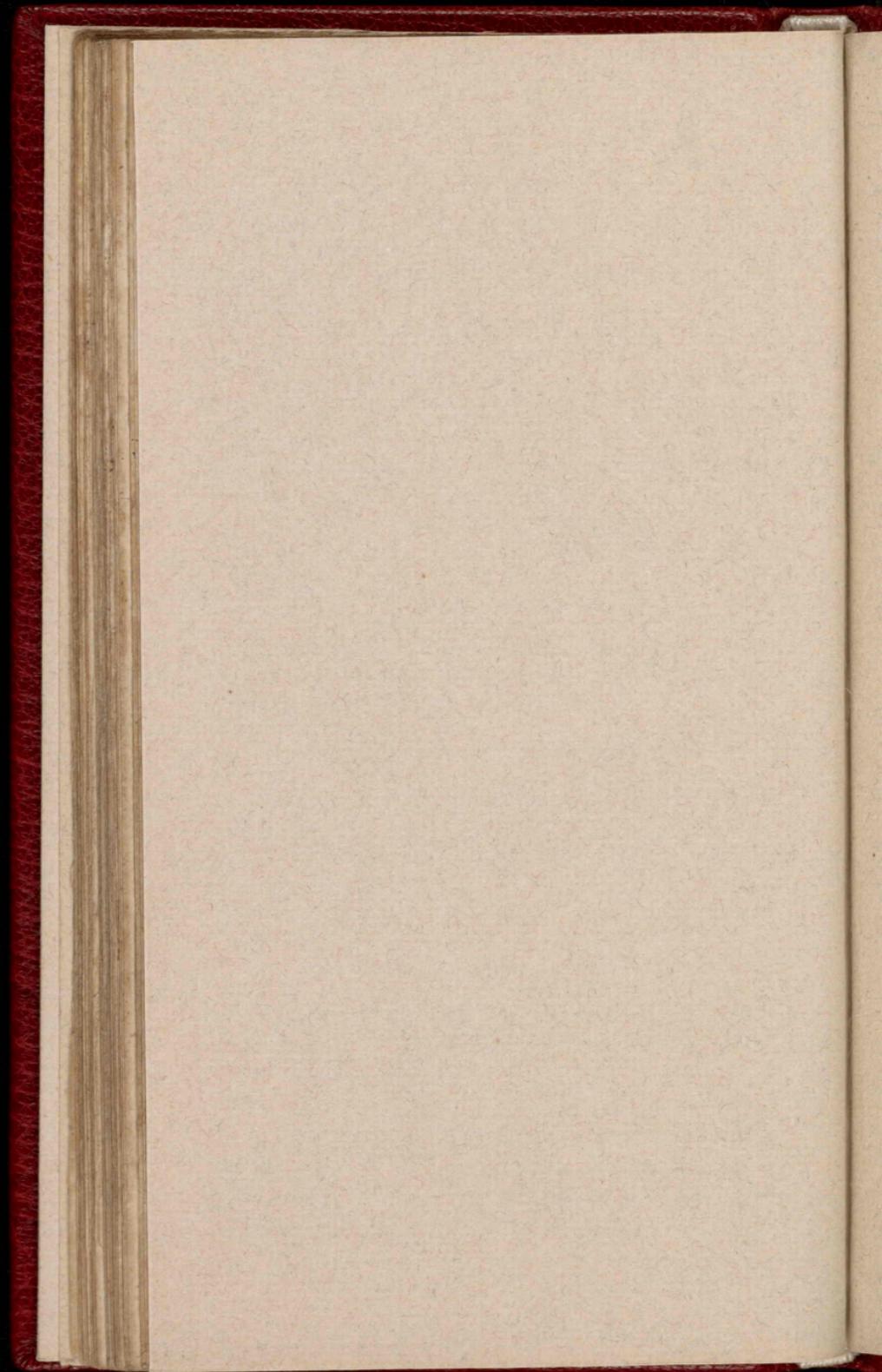
Take three or four eggs, half a pound of butter, a pound of flour, and two ounces of fine sugar; work it all up into a paste.

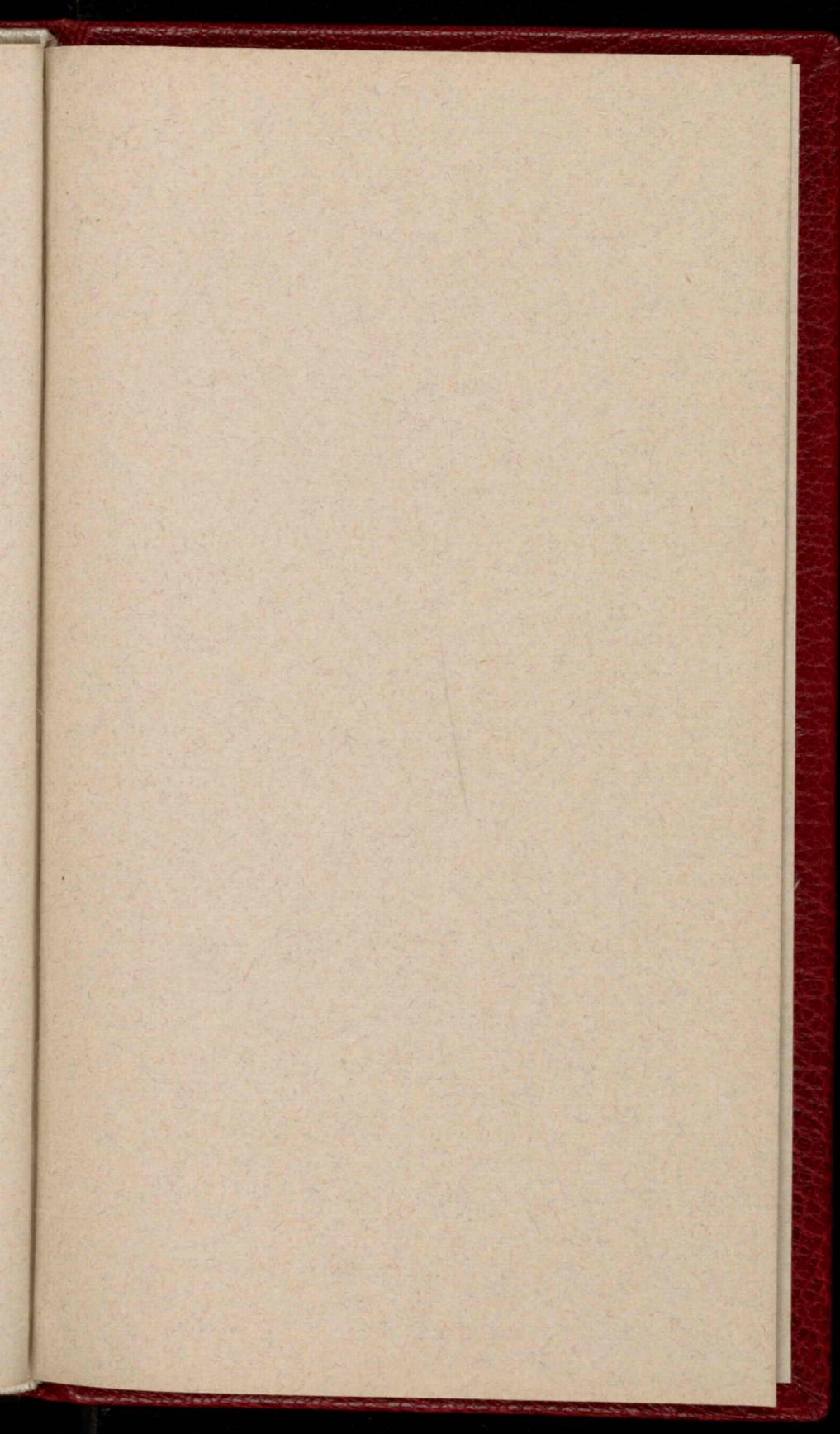
A paste for Custards.

Mix half a pound of flour with three or four spoonfuls of cream, six ounces of butter, and the yolks of two eggs; when mixed, let it stand a quarter of an hour, then work it up well, and roll it out thin.

F I N I S.







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Preservation number: 002207.22
Title: The Town & Country Cook
Conservator: Linda McWilliams
Date: November 1975

Condition upon receipt:

The binding removed from this book was quarter leather with marbled paper sides and leather tips. (See box titled "Pennell Covers".)

Conservation treatment:

73176754
The book was pulled, spine-folds mended with Japanese paper, and the book re sewn on five linen braids with linen thread. Flexi-ends were made of Cockerell Aquapel-sized handmade paper. Primary endbands were worked in linen thread over a linen cord core. Laminated boards were made of all-rag museum mounting board and the book covered in full leather (Sirocco kid).

